



WESC NEWS



Whiteman Enlisted Spouses Club

April 2011

Contact at wescnewsletter@gmail.com

President's Corner

As we get ready to elect a new Executive Board, we must stop and reflect upon the past year. I am honored to have served as your president. I appreciate being given the opportunity to lead such strong, powerful and remarkable women. Thank you to everyone that contributed to the success of WESC.

In June of 2010, WESC set three priorities for ourselves. Together we determined:

1. WESC should serve our base and local community.
2. We wanted to make WESC "a Big Deal".
3. It was our goal to increase publicity and welcome newcomers. We wanted to see our numbers grow.

The dictionary defines SUCCESS as: suc•cess n. 1. The achievement of something desired, planned, or attempted: attributed their success in business to hard work. 2. Favorable or desired outcome;

I am SO proud of our organization and the women that have carried us to success. Not only have we accomplished what we set out to do, we exceeded all expectations. We have soared to new heights and surpassed our potential. We have redefined what success means. It's not just about "achievement of something desired", it's about overcoming challenges that we didn't even know existed. During our difficult times, we truly came together to support, encourage and celebrate.

My facebook page says I have 319 friends, I count myself lucky. But of all those people, it is only my fellow Air Force Sisters that truly understand my journey. Among my Whiteman sisters, there are 5 phenomenal women I must take time to recognize.

Mary Wilson, you have been the solid rock I have leaned on over the past year. You make me giggle, and hold my hand when I get scared. You make my heart smile, and I cannot imagine having any one

other than you as a Vice President. We rocked it!

To Angela Welsh, my sweet sweet friend. You are so strong and so brave and you don't even know it.

Thank you for your friendship.

Gretchen Capogna, I am so grateful we shared that cocktail a year ago and I was able to convince you to run for Treasurer. Your perspective makes me a better person. Thank you for your continued support!

Denise French, you are fascinating. 'nuff said.

Gena Wynn, you are so so smart! Thanks for always being one step ahead. You are amazing! Truly.

Thank You, sincerely, to each of you for standing by me and having faith that we could succeed.

Beyond the laughter and inside jokes, we have faced challenges. For me, the reward and true success of WESC comes when I see two new Whiteman spouses connect with each other. The pay off happens when 14 women step up to provide meals during a tragedy. I could go on.

To the Executive Board Elect, please remember that you are running a marathon, don't sprint.

While many of us are stepping aside to focus on family and other interests, we remain WESC sisters and we are here to help as you navigate your way. A year ago, my personal goal was to put the wheels back on the WESC bus and get the bus on the road. Luckily, I surrounded myself with some amazing women that had a similar goal.

Now it is someone else's turn to drive. Remember, it's not just about your destination; it's about the journey.

Thank you for a wonderful ride.

Cassandra Belton, WESC President 2010-2011

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Welcome Spring!

Transition...a word that we will experience often as military spouses. We are always experiencing change, whether it is going to a new base, waiting for your hubby to return from deployment or getting new neighbors for the 3rd time. Transitions are not always easy because we do not know what to expect or what the next change will bring. Learning how to deal with a new experience can be a catalyst for personal growth. It can also be a step backwards.

As Spring arrives WESC will be experiencing a transition due to new elections. There are a few things that I have learned after 13 years of transition as a military spouse. I hope to bring some of that experience to WESC as president. Respect those who have blazed the trail for you, support those who want to continue down

that trail and encourage others to walk along. This is not a journey that can be made by one person, it takes a group of strong dedicated people to achieve success.

I personally would like to thank the out-going board, chairpersons and advisors. You have set WESC up for success and next year is going to be great due to your hard work. To those of you who decided to stay on another year, I treasure you more than you will ever know. For the newcomers, thank you for seeing what a special group this is and wanting to support it. The seeds have been planted and cared for, now it is time to watch the flowers bloom! Happy Spring!

—Holly Cousino

President-Nominee

2011-2012 Board

Operation Security... OPSEC

It's everyone's responsibility.

