

The

OTIS NOTICE

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MARCH 2011

Coast Guard News



U.S. Coast Guard Members Named 2010 American Red Cross Sea Rescue Heroes

Lieutenant Commanders Rachel Eldridge and Doug Watson, Aviation Electronics Technician Second Class Jamar Jones, Aviation Electronics Technician Third Class Spencer Vince, Aviation Maintenance Mechanic Third Class Thomas Frost of US Coast Guard Air Station Cape Cod have been named Sea Rescue heroes and will be honored at the 9<sup>th</sup> Annual Heroes Breakfast at the Resort & Conference Center in Hyannis on March 31, 2011.

LCDR Kevin Berry of US Coast Guard Air Station Cape Cod nominated the crew of the Coast Guard 2129, a Falcon jet stationed at Air Station Cape Cod, for their quick and heroic actions when two emergencies threatened the lives of three citizens.

On May 29, 2010, Lieutenant Commanders Rachel Eldridge and Doug Watson, Aviation Electronics Technician Second Class Jamar Jones, Aviation Electronics Technician Third Class Spencer Vince and Aviation Maintenance Mechanics Third Class Thomas Frost learned a boat, “Happy Days,” was taking on water somewhere off Boston.

With little information, the crew searched between Boston and Gloucester, a task complicated by its course around Logan International Airport. With daylight waning, they attempted one last search. Eldridge noticed oil sheen on the water they spotted a man. The vessel had sunk.

The crew worked to drop a life raft, but as the jet approached, they saw a second person in the water. Despite dangerously low fuel, they reevaluated their plan and dropped the raft between them. With other rescuers arriving, they flew to New Hampshire to refuel.

Then a second emergency.

A woman needed medical evacuation from Nantucket. They flew there directly and learned Medflight was en route. But eyeing deteriorating weather, the crew remained a fortunate decision since Medflight was forced to turn around. The jet crew completed the mission.

The entire crew worked tirelessly through tense, complicated emergencies. Their remarkable dedication makes this versatile team Red Cross Heroes.

U.S. Coast Guard crews search for missing woman near Hull

U.S. Coast Guard crews searched for a woman that is believed to have gone missing near Hull, Mass., Feb. 19, 2010.

Crews searched for Kara Vanick, a 26-year old Caucasian female that has blonde hair and was last seen wearing a brown jacket and dark dress slacks.

U.S. Coast Guard response boat crews, from Station Point Allerton and Boston, began searching after being notified by Hull Police Department. A Coast Guard helicopter crew from Air Station Cape Cod also aided in the search.

Police found Vanick’s vehicle abandoned near Nantasket Beach and contacted the Coast Guard shortly after



Colonel Anthony E. Schiavi, 102nd Intelligence Wing commander, presented his commander’s coin to Barnstable Police Officer Steve Maher at the Barnstable Police Department, Feb. 23, 2011, for his excellent work and briefing to the Massachusetts Military Reservation (MMR) commanders and the 102nd Intelligence Wing Antiterrorism Officer concerning localized threat trends in the town of Barnstable, Mass. Left to Right: Col. Anthony E. Schiavi; Police Chief Paul MacDonald; Officer Steve Maher; 1st Lt. Jean Riordan.

Photo by Sgt. Arthur Caiado

From “Sea to Shining Sea” – H60 Aircraft Transfer Mission

Story & photos by LCDR Brian Hopkins, ASCC

An aircrew from Air Station Cape Cod flew an H60 helicopter across America from Cape Cod, MA to Astoria, OR in support of the H60 “T-Model” conversion program. On Feb 3<sup>rd</sup>, 2011, the air station received its third MH60T (CG6002), triggering the release and transfer of another legacy “J” model (CG6009) to Sector Columbia River located in Astoria, OR. The crew of four departed the Cape the morning of Feb 4<sup>th</sup>, 2011. The cross country flight encompassed over 3100 miles, overflying some of the most iconic structures and monuments across America.

After overflying the historic setting of West Point, NY along the Hudson River, the crew overflowed High Point State Park which marks the highest elevation in New Jersey. The park contains a monument that was built to honor war veterans through the generosity of the Kuser Family of Bernardsville, NJ. Master Mason Michael Maddaluna began construction of the 220 foot monument in 1928 and completed it in 1930.

Following a stop for fuel in Akron/Canton, OH, the flight path continued over Indianapolis Raceway onto St. Louis, MO. After passing over the “Gateway Arch,” the crew remained overnight at Lambert – St. Louis International Airport.



From left to right: LT Steve Jensen, AMT3 Adam Zwizanski, AMT2 Dave Bowers and LCDR Brian Hopkins



Gateway Arch, St. Louis

The next day’s flight path required a fuel stop in Liberal, Kansas. The crew was greeted with a warm welcome from the staff at Liberal Mid America field before moving onto Albuquerque, New Mexico.

