



The Signal

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April 2009 Volume 37, Issue 2

Special Interest

Dangerous

Chocolate

CAKE



President Viv's Message

I am sitting in my office on this Wednesday, April 8 and I have just had to turn up the heat! I guess we have had our Easter snap, as my pa-pa would have said. It got near freezing on Monday night and below freezing last night in downtown Clara, Mississippi. Poor ole Jerry had to cover his fruit trees that were blooming and our houseplants that he hauled out of their winter home

in the shop.

Thanks so much to Lucretia Barbee for finishing up the March issue of *The Signal* while I was out of town at a conference at Garaywa Camp and Conference Center in Clinton, Mississippi; that conference was related to my ministry assistant's job. Thanks, too, to Connie Myers for proofing for Lucretia. We really do have a great TEAM in the Auxiliary; they all work hard on your behalf!

On Friday and Saturday I put on my Mississippi National Guard (MS NG) Family Program State Advisory Team hat and worked at a Yellow Ribbon event in Hattiesburg, Mississippi. It was held at Temple Baptist Church, west campus, and the church was a marvelous host. I was privileged to work at the family sign-in desk and helped families with registration, travel vouchers, child-care registration and other information. In between those duties I helped to restock and greet visitors at the MS NG Family Program booth where we gave out lots of great information and resources. We had a few over 400 at this event. I also introduced myself to members of the Family Readiness Group for the 106th BSB (located at Camp Shelby) at their booth and signed up 3 new MS NG NCO Association Auxiliary/EANGUS Auxiliary members. I also left some additional membership applications with them and encouraged them to sign up members, as well. Now, normally, I carry membership applications everywhere I go—just ask anyone and they'll tell you I really do—but I guess I didn't restock after the last batch I gave out. Thankfully, Teresa White had some in her vehicle and shared with me. Teresa is also on our State Advisory Team and is active in the MS NG NCO Association Auxiliary as a District Director and she will be one of the Sergeants at Arms at our national conference in Rochester. TEAM work, again!!

We presented our Easter cantata on Sunday – *Because He Lives* followed the journey of Jesus down the Via Dolorosa to the cross and to the empty tomb. It was a beautiful cantata and was well done and, I was told, was a special blessing to many. I pray you make an opportunity to celebrate His resurrection during this Easter week. Jerry and I will join my brother and his wife at my niece's home in Nashville, Tennessee and we'll go to Easter Sunday services together. Ashley wanted us to visit her for Easter rather than her coming home. She is a prosthetist and is enjoying her work and the city of Nashville.

April 16-19 we will be in Tupelo, Mississippi for the annual MS NG NCO Association and Auxiliary conference. Matt Martin is president of the NCO Association, Florence Wright is president of the NCO Association Auxiliary, and Ricky and Connie Myers are the conference coordinators so you just know it will be a great conference. The Mississippi Auxiliary will have a strong president for 2009-2010 in the person of Pat Bishop. Pat is the wife of the Mississippi NCO Association executive director, Jim Bishop. You've seen and heard their names in the legislative report; they answer every CALL and encourage others to do the same. You've also seen Pat's name as the director at large/membership chairman for the Mississippi Auxiliary; she recruited over 50 new, renewal,

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Viv's Message Continued

associate members this year for the Mississippi and EANGUS Auxiliary. Pat has visited a good many units this past year as director at large along with Mississippi NCO Association president Matt Martin. Matt has done an outstanding job on briefing Guard members on the Mississippi NCO Association and EANGUS; he led Mississippi to a record number of members last year and already this year the Mississippi NCO Association is closing in on 5,000 *annual* members; add in the lifetime members and associate members and they should get close to 6,000.

South Dakota Enlisted Association could give pointers on membership enlistment. Their membership is somewhere around 82% of their enlisted strength. That gives their Auxiliary lots and lots of potential for growth!

April 24-25 we will be in Tuscomb, Alabama for the Area III Caucus. Director Jim Rains has sent me their agenda and I am looking forward to seeing him and our Area III Auxiliary Directors, Marie Brabham and Dianne Williams. Continue to remember Marie in prayer as she has struggled with back and neck problems and has already had surgeries. Dianne was sick with flu and then had a relapse. I hope they're both much better by now.

I always want to hear from you! You can reach me at the toll-free number (1-800-230-8221) or leave a message on my phone recorder or e-mail me at vividean@aol.com.

Thank you for what you do for Guard members and families! Keep on keeping on—it's important work!!

The Difference between Strength and Courage

*It takes strength to be firm,
It takes courage to be gentle.*

*It takes strength to stand guard,
It takes courage to let down your guard.*

*It takes strength to conquer,
It takes courage to surrender.*

*It takes strength to be certain,
It takes courage to have doubt.*

*It takes strength to fit in,
It takes courage to stand out.*

*It takes strength to feel a friend's pain,
It takes courage to feel your own pain.*

*It takes strength to hide your own pains,
It takes courage to show them.*

*It takes strength to endure abuse,
It takes courage to stop it.*

*It takes strength to stand alone,
It takes courage to lean on another.*

*It takes strength to love,
It takes courage to be loved.*

*It takes strength to survive,
It takes courage to live.*

Author: Unknown

Prayer and Praise

Prayer request from Jackie McGilton, Past President, La. NG NCO Association Auxiliary

I have a very special friend that is in I.C.U. in Monroe, Louisiana. He has had 2 heart attacks, had to have stints put in and now has double pneumonia and a blood infection. His kidneys and his liver has failed.

It is an hour by hour thing. His family and mine go back a long way. His name is Chuck and his wife's name is Rachel. Please add this family to your prayers.

Marge Walsh III. In her battle with cancer she is a dear friend of Lucretia Barbee's

Debra Campbell, OK Nephew Corey Kirkpatrick

Hazel Holt in your prayers as she is to undergo surgery on her ear on May 13th. You can send her a card :
766 Woodruff Road, Selma, NC 27576

Bonnie Moser
N4291 Klondike Rd.
Monroe, WI 53566

Bonnie is the current president of the WI Nat'l Guard Enlisted Association. She is a life member of EANGUS Auxiliary as her husband also was in the Guards. Her sister passed away , she had been fighting cancer for quite some time, I'm sorry I don't know the sister's name.

Passing of Alabama's MG (Ret)
MG Norman's home address to send cards to the family:
6085 Drexel Road, Pensacola, FL. 32504

All, I really appreciate all the cards, phone calls, and e-mails that I have received during my illness. I love and appreciate each one of you. Please continue to pray for me that the Lord will heal me and I will be able to function like I am suppose to do. Thanks you very much, Ann Hart MS

April 19th: Pray for Betty Hagerman. She passed out at home early Friday morning and was taken by ambulance to the hospital. She is in St. Vincent's in Sherwood, room 318, (501-552-7318). They ran tests Friday and some more Saturday and won't know until tomorrow if they found out anything. She insists that she will go home tomorrow as she has too much to do. (Our conference is this next weekend) Betty is one of those who never goes to the doctor, never takes a pill, and just keeps going.....Her home address is:

815 Wildood Sherwood, AR 72116.

Dan Tatro, OK :Pray for Dan and his family in the loss of Dan's father, Ralph Krug.

Prayers for Paulette Lafferty, MS She has had several health issues lately, she and her sister will be traveling to California for a group of specialists to evaluate her.



SPECIAL ALERT!!!

EANGUS has investigated a possible "SCAM" phone solicitation that is taking place. The caller asks for donations to EANGUS. This IS NOT an authorized solicitation by EANGUS. The call originates from this phone number 240-699-8940. No one answers on the number . . . you will just receive a recording and not be able to leave a message.

Many state associations are listed as donor groups. All state presidents should take whatever precautions necessary through your State Attorney General's office. DO NOT GIVE YOUR CREDIT CARD INFORMATION TO ANYONE OVER THE PHONE. If contacted, try and get an address to where a donation can be sent and forward this information to the EANGUS National Office ASAP.

If you have any questions, contact the EANGUS Executive Director and/or the Chief of Staff at 1-800-234-3264.

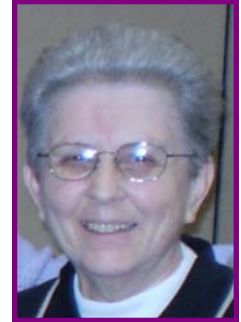
Photos, Information and Tidbits from Across the States

EANGUS Auxiliary will be selling a "Dessert Sampler" cookbook at Annual Conference in Rochester, MN. The plan is to have 300 available at a cost of \$5.00 each. There are some mighty good recipes in the book and will certainly be welcomed at the dinner table.

Our second cookbook is "Main Menu" and will be available at Annual Conference in St. Louis, Mo. We are accepting recipes for the "Main Menu" cookbook at this time. Our cookbook only allows for 20 pages and currently we have about 7 pages.

Please submit menus to:

Sara Hendricks
6893 Augusta Hills Drive, NE
Rio Rancho, New Mexico 87144-8604
Email: hendhaus@aol.com



New Vet Website

The Military Order of the Purple Heart launched a new website at www.VetsJobs.net to assist Veterans in obtaining Federal employment. The Vets Jobs website offers a video, "How to Get a Federal Job," that walks Veterans through the process of applying for federal employment. The site also includes links to USAJOBS, the official website for federal jobs, the Department of Labor and the Office of Personnel Management. For more information, visit the www.VetsJobs.net website.

"Oops" from last newsletter:

It should have read Laurie Clark (rather than Cook) is president of the California Auxiliary.

And, it is Sara Hendricks (rather than Hendrix) under one of the photos.



