

October 2011



WHITEMAN ENLISTED SPOUSES CLUB

WESC News

Fall is my favorite season in Missouri. The leaves are changing, weather is cooling and pumpkins are everywhere. Sadly, I started seeing the Christmas decorations coming out at Walmart. I love Christmas but I want to take time to enjoy Fall too. It always seems like everything is rushed. This happens in our lives as well. We are overworked, overbooked, and over scheduled. It is hard to maintain a balancing act. As AF Spouses, we have the extra difficulties of deployments, TDY's and crazy work schedules. I encourage you to take time to spend with your family. Sometimes when we look so far ahead we forget to enjoy what is right in front of us.

WESC is busy again!!! October 1st started out with the Veteran's Pok-

er Run. Thanks to Ann Baker for

setting up volunteers. Also thanks for everyone who came out to participate. It is so important that we take time to volunteer. I hope everyone had a great time! November 12th is our Annual Fall Craft Fair.

This is our big fundraiser for the year. I would like everyone to make an effort to volunteer in some way.

Ann Baker will have signup sheets at the October GMM. If you are unable to help on that day Kristen Van Haren could use help with making signs and publicity. Contact me at wescraft@gmail.com.

We are also helping out with desserts for the Whiteman Performing Arts in early October. Many also signed up to

help provide a meal for our Airman at the Spirit café. If you would like to participate

contact Ann Baker at wescway-means@gmail.com.

October GMM is on 18th. We are raising awareness in a fun way. Our theme is "Fight like a Girl" celebration. We are having a costume contest, please dress as an imaginary breast cancer fighting super hero. If you do not want to participate, I encourage you to wear pink. Amanda De la Rosa has some fun activities for us to do!

—Holly Cousino

FIGHT LIKE A GIRL!

WESC GMM OCT. 18TH 6:30 PM AT MISSION'S END

SUPPORTING BREAST CANCER AWARENESS

COME DRESSED AS A CANCER-FIGHTING SUPERHERO—OR WEAR PINK!

****CHILD MONITORING AVAILABLE**RSVP TO WESCACTIVITIES@GMAIL.COM****

Volunteer News

Good Luck to Angelica Franjul as she competes at the wing level for the Volunteer of the Quarter at the Awards Breakfast on Oct 27th! Angie puts in many hours as co-chair of the amazing Thrift Store!

WESC will be providing food for a meal at the Spirit Café every few months. The Spirit Café primarily serves Whitemen airmen living in the dorms. Contact Ann Baker at wescwaysmeans@gmail.com if you can contribute a casserole or other dish to the next Spirit Café on Oct. 14th. We need to feed 40-50 hungry airmen so fire up those stoves!

WESC is also hoping to provide

desserts for the Whiteman Performing Arts Group's theater production of The Marriage Counselor on October 7th. This is a new group getting under way and it would be great to show our support. Again, contact Ann at wescwaysmeans@gmail.com to sign up.

A Poker Run/Ride will take place Oct. 15th at Dickie Doo BBQ in Sedalia to benefit the Rivard family of Whiteman, whose son is undergoing grueling treatment for a rare condition and who are facing many expenses related to his illness. The event begins at 8 a.m. Please support this worthy cause. Additionally a "Trek for Tristan" 5K run/walk will take place at KNHS on Nov. 5th at 8:30 a.m. to raise funds.

Volunteers are needed on an ongoing basis to distribute info about WESC at the bimonthly Right Start information fair. This event only requires half an hour of your time on a Tuesday at 9:45 a. m. If you'd like to help, contact Kristen Van Haren at wescpublicity@gmail.com.

The Thrift Store is always looking for volunteers! If you are interested we are open Mon. from 9-12, with childcare available, Tues. from 9-2 and then Fri from 9-2, with childcare available. We are also open the 1st Sat. of the month from 9-2.

Volunteer logs for the past quarter (July, August and September) are due to Gena Wynn at wescvpres@gmail.com by Oct. 8th so that they can be submitted.

WESC Board 2011-2012

Holly Cousino- President

Gena Wynn- Vice President

Paula Greene-General Treasurer

Stephanie Dillon- Charitable Treasurer

Sarah Barnett- Secretary

Advisors- Barbara Barr, Michelle Thorsteinson

Honorary Advisors- Joanna Vander Hamm, Carol Milligan

Reveille Changes

Beginning Monday, 3 October, "Reveille" will be played at 0700 with "To the Colors" playing immediately after conclusion of reveille.