The 3<sup>rd</sup> day of the mission crossed into Arizona, flying past scenic Grand Canyon, Lake Meade and the Hoover Dam before landing in Las Vegas, NM. Following a quick refuel in Las Vegas, the crew pushed on past the Mojave Desert into the heart of California agriculture, landing in Fresno, California. The 4<sup>th</sup> day included an over flight of San Fransico and the Golden Gate bridge followed by a fuel stop in Arcata, CA, home of Air Station Humbolt Bay.



Hoover Dam

After over 24 hours of flight over a period of four days, our crew finally arrived at Air Station Astoria, completing a successful, once-in-a-lifetime mission. At each stop, we encountered fellow citizens who were extremely supportive of our nation’s military, with many of them going out of their way to pass on a heartfelt “Thanks” for our service. The crew of CG6009 would like to pass those sentiments on to our local military family at the Massachusetts Military Reservation. Let it be known that your efforts and sacrifices are recognized “From Sea to Shining Sea”.





# Commander’s Column

COL Richard V. Crivello

Post Commander Camp Edwards ARNG Training Site

It is hard to believe its March already. I’ve been back to Camp Edwards since September and I can’t believe how quickly the time flies! A lot has happened in a short period of time and I’m sure now that the holidays are over the pace will pick up again. We’re all in the midst of a pretty harsh winter which takes us back to years of old and has a Currier and Ives feel to it. I’m reminded of the poem by Robert Frost “Stopping by Woods on a Snowy Evening”. There are many interpretations to this poem but to me the simplest seems to equate perfectly to members of the military and their families.

To me the theme of the poem represents a journey. It can be a journey through life, our military careers, or even just your current assignment. We all can get wrapped up and totally focused in what we are doing and forget to stop and take solace in the moment. This winter season provides that perfect opportunity to just that. If you have you ever been outside during a snow storm at night and just enjoy the quite as the snow is falling you’ll know what I mean. We have to take a break from the hectic pace and catch our breath. The woods are lovely, dark, and deep. They are not as mysterious as you might think. We do have promises to keep and there are miles to go before we sleep. But take a minute, a day, or some time just to enjoy the wonderful world around us.

I feel better now so let’s get back to the business at hand. The evolution of the MMR has also been a journey. Journeys often require course corrections and the MMR is no different. In light of that, the military commands at the MMR have launched a major effort to look at the future of

the MMR from each of our diverse and complex missions. Each of us plays a vital role in the defense and safety of the nation. So it is fitting that first we look at what we need to do accomplish our individual missions and position us for future joint opportunities.

Camp Edwards last significant future planning took place almost five years ago with the publication of the “Camp Edwards Site Consolidation plan”. This plan was the first attempt to identify training requirements for our soldiers and units since the events of 9/11 and the start of Operation Enduring Freedom and Operation Iraq Freedom. The leadership at Camp Edwards has accomplished a lot in terms of infrastructure improvements and how we respond to the needs of the units training at Camp Edwards since the publication of that plan. The men and women of the Massachusetts National Guard are our “customers” and are the reason for our existence. The Massachusetts National Guard has mobilized almost eight thousand soldiers for overseas deployment since 1992 and each one of them has come to Camp Edwards to train as part of their mobilization process. That is a significant accomplishment! Just as significant is the fact that we are able to train to standard and be compatible with environmental protection of the natural resources in the northern training area also known as the Reserve.

The strategic environment has also changed significantly since the publication of that plan. The National Guard nationwide has become what is referred to as an Operational Reserve. Professional, robust, and relevant we are able to mobilize and respond to any threat natural or manmade overseas or here at home. This concept has caused us to relook at how we train and what we need to

meet our mission requirements. Our planning efforts will be conducted in two phases. The first phase will be the updating of our site consolidation plan. This will be done as the other services update their respective plans. The second phase will look at opportunities that we can do together to improve efficiencies across the entire MMR. Throughout this process we will adhere to the guiding principles established many years ago with the publication of the Community Working Group Master Plan This plan provides the framework within which all other planning efforts will follow. We’ll accomplish our work with the understanding that we are also part of the larger community of the entire Cape Cod peninsula. We look forward to working with all of the surrounding towns, the Environmental Management Commission, and the public to develop a plan that makes the MMR a vibrant example of communities and all branches of the military working together toward a common goal.


So remember, as harsh as the winter season can be, take the time to marvel at its beauty. Have consolation that in a couple short months the snow and ice will begin to melt and warmth of summer will return giving us another different season to enjoy. Please don’t forget to take the time to look after those that are less fortunate than us especially the elderly and those of us with family members who are deployed. This time of year can be especially difficult for those with loved ones stationed in faraway places. It is a pleasure and honor to serve with each and everyone one of you and I look forward to another exciting, successful year here at the MMR!

## KAEHLER KORNER


### Emergency Treatment for Avulsed (Knocked-out) Teeth

5 million teeth are knocked out each year at a cost of \$500,000. This can translate to \$2,000 per tooth and \$10,000 over the patient’s lifetime. Causes include accidents, sports and violence. 50% of physical abuse result in mouth and face injuries. Prevention is, of course, the best protection from this happening. A custom made mouth guard from the dentist is the most comfortable and successful protection. If interested, contact your dentist’s office to have one made for you. