

June 2011

WESC News!

The Official Newsletter of the Whiteman Enlisted Spouses Club

President's Corner

I want to wish everyone a great summer. WESC has many fabulous events planned. In June alone, we have our School's Out Pool Party, Knob Noster Days Parade/ Fundraiser and Relay for Life. We also have our June GMM which will be Garden Party Bingo. I hope everyone is looking for a great hat to wear.

We are also in full swing pcs season. I encourage all of you to reach out to the incoming spouses. If you live on base, take a moment and welcome your new neighbor. Of course, tell them about WESC and see if they would be interested in coming along for a meeting. We have all been the new person and we want everyone to feel welcome.

—Holly Cousino

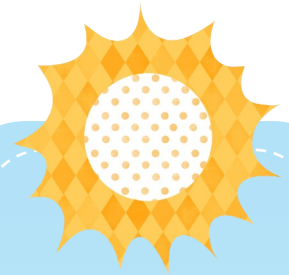
Member Honors

At the May meeting, **Lyndi Derheim** won the Membership Incentive Contest for the past term for referring Kandi Moore to join WESC in April. **Lisa Minckler** won the Volunteer Cheers Jar competition for the past term for her work as Thrift Store Committee Chair. **Christy Bates** passed the Peer to Peer Gift to **Sarah Christy**. **Mary Wilson** was voted Member of the Year by her WESC sisters for her outstanding contributions to our organization. **Congratulations everyone!**

June Birthdays and Anniversaries

Happy Birthday to Sarah Barnett, Angie Franjul, Tamika Bradley, Sarah Christy, Kimberly Davis, Kara Lancia, Sheryl Gehringer, Meg Martin, Leslee Shama and Charlotte Ammons!

Happy Anniversary to Erin Bill, Heather Brackeen, Jennifer Brennan, Amanda De La Rosa, Carolina Fitzwater, Mary Gunn, June Hart, Danielle Metzger, Laura Phillips, Angela Pierson and Mary Wilson!



Find us at <http://www.orgsites.com/mo/whitemanesc/> and on Facebook!

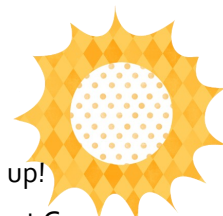
Send all submissions for the newsletter to wescnewsletter@gmail.com. Recipes, local event information and base news are always welcome.

Inside this issue

One of My Favorite Places.....	2
Upcoming Events.....	2
Latest Happenings.....	3
Volunteer News.....	3
Sub Club News.....	3
Getting to Know You: New Committee Chairs.....	4
WESC in the Capital City.....	4
Farewell to Jenny.....	5
Cook's Corner.....	6



Upcoming Events!



Saturday, June 4: Relay for Life Prep Day, Community Center on base from 10 - 1. Contact Gretchen at capognafamily@gmail.com with any questions.

Sunday, June 5: Family Trip to Warrensburg Nas-sif Aquatic Center, 1 to 4, Invitation on Facebook. Contact Gena at wescvpres@gmail.com for more info.

Monday, June 6: Relay for Life Fundraiser at Son-ic, 5 PM to closing time.

June 8 - 10: Knob Noster Days: Volunteers Need-ed! Contact Christy Bates at

wescwaysmeans@gmail.com to sign up!

Wednesday, June 8: Playgroup meets at Grover Park in Warrensburg at 10:00.

Thursday, June 9: Knob Noster Days Parade, Show time 5:30, Parade starts at 7

Friday, June 10: Relay for Life in Sedalia from 6:30 pm to 6:30 am

Tuesday, June 14: Board Meeting, 6:30 pm at Mis-sion's End

Tuesday, June 21: Garden Party Bingo! 6:30 pm at Mission's End

"Just a few of the music and dance styles included are hip hop, samba, cumbia, belly dancing, reggaeton and salsa."

One of My Favorite Places

I am sure most of you are familiar with my re-nowned worm performance at our Mardi Gras themed WESC meeting, but for those of you who might have missed it, I will fill you in on a little secret. I love to dance. LOVE IT. I remember being so excited because I was turning 18 and got to go clubbing. Which is most definitely a verb when I do it. Now, a decade and two kids later, I do not get to go out with the frequency of that of my college days or college body. But I have discov-ered something that must be considered a most satisfying equivalent: Zumba!!