Ron & Deb Mordecai with Pat and Tim Cunningham
Oklahoma Conference Friday Night at "Toby Keith's"

Texas:

The National Guard Association of Texas held it's 50th Annual NGAT Conference the last weekend in March. The event was a huge success with over 1200 registered attendees. EANGUS Life Member MSG (Ret) Theresa Billeck-Zuniga was awarded the Associations highest honor with the NGAT Minuteman Award during the conference. Activities during the conference included a Golf tournament, Bowling tournament, Fun Run/Walk, and a Texas Hold'Em Tournament. Special events held this year were free classes in jewelry making, cake decorating and wine tasting. Our spouses luncheon featured a short class on basic salsa dancing that was a lot of fun. For photo and a video from our 50th Anniversary conference go to <http://www.ngat.org/50th%20NGAT%20Conf%20Home%20Page2.htm>

National Military Appreciation Month is May.

May 2009 will be the 11th year. Go to www.NMAM.org for more information how you can participate. Visit <http://www.amillionthanks.org/> There is information on sending letters and cards. You can also send E-cards!

Have you seen this? A military mom takes pieces of metal from old planes and turns it into dog tags and jewelry. Each piece has a peace message. A portion of the proceeds go to the Fisher House Foundation. <http://www.deploypeace.com/>

Laura Mowry
T-10

MISSISSIPPI

The MS NG NCO Association and Auxiliary held the annual conference in Tupelo, MS Events during the 3 days included golfing, bowling, barbecue supper on Friday night, joint session of Association and Auxiliary, business meetings for both Association and Auxiliary, Auxiliary Luncheon, Saturday evening Banquet, a band, and much more.

MS Auxiliary past presidents met for breakfast on Friday morning and enjoyed food and fellowship. They approved President Florence Wright's nominee for the Leola Bugger Coggin Supporter Award. The Auxiliary Board meeting was conducted on Friday. Officers, Directors, Committee Chairmen, and Appointees gave their reports; selected nominees for the EANGUS Auxiliary awards; voted on the Board of Director's Award recipient; and voted to pay Auxiliary expenses.

A First Timer's Welcome was held on Friday afternoon. The 1108th Avcrad also made a donation of \$100 to the Auxiliary. Numerous members renewed their dues or paid new member dues. Members continued to look for inventive ways to recruit members. Most effective, to date, seems to be one-on-one contact and telling the Auxiliary story.

Many Auxiliary members attended the Retirees' Breakfast on Saturday morning prior to the joint session of the Association and Auxiliary. The Auxiliary was dismissed to its business meeting after President Wright spoke to the joint session. Florence reported on the work of the Auxiliary through use of her theme acronym FROGS--Forging Relationships with Our Guard Spouses. During the general membership meeting the members heard reports from the Officers, Directors, Committee Chairmen, and Appointees; heard guest speakers MS CSM Don Cooley, Mississippi's Lieutenant Governor The Honorable Phil Bryant, United States Congressman The Honorable Travis Childers, The Adjutant General MG Bill Freeman, and The Chief of Staff for Air BG Alex Roberts (listed in order of appearance); approved the budget for 2010; held District Caucuses to elect District Directors; and announced those elected to positions of leadership.

At the luncheon FROGs on lily pad centerpieces reflected the theme used by President Florence Wright during the year. A buffet meal of 4 cold cuts, potato salad and chips, garnishes, homemade breads, and brownies was served. Most awards were presented during this time with the last ones presented at the Banquet on Saturday evening. Secretary Vivian Taylor installed the Officers and Directors. President Wright turned the gavel over to incoming President Pat Bishop.



MILITARY OneSource Newsletters

Military OneSource will be improving our online services as we migrate to a new site. We will be enhancing our discussion boards, navigation, personalization, and much more. Stay tuned for more details. As we move to our new Web site, we will be making some changes to our newsletters. We will be launching a new Parenting newsletter which will replace Caring for Your Baby, Raising a Toddler or Preschooler, Raising a School-Age Child, and Living with a Teenager newsletters. If you are already subscribed to one of these newsletters, you will automatically receive the new Parenting newsletter, which will meet the needs of parents with children of all ages. We will be discontinuing Countdown to College, Making the Most of Midlife, and Managing People newsletters, but we will continue to offer newsletters on other topics and add information on these topics to Military OneSource.

April highlights:

- * Month of the Military Child - April is the month of the military child. Celebrate this month by participating in events at your local installation. Military OneSource contains many valuable resources under the Parenting category to help children of all ages adjust to the daily challenges of military life.
- * Tax Filing Services – April 15th is right around the corner. Make sure to visit Military OneSource when completing your taxes to get free e-filing services and to have your personal tax questions answered by our tax consultants at 1-800-730-3802.
- * Financial Roadshows - The Financial Readiness Challenge Roadshow supplements existing service-branch financial readiness programs. Find out if the roadshow is scheduled to visit your installation.

We're available 24/7. You name it. We can help.

