



# THE SENTINEL

*"One Team...One Voice"*

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

**MAY 2-15, 2004**

## Whatever You Do, Don't Throw Those Pogs Away!

*AAFES News Release*

**IRAQ** – First off, you CAN spend them like real money, even if they look like board game currency. Second, if you don't get rid of them before heading back home, you can redeem them at any Army and Air Force Exchange Service (AAFES) store worldwide. Third, if you don't want them, give them to someone else, keep them as souvenirs or start a collection. Whatever you do, don't throw them away! Fourth, when in doubt, refer back to the first sentence.

Pogs – the small, round, coated-paper gift certificates issued by AAFES facilities supporting Operating Enduring and Iraqi Freedom in place of metal coins – have been given to Soldiers in lieu of metal currency since 2001.

"Normally, AAFES uses metal currency – quarters, nickels and dimes – provided by finance and accounting offices," said Maj. David Accetta, AAFES Europe Public Affairs Officer. "However, because of the weight and the priority for shipping mission-essential items like food, ammunition, etc. the treasury department does not ship coins."

Paper money weighs less than metal coins and printing currency is against the law, so, at the request of the Department of Defense, AAFES thought 'outside the box' and developed the Pogs to satisfy the requirement for change.

AAFES treats Pogs just like gift certificates. Although they aren't considered cash money – after all the U.S. government doesn't print them, they should be spent just like money.

As of today, AAFES has printed and distributed more than \$1 million worth of

Pogs in denominations of 5, 10 and 25 cents. The first Pog designs were basic with only the monetary amount printed on them. New designs include powerful images featuring Operations Iraqi and Enduring Freedom activities. A series of 36 designs that are both captivating and relevant to operations in the Middle East are currently in circulation.

"Although some people who don't understand them, throw Pogs away, lots of people use them as change," Accetta said. "Some even take them home as souvenirs." Recently AAFES discovered

that the Pogs were being sold on E-bay as collector's items.

So the next time you receive change back at an AAFES facility and the associate hands you a bunch of Pogs, don't throw them away. Spend them. That's what they're there for.

Since World War II, when service members deployed to a combat situation, AAFES wasn't too far behind them, bringing a touch of home. From hygiene items and clothes to snacks and electronics, AAFES moves out front to

**(article continues on page 5)**

## Thrift Savings Plan for Military

by Cathleen Jones, AFC  
Financial Readiness Program Manager  
Accredited Financial Counselor

The Uniformed Services Thrift Savings Plan (UNISERV TSP) offers military members a savings and tax benefit. The purpose of TSP is to provide retirement income. It offers participants the same type of savings and tax benefits that many private corporations offer their employees under so called "401 (k) plans." The TSP allows participants to save a portion of their pay in a special retirement account administered by the Federal Retirement Thrift Investment Board. The money that participants invest in the TSP comes from pre-tax dollars and reduces their current taxable income; investments and earnings are not taxed until they are withdrawn. The balance in your TSP account will depend on how much you have contributed to your account during your working years and earnings on those contributions.

The contribution limits for service members is 9% of pay or \$13,000 for 2004, whichever is lower. Participants may direct TSP investments into any of the five funds which vary in risk and investment mixture. Members can enroll in TSP on line through the MyPay website at <https://mypay.dfas.mil/mypay.aspx> or by completing a TSP Enrollment Form (TSP-U-1).

**Don't miss your opportunity to plan for your retirement!** For more information or assistance please call the Financial Readiness office at (586) 307-4554, send an e-mail to: [jonesc@tacom.army.mil](mailto:jonesc@tacom.army.mil), or stop by our office located in Building 780, Room 13, Selfridge ANG Base. We would be happy to explain the UNISERV TSP program and help you determine how you can contribute to this retirement opportunity.