Zumba basically combines dance and aerobics. Just a few of the music and dance styles included are hip hop, samba, cumbia, belly dancing, reg-gaeton and salsa. Instructors also have carte blanche to pick music and moves based on their styles and preferences.

I started doing Zumba in the summer of 2010. I

needed something to get me motivated and out of the house, and the gym on base was offering free classes. Score! I started going and immedi-ately knew this was it.

From the beginning of the summer to January 2011, I lost 40 pounds! In January, the gym had to make some cutbacks, and unfortunately, the Zumba class was one that took a hit. I was so dis-appointed. I checked out the Zumba offered in Warrensburg, and I will be completely honest, it was fun, but I missed the hip hop style from the instructor on base. I then tried the studio in Knob Noster. Score again!

So, I bought a membership pass to the Zumba studio in the Knob. It is a most fantastic way to work out and have fun. I get to feel young and sexy for an hour, even when I am sweating. And I lost another 10 pounds.

—*Jamie Himes*



Latest Happenings

June's General Membership Meeting was combined with the WESC Installation Dinner, where we were able to recognize the contributions and achievements of the 2010-2011 WESC Board while welcoming the 2011-2012 Board! Members and spouses enjoyed a buffet dinner provided by the club and delicious cake...YUM. Everyone looked stunning in black and white, as did the carefully decorated tables. A big THANK YOU to **Cassie Belton** and **Gretchen Capogna** for planning and setting up for the event.



Last year's board members light the candles held by the members of the new board.

Next month's General Membership Meeting will take place at 6:30 on June 21st at Mission's End. Come prepared for GARDEN PARTY BINGO! Wear your biggest and most FABULOUS hat. Child monitoring will be provided but only ten spots are left. Please RSVP by June 16th to reserve a space for your child, and remember to tip the monitors.

Volunteer News

WESC's **Relay for Life** teams—the B-2 Bombshells—are participating in the Sedalia relay on June 10th! Contact coordinators Gretchen Capogna or Gena Wynn to get involved. Members can sign up to be part of WESC's team or donate by going to relayforlife.org and searching for the Sedalia, Missouri race. Help is needed on **June 4th** to prep for the race. On **June 6th**, come to Sonic to take part in the last fundraiser for the team.

WESC will be participating in the **Knob Noster Days** parade again this year, as well as fundraising by selling glowsticks and doing face painting. More volunteers are needed! Contact Christy Bates at wescwaysmeans@gmail.com to sign up.

Sub Club News

Secret Pal

Coordinator: Cassie Belton

This term's surveys have been submitted and secret pals chosen! Check your inbox to find out who your assigned pal will be!

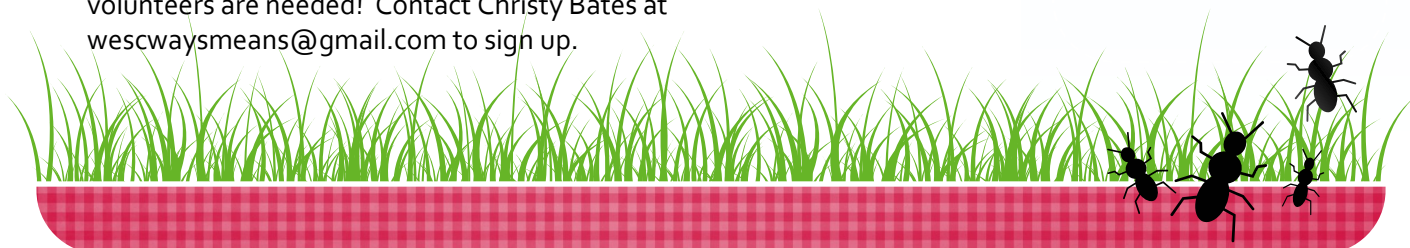
Play Group

Coordinator: Kimberly Davis

The next play date will take place on June 8th at 10:00 AM at Grover Park in Warrensburg.

Book Club, Fit Club and Bunco Circle are all taking a break over the summer. Meetings will resume in August.

Book Club and Fit Club are currently seeking coordinators. If you're interested in heading up one of these groups, contact Gena Wynn, Sub Clubs Coordinator, at wescvpres@gmail.com.