The "Presidents Connection" is the official communication tool from the office of the Enlisted Association of the National Guard of the United States (EANGUS) Association President Frank Lever.

MEMBERSHIP: Good news! The National Office did a membership comparison from 28 February 2008 to February 2009 and we are showing growth. That is good news considering the hard economic times facing all of us. However, we must continue to educate our young Soldiers and Airmen to include a lot of the Senior NCOs on the value of belonging to the only Association that works diligently for them. Too often we take for granted all the things professional associations do for us.

WHAT HAS EANGUS DONE FOR ME LATELY?

The President requested a 3.4% pay raise. EANGUS, along with the Military Coalition of which EANGUS plays a major role, lobbied for and got a 3.9% increase. That .5% difference represents the following:

- E-4 with 4 years of service- gains an additional \$11.00 per MUTA 4, and a \$41.00 increase in AT pay.
- E-6 with 12 years of service - gains an additional \$16.00 per MUTA 4, and a \$60.00 increase in AT pay.
- E-9 with 25 years of service - gains an additional \$27.00 per MUTA 4, and a \$101.00 increase in AT pay.

AGRS

- E-4 over 4 years of service - gains \$80.00 a month
- E-6 over 12 years of service - gains \$121.00 a month
- E-8 over 18 years of service - gains \$163.00 a month

MilTechs

- GS-6 - gains \$975.00 a year GS-8 - gains \$1,203.00 a year
- GS-7 - gains \$1,087.00 a year GS-9 gains \$1,325.00 a year

Lower TRICARE Reserve Select Fees

- Member only - \$47.51 a month - a reduction of \$33.49 per month
- Family - \$253.00 a month reduction of \$72.83 a month

Where can you get Health Care cost for your entire family for just \$253.00 a month?

New MGIB benefits for those who served 90 day tours of Active Duty

- Tuition - \$21,250 per year Books - \$1,000 per year
- Stipend - \$11,952 per year Tutor - \$1,200 per year

More AGR positions - 2,133

More MilTech positions - 1,177

These are just a few issues that EANGUS worked on your behalf in 2008.

EXECUTIVE COUNCIL MEETING: During the Executive Council meeting Executive Director Mike Cline presented an itemized financial cost analysis of processing annual members, life members, renewals, the legislative program, and the cost per member of the New Patriot magazine. The detailed report provided the Executive Council with financial information which resulted in an in-depth discussion of our Association's financial position and our path forward. The Executive Council agreed that for EANGUS to continue to provide the members services and legislative efforts, EANGUS must approve a bylaws change increasing our annual dues from the \$9.00. The report indicated that to provide the services that EANGUS presently provides to the membership, it costs in excess of \$41.00. The Executive Council has not determined the exact amount of the increase but each Area will discuss with their **States and** report to the President their findings.

President's Connection Continued

Another discussion centered on the possibility of moving the National Office from the D.C. area to a less costly area, and keeping only a small office in the D.C. area for legislative purposes. Area Chairman Frank Hotaling will continue to research the issue and report back to the Council.

The Executive Council also approved entering into a three-year contract with Lifelock, a company that helps guarantee loss of identity protection for members and their families. Lifelock will offer the identity protection at a reduced rate to EANGUS' members and their families over the much advertised rates seen on TV.

The Council voted to extend the contract of Executive Director Mike Cline to December 2010. EANGUS faces many challenges this year with lower membership, less revenue, reduced workforce, and a new administration and Congress. Mike's leadership will ensure that we continue to address the needs of our members through these economically challenging times. The Executive Council will begin the process for selection of a new Executive Director to succeed Mike in early 2010. The President will announce the selection of the new Executive Director at the 2010 Annual Conference in St. Louis, MO.

The Executive Council accepted the resignations of Area IV Chair David Culwell and Area III Director Glen Schmidtkofer. Area IV Director Max Miller will assume the responsibilities of Chair for Area IV and Debra Ward from Mississippi was elected as the Area IV Director filling the vacancy created by Chairman Culwell's resignation. Area III has not made a recommendation on a replacement director at this time.

Area IV Chairman Max Miller will undertake a study on our membership database program with Harris Connect and report back his findings to the Council to see if it fulfills the Associations needs.

The Board of Directors of the EANGUS "We Care for America" Foundation underwent a grueling three days of a Strategic Planning Workshop conducted by retired Warrant Officer Ali Westby from Arkansas. A lot of good ideas were exchanged. This may be the first step in getting the Board and the entire Executive Council of EANGUS involved in raising funds for the WCFA Foundation. In 2008 we received just over \$8,000 for the Foundation. We need to continue to support our needy Guard members and their families.

I want to thank Past President Nate Monastra for his efforts in getting the Cleveland Grays to make a second \$5,000.00 contribution to the Foundation.

Executive Director Mike Cline called on our friends from Prudential Financial to again make a large donation of \$30,000.00 to the WCFA program.