## 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](mailto:herringc@michigan.gov)

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

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



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\*APY = Annual Percentage Yield

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# AAFES Pogs

(continued from page 1)

improve the quality of life of our servicemen and women. Today, AAFES has nine stores in Kuwait and 30 in Iraq, with about 450 associates deployed at any given time. Those associates live and work right alongside the deployed troops. AAFES supports approximately 90 unit-run Imprest Fund activities that serve forward operating bases where it is too remote or the population isn't large enough to support a store. An Imprest Fund is basically a troop-operated store where the unit establishes an account and buys merchandise in bulk from AAFES and then sells that merchandise to troops at the same AAFES' prices.

For more information on this or other AAFES facility, program or initiative, please contact SFC Amanda C. Glenn, AAFES Public Affairs Officer, Southwest Asia, at [Glenna@aafes.com](mailto:Glenna@aafes.com).

# Get a job!!!

Are you in need of employment?  
 Visit the Non-appropriated Fund Employment Page now located on the Selfridge website!  
 Go to [www.selfridge.army.mil](http://www.selfridge.army.mil) and click on "MWR Jobs."  
 For more information, call 307-5701 or 5691.

# A Sincere Apology

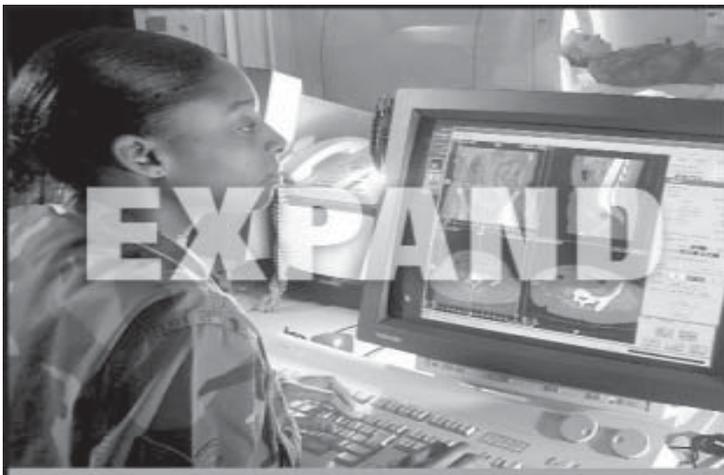
*The Sentinel wishes to apologize to the Central Macomb Community Credit Union for inadvertently leaving out the credit union's identifying information in the April 18 issue advertisement. The Sentinel also wishes to apologize for any confusion caused due to the typographical error.*

Join us this Father's Day as Wolverine Harley-Davidson and U.S. Army Garrison-Michigan present the 2nd Annual  
**Ride for Freedom...Support Our Troops**  
 Sunday, June 20, 2004

Start the morning with a continental breakfast at Wolverine Harley-Davidson at 8 a.m. At 11:30, depart on a police-escorted, scenic, 60-mile ride through Macomb County, ending at the Detroit Tank Arsenal in Warren, to enjoy cold beverages, great food, and live music. To obtain a registration form or for more information, please call 307-5432.

We are also in need of volunteers to assist before, during, and after the ride. To volunteer, please call 307-5432 or 5125.

*All proceeds will benefit the quality of life and well-being of the Selfridge Joint Military Community.*



## 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](http://www.afreserve.com/prior) or call 800-AFR-8279.



800-AFR-8279 ★ [www.afreserve.com/prior](http://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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**Fraser Health Center**  
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# Wear a Helmet for Safety When Riding Your Bike

By Eugene Yuells  
Garrison Safety Office

Each year, bicycle-related deaths number about 900, and hospital emergency rooms treat more than 500,000 people for bicycle-related injuries. More children, ages 5 to 14, go to hospital emergency rooms for such injuries than for any other sport. Many of these injuries involve the head. If you don't wear a helmet, you're risking your life.

Statistics show that five Sailors died and 68 more were injured in recreational bicycle mishaps reported during the last five years. Fifteen of the 68 people who went to medical facilities for treatment had been involved in mishaps where their heads hit the ground.