Have you ever heard the story that Domino's pizza was the first to know we were going to war? How did they know? The increased pizza deliveries to the Pentagon after hours.

Ever wonder why Paris Hilton's house gets broken into so frequently. Because she posts "I'm going out of town to Miami for three days" on her twitter account. The bad guys are out there, and they are reading!

The enemy knows what to look for, and how to put together what many may not think as important facts to gain the "big picture."

It's easy to think that only active duty Air Force members have to follow the rules, but spouses and children need to keep our military secure, too.

Sometimes we don't even realize that perhaps we are compromising the safety of our military members.

Ever posted, that hubby is deploying in 30 days? Or worse yet, returning home in 72 hours from XXX location, by way of (specific location) in Europe? It's not only friends and family that see your Facebook posting, so can the enemy. We like to believe that things are secure, but in reality, things are not as secure as we hope. Why take the chance?

Here are some helpful internet safety tips to remember so that you may practice good OpSec.

- Never post ANY information about TDY's/Deployments. EVER!
- Turn off the "automatic" geographic locator on the camera of your Smart Phone.
- If you wouldn't want the information posted on the front page of the Washington Post, don't post it!
- Be courteous when posting information about colleagues and co-workers. Think your boss doesn't check your facebook account when you call out sick....but you've really been at the spa.
- Don't provide information that would allow someone to find your family. Writing about the school your child attends along with pictures of your children are potential clues to help predators locate you or your family. Posting your home address and phone number is discouraged! Duh!

—Cassie Belton



WESC members rockin' it at Karaoke Night!

Sub Club News

Book Club

At the March GMM, members voted on which book to read for next month. An email will go out with name of book with most votes along with the time and location of the next meeting.
Coordinator: Angelica Franjul

Fit Club

Fit Club activities are on hold as we wait for the weather to improve. Check Facebook for updates! Coordinator: Lyndi Derheim

Playgroup: Kimberly Davis

Playdates are now moved to the 2d & 4th Wednesday of each month. This month's playdates are TBA; check Facebook for updates. Coordinator: Kimberly Davis

Secret Pal Program

The current Secret Pal term runs from

February to May. Please ensure your Secret Pal receives her gift if you are unable to attend the GMM that month!
Coordinator: Cassie Belton

Bunco Group: Angelica Franjul

The next Bunco night will take place on the last Friday of April at Lyndi Derheim's house. Check Facebook and your email for further updates and make sure to RSVP early to reserve your spot!

Scrapbook Circle

Do you love to scrap and craft? Interested in starting up a group of like-minded fellow WESC members? Contact the WESC board if you'd like to coordinate a group like this. Cassie Belton will be holding an end of term scrapbook party to preserve this year's WESC memories; information TBA.

2010-2011 WESC Elections

Elections for the upcoming WESC Executive Board will take place at the April GMM. Members must be in good standing to vote. Absentee ballots will only be provided to members in good standing who request them before the meeting by emailing Denise French wescparliament@gmail.com.

The following members were nominated at the March GMM:

President: Holly Cousino

Vice President: Gena Wynn

Secretary: Sara Barnett, Jenny Stennes and Marrison Ramnanan

General Treasurer: Paula Greene

Charitable Treasurer: Stephanie Dillon and Kara Lancia

At the April meeting, each nominee will give a short speech explaining why they are qualified for the position and what they plan to do if elected. Members will then vote.

Remember, there are many non-elected committee positions that still need to be filled for the upcoming year! WESC can use everyone's talents!

Volunteer News

The **Thrift Store** Girls' Night In was a great success! With the PCS season underway, there's a great need for more volunteers to handle incoming items. And it's a great time to shop at the Thrift Store, too—you never know what you'll find!

WESC's **Relay for Life** team is officially named the B2 Bombshells and will be competing on the 10th of June in the Sedalia Relay for Life. Contact Gretchen Capogna to sign up or visit relayforlife.com and look for the WESC team under "Pettis County."

Gretchen Capogna received the **Volunteer Excellence Award** at the March GMM in recognition of her many contributions to the Air Force community and was presented with a WESC coin. Congrats Gretchen!