Area V Chairman Brad Thomas will finalize the Strategic Plan. Once this is done, the Board of WCFA will initiate applications for grants to support the Soldiers and Airmen Emergency Relief Fund. Past President Tony Nathe has agreed to assist the Board in writing these grants. I want to thank Past President Nathe for his help and guidance.

MAY MEETING: The Executive Council will meet May 29-31 for a Presidents' Workshop and site visit at our conference site in Rochester, Minnesota. Area IV Chairman Max Miller will lead the Presidents' Workshop. We will provide an agenda for you very soon. Go on-line at www.eangus.org and register for the workshop. Hotel information is contained on the web page.

Junior Enlisted: Brad Smith and others have signed up on FACEBOOK to communicate with other Junior Enlisted members. Join us on FACEBOOK. Smitty.smith73@us.army.mil.

Thanks for all you do every day for EANGUS.

Sincerely,

Ellen and Frank Lever
EANGUS

Senior Corner:

Brooks Marr Senior Contributor

WARNING IN THE KITCHEN -- Please Read - Important
 A student at HBHS had pancakes this week and it almost became fatal. His Mom (registered nurse) made him pancakes, dropped him off at school and headed to play tennis. She never takes her cell phone on the court but did this time and her son called to say he was having trouble breathing. She told him to go to the nurse immediately and proceeded to call school and alert the nurse. The nurse called the paramedics and they were there in 3 minutes and worked on the boy all the way to the hospital. He came so close to dying. Evidently this is more common than I ever knew. Check the expiration dates on packages like pancake mixes and cake mixes that have yeast which over time develop spores.



Throw away ALL OUTDATED pancake mix you have in your home, PLEASE! If you don't believe me, read this article and then follow the 'Link' below to SNOPEs. Sorry to be the Grim Reaper of bad news, but I would rather have you ALIVE, besides a \$2.00 box of pancake mix is NOT worth your life. P. S. You might want to tell this to your children, grandchildren, nephews, nieces and anyone else who keeps pancake mix or any other types of boxed mixes in the cupboard.

<http://www.snope.com/medical/toxins/pancake.asp>

From Snoops: cause of death due to anaphylaxis shock reaction to molds. I recently made a batch of pancakes for my healthy 14-year-old son, using a mix that was in our pantry. He said that they tasted 'funny,' but ate them anyway. About 10 minutes later, he began having difficulty breathing and his lips began turning purple. I gave him his allergy pill, had him sit on the sofa and told him to relax. He was wheezing while inhaling and exhaling. My husband, a volunteer Firefighter and EMT, heated up some water, and we had my son lean over the water so the steam could clear his chest and sinuses. Soon, his breathing became more regular and his lips returned to a more normal color. We checked the date on the box of pancake mix and, to my dismay, found it was very outdated. As a reference librarian at an academic institution, I have the ability to search through many research databases. I did just that, and found an article the next day that mentioned a 19-year-old male DYING after eating pancakes made with outdated mix. Apparently, the mold that forms in old pancake mix can be toxic! When we told our friends about my son's close call, we were surprised at the number of people who mentioned that they should check their own pancake mix since they don't use it often.

Dear All: A personal message from Brookes to you, With so many people shopping at warehouse-type stores and buying large sizes of pancake mix, I hope you readers will take the time to check the expiration date on their boxes. Also, beware of outdated Bisquick, cake, brownie and cookie mixes.

I just threw out cake mixes, pancake mixes, Bisquick and Aunt Jemima boxes - all of which were outdated. I had made an upside down pineapple cake from a mix for Christy's birthday and it tasted funny after we tasted it so I threw it out. Then I read this article and checked the box and it was almost a year old. Then I started looking through my pantry and found lots of outdated stuff. I have removed it all. All of you be careful and check your boxes. I love you too much for something to happen to one of you or your family.

Brooks

I just checked my pantry and was also shocked, man years fly by! I have much cleaner shelves! Thanks, Brooks!
 Lucretia

MEMBER SPOTLIGHT—HAZEL F. HOLT

Our member in the spotlight this month is tiny Hazel Flowers Holt who packs a huge punch with the annual EANGUS and Auxiliary Silent Auction.

Hazel is a retired North Carolina state employee from the division of motor vehicles driver's license unit. She revoked and suspended driver's licenses and sent out pick-up notices to the Highway Patrol. She worked in that position for 30 years. Rex worked for IBM at the research triangle as a final tester for computers.

Hazel still lives in the country on a farm that she inherited from her great grandparents. From a return address label on a letter to me I learned that the farm is named the Sly Fox Farm. The farm is over 100 years old and Hazel rents out the land for various crops. She has a fishpond with fish and she also has 10 boar meat goats to keep the pond clean. She attends the same country church in which she grew up. Hazel tells me that she and Rex held many positions in their church over the years, including preparing the church bulletins each week. They enjoyed traveling together, fishing the Outer Banks, spending time with their families, church and community functions, and National Guard and Family Support activities.