When played, military members outside and in uniform, to include PT Gear (unless actively engaged in physical training activities) face the flag, if visible, or face the music. Stand at parade rest during the playing of "Reveille" and at the first note of "To the Colors." Stand at Attention and salute.

If in a vehicle during Reveille, you must stop your vehicle and remain stopped until "To the Colors" ends. All occupants should sit quietly (military members should sit at attention).

Military members in civilian clothes and outdoors, stand at attention and place your right hand over your heart. Civilians should place their hand over their heart.

Sub Club News and Schedule

Come on out for Sub Clubs!

Coupon Club: POC is Sarah Christy. Next meeting is Oct. 15th at 9:30 AM at the base library.

Bunco: POC is Angie Franjul. Next Bunco night is Oct. 28th.

Literary Ladies: POC is Kristen van Haren. Next meeting is Oct. 22nd.

Dinner Divas: POCs are Megan Haeger and Angela Welsh. Next meeting is TBA!

Keep up to date with sub club events by checking the WESC Facebook page.



The Airmen and Family Readiness Center offers many classes and resources for spouses. Contact them at 687-7132 or www.facebook.com/whiteman.afrc

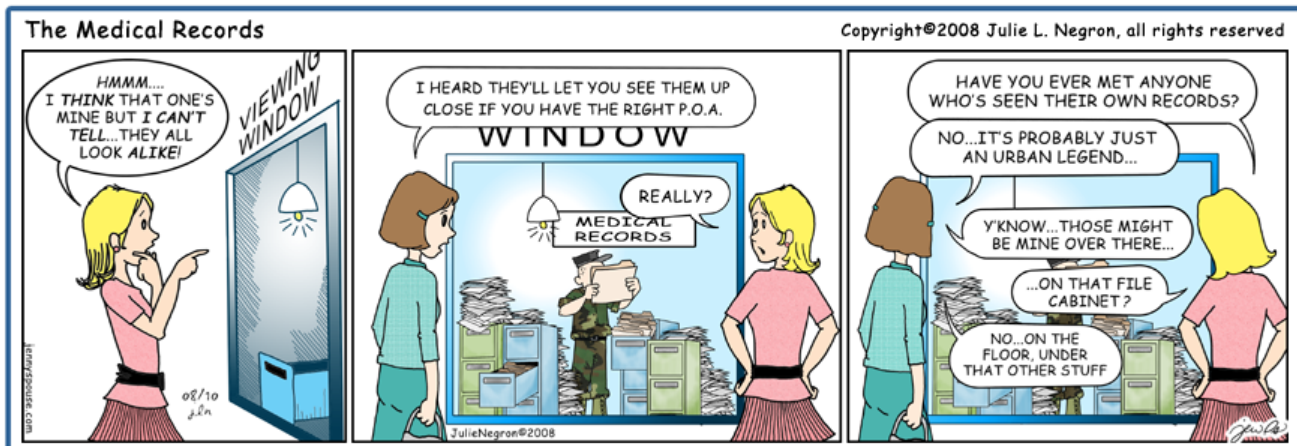
Member Honors

Member of the Month for September is Angie Franjul! Congrats Angie and thank you for the many hours you put in as co chair of the Thrift Store.

Megan Haeger passed the **Peer to Peer** gift to Jamie Himes, citing her support ever since she's

moved to Whiteman and the fact that she always has a smile on her face!

WESC T-Shirts are now available for purchase in sizes from S to 2XL for just \$10!





**Whiteman Enlisted
Spouses Club**

*Looking for local activities this month? Here's
some ideas:*

Buckeye Acres Pumpkin Patch, 6 miles north of
Warrensburg on 600 Rd. off Hwy 13, 1 mile
east. www.buckeye-acres.com

Knob Noster State Park, just across 23 Hwy
from Whiteman, is a great place to take a fall
foliage hike!

Montserrat Vineyards offers Taco Tuesdays
every week on Tuesday evenings with tacos
and dollar drinks and a great scenic view just
west of Whiteman.

www.montserratvineyards.com/

Compiled by Erin Bill

Submissions to
wescnewsletter@gmail.com

*Recipes, base info, photos all
welcome!*

[http://www.orgsites.com/
mo/whitemanesc/](http://www.orgsites.com/mo/whitemanesc/) and on
Facebook!

Downeast Maine Pumpkin Bread

From Allrecipes.com

Ingredients

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.