Getting to Know You: Ways and Means Chair Christy Bates

My name is Christy Bates and we've been stationed here since January 2011. I grew up in Georgia, thus the southern drawl that escapes on occasion, and spent 19 years there. My husband and I were married in August 1993 and our first base was in Montgomery, Alabama. We lived there for nine years (he was stationed there for ten) and all three of our daughters were born there. We then moved to Biloxi, MS for four years. He was an instructor there and when Hurricane Katrina came barreling in we sheltered in his work building with all the other students and instructors. Fun stuff, I tell ya. Our next adventure took us to Washington, D.C. for four and a half years. We had a love/hate relationship with D.C. We loved the friends we made there and there were some things we liked about the area but mostly it was just too fast for us small town folks.



My family is my life and until this PCS we've homeschooled our daughters (almost 14, 11, and almost 9). Adjusting to a new base, a new city, a new job (my hubby cross trained before coming here), AND a new way of schooling hasn't been easy but WESC has definitely helped! Getting out there and getting involved has been an amazing way to get to know other wives who are in the same boat as me.

I am beyond excited about working as your Ways and Means Committee Chair this year! There is so much in store for all of us. It might be a wild ride so hang on tight but it'll be worth every single second.

—Christy Bates

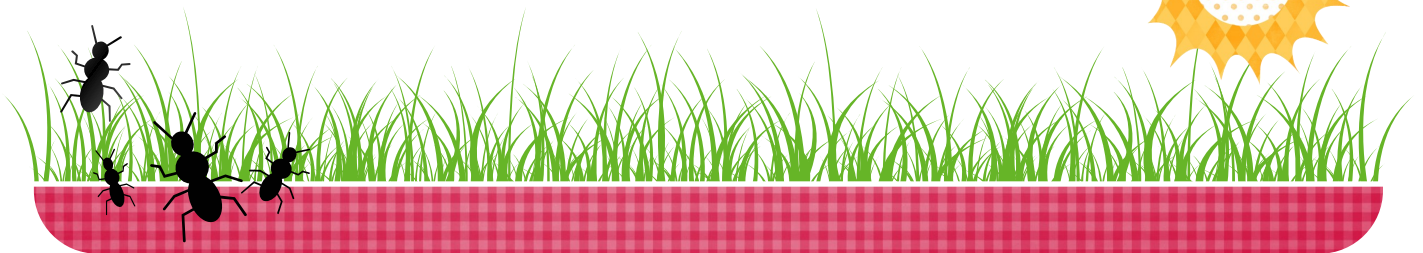
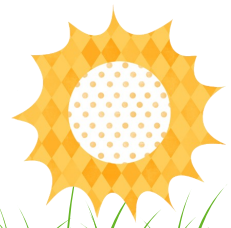
WESC in the Capital City

On May 4th a few of us had an amazing opportunity to tour the Capital Building and the Governor's Mansion in Jefferson City that was sponsored by the Warrensburg Chamber of Commerce. We met with Senator David Pierce and were introduced on the House of Representatives floor by Representative Denny Hoskins. We also had the chance to meet Missouri's First Lady, Georganne Nixon, she graciously served us refreshments at the Governor's Mansion.

The highlight of this trip was a sweet lady named Patty. This woman was so honored to be able to give the tour to the spouses of Whiteman. She was so humbled and thankful by our role as military spouses. She expressed her love of seeing the B2's fly overhead. We all felt her love and appreciation and I don't think there was a dry eye in the room.

Spouses, please remember you are important! There are people everywhere who appreciate the role we play. We may not wear the uniform but we hold the hand of the person who does.

—Holly Cousino





Members of WESC with Senator Pierce



Ms. Patty and Holly Cousino

Farewell to Jenny Stennes

In June we are saying goodbye to the beautiful Jenny Stennes. Unfortunately, I haven't had much time to get to know Jenny but from the moment I met her I saw how much she loved being a part of WESC. Jenny we wish you the very best of luck. With your spirit and energy we know that you will be successful wherever you find roots. —*Holly Cousino*

Jenny...