Hazel's faithful husband, Rexford "Rex" Holt had 11 ½ years in the Navy and had just gotten out of the Navy when he and Hazel married. In September 1978 Rex joined the North Carolina National Guard maintenance unit close to their home. He retired from the Guard on December 31, 1989. The Holts attended their first state conference in 1979 and that was the beginning of Hazel's state service. Over the years Hazel served as North Carolina Auxiliary chaplain, secretary, membership chairperson, hospitality room planner, convention planner, second vice-president, and president. She and Rex donated a handmade quilt that Hazel's mom made and quilted to the state scholarship fund for many years. Hazel served on the North Carolina Auxiliary Executive Board for 11 years without a break.

Hazel and Rex attended their first EANGUS conference in 1987 and knew immediately that was something of which they wanted to be a part. In 1989 the EANGUS Auxiliary President asked Hazel to chair the silent auction in 1990 and, as they say "the rest is history!"—Hazel has been in that place of service ever since. By 1994 the silent auction had grown in size and it became necessary for someone to be at the silent auction from 8-5 each day (it still requires that). Rex missed EANGUS meetings and stayed at the silent auction so that Hazel could attend the Auxiliary meetings. From 1994 through 2003 Rex continued to serve so that Hazel could attend the Auxiliary meetings.

Rex died from end renal kidney disease on November 19, 2003. He and Hazel had been married 29 ½ years.

Hazel has continued to serve as chairman of the silent auction. It is an EANGUS and an Auxiliary silent auction and has been for the past ten years. There is a division of items and tables for EANGUS and the Auxiliary and Hazel, as chairman, works for both organizations. EANGUS always helps to set up and close the silent auction and they help fill in when they have time. The members make sure the close out time is announced in their meetings and they reiterate that the silent auction is closed after it closes and remind members to pick up and pay for items. In 2000 the North Dakota Auxiliary donated the plastic table covers for the silent auction; everything else required to run the auction has been donated through the years by Hazel and Rex.

Hazel, like all our committee chairmen, serves gratis in this Auxiliary position. There is no reimbursement for conference hotel or travel. What would the EANGUS Auxiliary do without Hazel and all our other excellent committee chairmen? Take the time to express your thanks to them!



New April Trivia Questions

1. Who was the Auxiliary member that gave us our motto, "Side By Side, We Stand With Pride", and what state was she from?
2. At National Conference in 1979, The President's Award, which became known as the "AR" award was based upon the theme Auxiliary Rush for "79". What state was the winner?
3. Who was named Queen of the 1981 Conference, what was her state, and what was she presented with?

Answers for March:

- (1) Answer: Mississippi and Iowa, Marilyn Freking
- (2) Answer: Pendants and Necklaces with the EANGUS seal.
- (3) Answer: 1977 and Denver, Colorado

PASS TO YOUR NAM VETS!

Subject: FYI

Air Force Admits Agent Orange Spraying In Florida In 1962-70

For more information about Agent Orange, visit <http://www.vba.va.gov/bln/21/benefits/herbicide/> or call the Agent Orange hotline at 1-800-749-8387, or email GW/AOHelpline@vba.va.gov. (You will need to cut and paste these links into your browser or email program.)

Get an Army GI Bill Guide

Your GI Bill Rate for 2009 is **\$47,556**. Here are 2 main steps you need to take to start using your benefits.

1. **Find Military Friendly Schools** that offer college credit for military service and flexible schedules.
2. **Get the GI Bill Guide** to learn how to use your benefits.

Homefront America Scholarship

The fourth annual Homefront America, American Patriot Freedom Scholarship program is now accepting applications from qualified military dependent children. Applications must be post-marked by Friday, April 24, 2009. For program application, eligibility requirements and guidelines, please visit the organization's scholarship website, or its main website. The American Patriot Freedom Scholarship Program was established in 2006 to offer appreciation to those families, who have dedicated themselves to protecting the American virtues that we all enjoy.

<http://www.homefrontamerica.org/>

Vets Can Now Salute the Flag

For years, Veterans have wanted to salute the U.S. flag during the Pledge of Allegiance and the National Anthem instead of just placing their hand over their heart. Now they can.

A Congressional Amendment sponsored by Senator James Inhofe (R-OK) in the National Defense Authorization Act for Fiscal Year 2009 specifically states that "members of the Armed Forces and Veterans who are present but not in uniform may render the military salute." Veterans can salute the flag during the National Anthem as well as during "the hoisting, lowering, and passing of the flag."

"The salute is a form of honor and respect, representing pride in one's military service," said Inhofe. "Veterans and service members continue representing the military services even when not in uniform. The U.S. Code is now consistent for Veterans and all service members in regards to the symbolic gesture of the military salute."