Right Start continues to need volunteers four times a month to hand out information about WESC to incoming members and spouses. It's just a 20 minute time commitment; contact Cassie Belton to volunteer.

A **First Sgt. Appreciation** event will take place on April 6th at Mission's End, coordinated by Christy Bates and Cassie Belton.

WESC member Kara Lancia's sorority at UCM is holding a drive for toiletries for the Warrensburg womens' shelter at the UCM student union on April 5th from 9-3. Donations of these items are welcomed!





Ask Denise!

Ask Denise! Is written by WESC member Denise French. Submit your questions to her at [deniselinns@hotmail.com!](mailto:deniselinns@hotmail.com)

Dear Denise,

With Spring just around the corner, do you have any fashion tips you'd like to share? I hear Tutus and tiaras are all the rage!

Signed,

Fashion Franny

Dear Franny,

THINK OUTSIDE THE BOX! While shopping recently, I found an adorable spring skirt. It didn't look right on but, I loved it! After, standing in the mirror long enough I decided it would work. WHY? Because, I pulled it up and made it a shirt. PS- I've had numerous compliments on it and no one knew! Style isn't what you're told to wear, it's how you wear it!

Dear Denise,

Any idea how to keep my child from biting? It's embarrassing!

From,

Tiffany Tooth

Dear Tiffany,

Without knowing their age, bite back or pull out all their teeth. If you choose removal make sure they aren't permanent.

Dear Denise,

My father-in-law thinks it's suitable to feed my child pop-tarts and root beer for breakfast. As my children aren't usually allowed soda, I'm annoyed. My husband thinks I am over-reacting. How should I handle this?

Breakfast Betty

Dear Betty,

Make sure, when your father-in-law feeds them crappy-sugar food, He or your husband watches them. Children turn into gremlins when fed sugar. Just let the kids annoy them and not you!

Dear Denise,

Do you know the capital of the Seychelles Islands?

Beach Bum

Dear Bum,

Officially the Republic of Seychelles, with an estimated population of 86,525, has the smallest population of any African state. Seychelles is divided into twenty-five administrative regions that comprise all of the inner islands. Eight of the districts make up the capital of Seychelles and are referred to as Greater Victoria.

Dear Denise,

What are your thoughts on, Global Warming? McDonald's healthy choice oatmeal? Walmart? and lastly....flash mobs?

Sincerely,

Inquiring Minds

Dear Inquiring Minds,

GLOBAL WARMING IS REAL. To quote, environmental Paul Revere, Lester Brown, "unless civilization changes its ways, its end is truly near... we're in a race between natural tipping points and political tipping points. What we need most of all is for the market to tell the environmental truth. We don't need to go beyond our ice melts to know that we're in trouble. How much are we willing to spend to avoid a 23 foot rise in sea level? Indirect costs are shaping our future, and by ignoring these, we're doing exactly the same thing as Enron- leaving costs off the books. Consuming today with

no concern for tomorrow is not a winning philosophy."

The McDonald's product contains more sugar than a Snickers bar and only 10 fewer calories than a McDonald's cheeseburger or Egg McMuffin. In short, not healthy!!!

Wal-Mart should be boycotted! If for no other reasons than to get a Target here faster, not to have to see everyone there, not to pay the taxes, or actually have lower prices, "always"!

Lastly, flash mobs, should be done daily! Even if you're the only one FLASHING or mobbing!!

Dear Denise,

How do I get the smell of vomit out of my couch? We've scrubbed using upholstery cleaner, Lysol & Febreze & 5 days later it still smells.

Smelly Shelly

Dear Shelly, Make a mixture of half warm water, half white vinegar. Add a couple drops of dish detergent. Soak the area with a rag, making sure you get through the cushion. Vinegar will help neutralize the acidic smell of vomit. When you are done, lather the baking soda onto the area, it will form a paste like consistency, allow 4-5 hours to dry entirely. Vacuum the baking soda off of the area. Good Luck!!!