## Why Wear a Bicycle Helmet?

- Wearing one has been shown to reduce serious head injuries by 85 percent.
- 39 percent of deaths from cycling injuries occur in children under the age of 15.
- Even a low-speed fall on a bicycle path can cause a serious head injury.
- You're breaking the law if you don't wear an approved bicycle helmet while riding a bike on any DoD installation (applies worldwide). This rule affects everyone but those workers operating bicycles in areas that require the use of ANSI-approved helmets (hard hats) for protection from falling and flying objects. They are allowed to wear their hard hats instead of approved bicycle helmets. There is no federal law in the United States requiring bicycle helmets, but some states and localities started adopting laws in 1987. To date, 20 states (including the District of Columbia) and more than 125 localities have laws. Only 17 states have no state or local helmet laws at all.

## How To Buy the Right Helmet

Choose one designed specifically for cycling (not hockey, skiing, football, or some other sport). Make sure the helmet has a certification label from one of these organizations: Snell Memorial Foundation, American Society for Testing Materials (ASTM), American National Standards Institute (ANSI), or the Consumer Product

Safety Commission (CPSC). A certification label indicates the helmet has been tested to withstand certain levels of impact, giving you the best protection available. Here are other features to check for:

- Helmets should have adequate vents to allow for airflow to the head.
- Avoid helmets with extremely pointed shapes, inadequate or excessive vents, dark colors, thin straps, and complicated adjustments.
- Make sure your helmet fits.
- When you place your helmet on your head, it should sit low—the brim should be about the width of two fingers above the eyebrows.
- The helmet should not be tilted forward or backward.
- The chinstraps should go over both ears in a V-shape, with the ears in the middle of the V. According to the CPSC, the chinstraps should be secure around the chin, so the helmet doesn't move up and down or from side to side.

## Helmet Sizes

To find an approximate helmet size, measure around the head, just above the eyebrows. Use this chart (recommended by most manufacturers) to help you decide what size to buy:

### If Your Helmet Is Too Small...

- Loosen the chinstraps.
  - Remove any extra foam from inside.
- If the helmet still is too small, you will need to buy a larger one

When sizing a helmet, never alter the outer shell because you may damage the helmet and make it less effective in

protecting you from a head injury.

### If Your Helmet Is Too Big...

- Tighten the chinstraps.
- Add extra foam to the inside (most helmets come with extra foam).
- If the helmet still is too big, you will need to buy a smaller one.

### Caring For Your Helmet

- Wash in warm water with a mild soap.
- Only use paint and stickers that comewith a helmet when you buy it; other paint and glue might damage the helmet.
- Keep your helmet away from heat. Even if it's stored in a car trunk, a helmet can come unglued, thus rendering it ineffective protection against injury.
- Check the screws and straps to make sure they are tight and work correctly.

### Replacing Your Helmet

- Always replace your helmet after a crash, even if you can't see any damage. The inner lining may have been destroyed.
- Cracks or dents mean that you need a new helmet.
- When a helmet is five years old, replace it because the material naturally weakens over time.

### Resources

- [www.safetycenter.navy.mil/ashore/recreation/safetybriefs/bicycling-brief.htm](http://www.safetycenter.navy.mil/ashore/recreation/safetybriefs/bicycling-brief.htm)
- [www.safetycenter.navy.mil/photo/archive/photo105p.htm](http://www.safetycenter.navy.mil/photo/archive/photo105p.htm)
- [www.bhsi.org/mil\\_regs.htm](http://www.bhsi.org/mil_regs.htm)
- [www.bhsi.org/navy.htm](http://www.bhsi.org/navy.htm)
- [www.bhsi.org/mandator.htm](http://www.bhsi.org/mandator.htm)
- [www.nhtsa.dot.gov/people/injury/ped-bimot/useyourhead/page2.html](http://www.nhtsa.dot.gov/people/injury/ped-bimot/useyourhead/page2.html)

## How to select the right helmet size

<u>Head Circumference</u>	<u>Helmet Size</u>	<u>Nominal</u>
20 1/2 inches	6-1/2	Toddler
20 3/4 inches	6-5/8	Small
21 1/4 inches	6-3/4	Medium
21 5/8 inches	6-7/8	Medium
22 inches	7	Medium
22 3/8 inches	7-1/8	Medium
22 3/4 inches	7-1/4	Large

# Upcoming MWR Events

**Tuesday, May 4**

**Pitch, Hit, and Run** - Bldg 780 fields, 6-7 p.m. Compete within your age group and advance to the semi-finals. Call 307-5530 for more information.