“SALUTE TO HOMETOWN HERO’S” PARADE

Enlisted Association of The National Guard of The United States 38th Annual Conference

The Minnesota National Guard Enlisted Association (MNGEA) is hosting the Enlisted Association of The National Guard of The United States, 38th annual conference in Rochester, MN from 9-12 August 2009. As part of the conference MNGEA is organizing a parade that will honor all Army and Air Guard members who have deployed since 9/11. The parade is titled **“Salute to Home Town Hero’s”** and will kick off the conference. It will take place on Sunday morning the 9th of August.

The MN State CSM and CCM will be contacting the Guard Bureau CSM and CCM asking for their support in distributing this plan to the state CSM and CCM of all 50 states and 4 territories. All state CSM’s and CCM’s will be responsible for coordinating their state colors and personnel who will represent their state or territory in the parade. The POC for coordination of the parade is CSM Mitchell Hellkamp at Mitchell.g.hellkamp@us.army.mil. Each state/territory CSM/CCM is asked to notify CSM Hellkamp NLT 1 July 09 with their plan to support the parade.

At a minimum the parade will consist of each of the 50 states and 4 territories providing and carrying the Colors of each Battalion/Wing or higher and Guideon’s for their separate units, who have deployed since 9/11. The personnel required to carry the Colors can be and should be those in attendance at the conference, such as delegates, Junior Leadership participants and others in attendance from the respective states. The host state of MN (MNGEA) will provide a 3x8 foot banner for each state with the state name printed on it. The banners would be carried by state personnel in front of their respective state contingency as they march down the parade route.

The parade will start in downtown Rochester and end at the Veterans Memorial Park. The conference opening ceremonies will start shortly after the parade at the Veterans Memorial Park. At the conclusion of opening ceremonies all participants will be bused to their hotels or the Convention Center. The parade route is about 8 blocks long.

The uniform for the Army would be ACU’s with soft cap and ABU’s for the Air with soft cap.

We feel this parade is a great way to honor our soldiers and airmen. It has already drawn attention in the local area. We are attempting to get the Army Guard Bands from IA, WI, ND and SD to participate. We are also looking at three local High School bands. The MN Gold Star Mothers have asked if they could participate so they will march with the MN group. The local, state and national media will be notified and asked to provide coverage for this event.

Each state CSM/CCM and their TAGS are asked to participate with their respective state.

Robert E. Metcalf
ISG (Ret)
2009 Chair

From Senator Lieberman

Thank you for contacting me regarding rumored cuts in benefit programs for military retirees, including TRICARE for Life. Currently, a wealth of false and misleading information is being distributed on this matter; and I welcome the opportunity to explain the source of the confusion.

I am aware of several chain emails, online discussion boards, blogs, and even articles in well-intentioned veterans' publications that imply that President Obama and Congress plan on eliminating TRICARE for Life. The insinuations put forth by these sources are false.

The source of these stories is a report issued by the Congressional Budget Office (CBO), entitled Budget Options Volume I: Health Care, released in December 2008. Before jumping to conclusions about the report itself, however, it is important to know exactly what the CBO is. CBO is a nonpartisan federal agency, tasked with providing Congress with cost estimates for the many legislative proposals considered each year. It also periodically offers Congress suggestions for adjusting federal spending. CBO is an information gathering body for Members of Congress. Its recommendations about the budget are completely non binding; and its officers do not draft actual policy, legislation, or law.

The Budget Options report in question offers a total of 115 options for reducing (or, in some cases, increasing) federal spending on health care, only three of which relate to TRICARE. These options are merely suggestions, not policy statements or actual legislation. Reports such as this one are routine, and very few options or recommendations made by CBO are typically acted upon. President Obama has not indicated support for the three recommendations in this report related to TRICARE, nor has any Member of Congress, to the best of my knowledge. Any suggestion that the Administration is affiliated with this report ignores the fact that it was drafted by the CBO - which, again, is an advisory body of the legislative branch, not the executive branch.

You may also be interested to know that both the Reserve Officers Association (ROA) and the Military Officers Association of America (MOAA) have issued statements condemning the aforementioned rumors that are being perpetuated through these chain emails.

I hope that you have found this letter informative, and I encourage you to share this information with members of your community who are concerned about issues relating to military retirees. As a member of the Senate Armed Services Committee, please be assured of my continued commitment to protecting the various interests of all those who have fought tirelessly to protect our cherished freedoms.

Thank you again for sharing your views and concerns with me. I hope you will continue to visit my website at <http://lieberman.senate.gov> for updated news about my work on behalf of Connecticut and the nation. Please contact me if you have any additional questions or comments about our work in Congress.

Sincerely,

Joseph I. Lieberman

Update on TRICARE from Senator Lieberman. This is important to all of us. Please take the time to read. I think this may clear things up on the TRICARE scare.

This article was donated by an Auxiliary Member, we welcome additions from our members, we also would recommend that everyone research items such as these so you will stay aware of what is happening and how to ensure your opinion is heard.