Dear Denise, *What is the best birth control for a healthy 35yr. old woman?*
Sexy Lexie

Dear Lexie, Non-hormonal contraceptives are the best. It's up to you and your physician, as to which is right for you. Have a great Air Force Day!!!

One of My Favorite Places

Where is your favorite place to take the kids or go on a romantic date? Do you have a spot that is great for talking a nice walk or have the best milkshakes? Did you find a cute store with fun jewelry? There are many hidden gems in this area from Kansas City, to Sedalia, The Burg and even in Knob Noster. I wanted to share with you one my favorite places. Don't worry I will tag someone to write this article next month!!

Fritz's Railroad Restaurant, back in 2005 my family and I discovered this fun place at the Crown Center in Kansas City. Having

3 little boys, who were big time Thomas the Train Fans, this place was perfect for us. I can't say it is the best burger I have ever eaten but watching my sons' faces as the food is dropped down by a train was totally worth it. We visited this place again this past December. Although my boys have long overgrown their Thomas faze, they still had the same looks in their face, making this one of my favorite places.

www.fritzskc.com

—Holly Cousino

Upcoming Events

April's **General Membership Meeting** will take place at Mission's End on April 19th at 6:30 PM. Please RSVP for child monitoring in advance and remember to tip!

Upcoming workshops offered at the **Airman and Family Readiness Center** include:

Finding a Job in the Whiteman Community, 13 April 2011, 0800-1200

Starting Your Own Business, 18 April 2011, 0900-1200

From Family Room to Board Room, 20 April 2011, 0900-1100

The AFRC will also be starting a **Home Alone** program specifically for spouses of deployed and remote members who do not have children to socialize and get support. Contact the AFRC for more info at 687-7132.

Operation Spirit will take place on April 16th for children kindergarten-aged and up (must be accompanied by a parent.) This event allows children to get a taste of the military deployment experience.

Kindergarten Parent Information Night

If you have a child turning 5 before July 2011 and live in the Knob Noster school district, check out the Parent Information Night being held at Knob Noster Elementary from 6 to 7 PM on Thursday, April 7th in the school cafeteria. Knob Noster Elementary is located at 405 East Wimer Street with parking right across from the school.

Car Seat Safety

"Toddlers Should Stay Rear Facing Longer

Today the American Academy of Pediatrics announced a landmark new car seat policy, which many parents who switched their child to forward-facing at a year will find alarming. They now recommend that you keep your child rear-facing for a longer period. Check out our must-read guide to the AAP's new recommendation to find out when to make the switch, and get answers to parents' most pressing questions about car seat safety, including what you should do if you turned your car seat around too early. —*parenting.com*

Did you know that the Whiteman AFRC can check your car seat if you schedule an appointment? Most city police and fire departments will check them as well.

—Submitted by Janelle Lindley



You know you're a spouse when...

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Inside Jenny's Handbook
from

"Everything I Really
Need to Know, I Learned
as a Military Spouse"
~ page 89

You know you're a
military spouse when...

05/11
JLN

...your kids can
estimate weight
better than the
professional movers!



WESC is on the Web at
http://
www.orgsites.com/
mo/whitemanesc/ and
on Facebook!



**Look for Morel mushrooms this
April at Knob Noster State Park!**

Tidbits

April is traditionally the month of the Morel mushroom and they are YUMMY!

They can be found at the Knob State Park and are usually located near Mayapples. These are not poisonous. The mushroom is attached to the stem. The poisonous mushroom will not be attached at the base to the stem. Read up on google for more information, but these little morsels of goodness are divine sauted in butter! :)

Be sure to keep your eyes open for them at the end of March-April.

Find more information at

<http://thegreatmorel.com/faq.html>

—Lisa Durham Minckler

Spicy Chicken Wing Dip

2 boxes of cream cheese

1 cup of ranch dressing

2 cups of mozz shredded cheese

1 can chicken breast, drained

1 tsp garlic powder

1/2 can Hooter's hot wing sauce (mild@Walmart) or Sriracha sauce (found at the commissary; added to your liking)

Mix together and bake at 350 for 30 min. —Lisa Durham Minckler