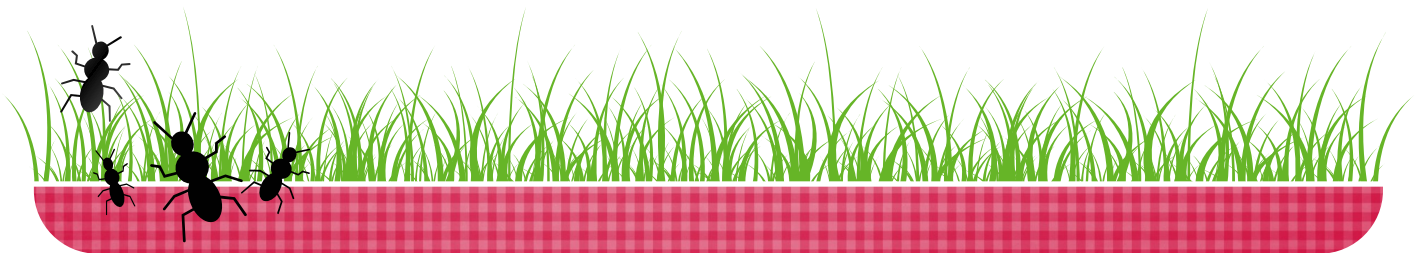
I know we have only known each other for less than a year...but you have been a wonderful friend and I am so blessed that you have entered my life! I admire you so much! You are a wonderful wife, mother, friend, and WESC sister!

WESC has been so much fun with you and we are really going to miss your smile, personality and dedication! I always looked forward to a WESC night with you because no matter what my mood when I got there by the end of the night I was in a wonderful mood, giggling and having a great time with you!! Jenny, you also helped me so much with all the planning with Socials, I certainly couldn't have done it without you!! I'll miss our late night planning get togethers, coffee chats at Starbucks, and exciting kid free trips to Hobby Lobby!!! Thank you!!

Let's keep our fingers crossed that someday (hopefully soon) we will be able to meet up again...maybe in Washington!! I love you...my B + Blood Sister!! —*Lyndi Derheim*

Jenny Stennes has a wicked sense of humor and she will be greatly missed. Her energy, enthusiasm and quick wit make her a wonderful friend. Her contributions to WESC have been outstanding! She is also very pretty. (This is an inside joke, that will make her smile!)

Best wishes Jenny! —*Cassie Belton*



Cook's Corner

Five Star Chicken Salad

4 whole chicken breasts, boiled and diced - or 3-4 cans of chicken

1/2 cup diced water chestnuts

1/2 cup cashews

1/2 cup cut seedless grapes

1/2 cup chopped celery

Sauce

1/4 tsp curry powder

1/2 tsp ginger

2 Tbsp wine vinegar

2 Tbsp soy sauce

2 Tbsp minced onion

1 1/2 cups light mayo

Mix chicken, water chestnuts, cashews, and grapes. Blend mayo, wine vinegar, soy sauce, onion, celery, ginger, and curry. Toss this with the chicken mixture. Mix well. Place on a lettuce leaf, roll, or enjoy by itself.

—Kandi Moore

Chicken & Tomato Topped Potatoes

4 medium baking potatoes

2 cups shredded deli rotisserie chicken (without skin)

1 cup shredded mild Cheddar cheese (4 oz) - or any cheese of your liking

3 Italian plum (Roma) tomatoes, chopped (1 cup)

1/2 teaspoon garlic-pepper blend

3/4 cup sour cream

1/4 cup cooked real bacon pieces

4 tablespoons butter

Scrub potatoes; prick several times with fork. Place potatoes on microwaveable plate. Microwave on HIGH for 15 to 17 minutes or until fork-tender.

Meanwhile, in medium bowl, mix chicken, cheese and tomatoes.

Split each potato in half lengthwise; place on microwaveable plate. Mash each potato slightly. Sprinkle each with garlic-pepper blend; top with sour cream and butter; Spoon 1/2 cup chicken mixture on each potato; Sprinkle with bacon pieces. Microwave on HIGH for 2 to 3 minutes or until hot and cheese is melted. Serve warm. Makes about 4 servings.

—Angela Welsh

Fluffy Pudding Frosting

This frosting is a light creamy EASY alternative to store bought frosting!

1 pkg Jello (3.9 oz) Chocolate Instant Pudding

1 Cup Cold Milk

1/4 Cup Powdered Sugar

1 tub (8 oz) Cool Whip Thawed

In large bowl beat pudding mix, milk and powdered sugar with whisk for 2 minutes. Stir in cool whip. Spread onto cupcake immediately or store in the fridge to place on cupcake as desired. Alternative- top with crumbled Oreo cookies.

—Leslee Shama

**Thank you to everyone who submitted this month!
Keep the recipes coming!**