**Wednesday, May 5**

**3rd Annual Commander's Cup Presentation** - Bowling Center, 4 p.m. Stop by and congratulate this year's winner! Call 307-5125 for more information.

**Thursday, May 6**

**Newcomer's Orientation** - Bldg 780, Room 106, 8:30 a.m.-12:30 p.m. Childcare is available, but you must pre-register by calling 307-5949.

**Friday, May 7**

**National Provider Appreciation Day** - All Child & Youth Services facilities will be closed. Call 307-5366 for more information.

**Sunday, May 9**

**Mother's Day Brunch** - Mulligan's, 7 p.m. - All residents are encouraged to attend. Call 307-2718 for more info.

**Monday, May 10**

**Adult Softball League Starts** - Call the Sports Center at 307-5202 for more information.

**Wednesday, May 12**

**Selfridge Spouse Club Scholarship Luncheon** - Mulligan's, 11:30 a.m. RSVP by May 6. Call 263-1769 for more information.

**Adult Golf League Starts** - Call the Sports Center at 307-5202 for more information.

**Thursday, May 13**

**Checkbook Management Training** - Bldg 780, Room 106, 8 a.m. - 12 Noon, *FREE*. Call 307-4554 for more information or to sign up.

**Adult Sand Volleyball League Starts** - Call the Sports Center at 307-5202 for more information.

**Tuesday, May 18**

**Parent Advisory Council Meeting** - Staff Lounge in Bldg 780, 6:30 - 7:30 p.m., *FREE*. Call 468-5619 or 307-2008 for more information.

**Wednesday, May 19**

**Armed Forces Team Building Level II "Listening Skills"** - Bldg 780, Room 104, 11 a.m. - 1 p.m. Childcare is available with pre-registration. Call 307-5903 for more information.

**Friday, May 21 - Sunday, May 23**

**Club Beyond Retreat** - "Rock the Coast" in Muskegon. Call 307-4193 for more information.

**Saturday, May 22**

**Youth Sports Rollerskating Trip** - 1 - 4 p.m., to Great Skate, \$4 per person, ages 7-12. Call 307-5530 for more information.

**Wednesday, May 26**

**Health & Fitness Fair** - Main Exchange Lobby, 11 a.m.-4 p.m. Call 307-5053 for more information.

**Asian-Pacific Observance Luncheon** - Vandenberg Conference Center, 11:30 a.m.-1 p.m. Call 307-5599 for more information or to purchase a ticket.

**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.

**VA Outreach Counselor** - Every Tuesday, 8 a.m.-4 p.m., in 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.

**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.

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  
 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 U.S. Army Garrison-Michigan, the Department of the Army, or the US Government.*



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## Pre-Moving Sale

Five Window Air Conditioning Units;  
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Harley Davidson Sportster Stock  
Handle Bars

Stairmaster Brand Freeclimber 4600PT -  
Gym Quality, Great shape  
New Cost \$2500, Sell for \$550  
Body Solid Lifeflex Home Gym -  
8 months old, \$150  
**Call 468-7199 or 549-2306**

**\*\*\* 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.

**For Sale - 1996 Buick Roadmaster:** Custom-limited, V-8, 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. \$6,850 (under blue book) call (586) 421-2210.

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

**Lucky Bucket SWEEPSTAKES**

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**Friday, May 7th, 2004**

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Tickets \$10.00  
Limited Seating  
\$7.00 in advance by 4/29/04

Transportation Provided  
Leave Selfridge Chapel at 4:45 p.m.  
Leave Sebille at 5:00 p.m.

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