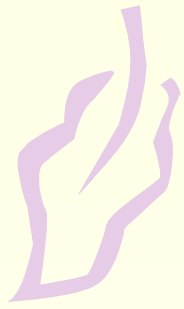
2009 – EANGUS Auxiliary Awards - Awards Presented at the 2009 EANGUS Auxiliary Annual Conference

Category of Award	Recipient	Eligibility Categories/Requirements	Criteria	Selection Method	Nominations Requirements	Deadline Date
Outstanding State Auxiliary Award	State Auxiliary	1-25 members 26-75 members 76+ members	Outstanding Contributions, Achievements and Service.	* Point System	N/A	June 01,2009
EANGUS Auxiliary Distinguished Service Award	Individual	Any member of the EANGUS Auxiliary not currently serving on the Executive Board.	Exceptionally Outstanding Service at the state and/or national level.	N/A	**Nominations Packet	June 01, 2009
EANGUS Auxiliary Outstanding Area Directors' Award	Individual	Area Director	Contributions, Achievements, Service to the EANGUS Auxiliary and the respective state auxiliaries within the Areas they represent.	* Point System	N/A	June 01,2009
EANGUS Auxiliary Meritorious Service Award	Individual	Any member of the Enlisted Association of the National Guard of the United States (EANGUS).	Contributions, Achievements, Support and Service to the EANGUS Auxiliary	N/A	**Nominations Packet	June 01, 2009
EANGUS Auxiliary Spouse of the Year Award	Individual	Any spouse of a member of the EANGUS Auxiliary	Exceptional support to spouse in state and/or national auxiliary.	N/A	**Nominations Packet	June 01, 2009
Torch Award & Life Membership Award	Individual(s)	Torch Award - Any member of the EANGUS Auxiliary Life Award – Any life member of the EANGUS Auxiliary	Outstanding Achievement over a sustained period of time to the EANGUS Auxiliary.	N/A	Presidents Discretion.	N/A
The Pen is Mightier than the Musket Award	Individual	Any member of the EANGUS Auxiliary.	Exemplary support to EANGUS especially in legislative matters.	EANGUS' Discretion.	NOTE: SEE "We Care for America"	April 15, 2009

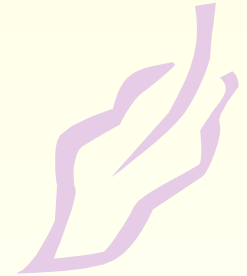
*Point System (see attachment A): State Auxiliary Outstanding Award and EANGUS Auxiliary Outstanding Area Directors' Award.

** Nominations Packet (see attachment B): EANGUS Auxiliary Distinguished Service Award, EANGUS Auxiliary Meritorious Service Award and EANGUS Auxiliary Spouse of the Year Award.

NOTE: SEE "We Care for America" - EANGUS Awards Program for more details on "The Pen is Mightier than the Musket Award".



HELP!



State presidents or other leadership...please, please send updates



on your officers with current addresses, phone numbers, and e-mail to me at vividean@aol.com.

Thanks!!! Viv

Items to Remember about the Awards

- Remember to nominate worthy members from your state for the EANGUS Auxiliary awards. You all know someone in your state who goes above and beyond to work for the Auxiliary.
- Send nominations for EANGUS Auxiliary awards to **President Taylor** vividean@aol.com, preferably by e-mail. This will make it easier to send on to the board for choosing recipients.
- Remember all nominations must be received by **June 1st**.

Check for New CALLS

2009 EANGUS Legislative action continues be sure to keep track so you can send your Legislative Reports for submission to the 2008-09 report for conference. I will be contacting your State Chair for their reports in May.



Connie Myers

Connie Myers EANGUS Auxiliary Legislative Chair



OK Debra Campbell
Oklahoma Conference



MS having Fun!

West Virginia Auxiliary benefits from Commissary Case Lot Sale



Ute Vance and Judy Conley

Area II Director and West Virginia Auxiliary President Ute Vance took advantage of the crowds gathered for a Commissary Case Lot Sale on March 29, 2009. Setting up an information table at the entrance of the drill floor which was being used for the sale, Ute had ample opportunity to talk to people about EANGUS and especially the Auxiliary. With the extra enticement of a raffle, she renewed memberships and signed up new members.

The basket was won by West Virginia's former Vice President, Judy Conley, who donated the basket back for use at the next promotional event.



Dangerous Chocolate Cake Recipe

5 MINUTE CHOCOLATE MUG CAKE

- 4 tablespoons flour
 - 4 tablespoons sugar
 - 2 tablespoons cocoa
 - 1 egg
 - 3 tablespoons milk
 - 3 tablespoons oil
 - 3 tablespoons chocolate chips (optional)
 - a small splash of vanilla extract
 - 1 large coffee mug
- Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.
- Put your mug in the microwave and cook for 3 minutes at 1000 watts (high). The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired. EAT! (this can serve 2 if you want to feel slightly more virtuous).
- And why is this the most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!**

Recipe shared from Fran Krause, CO

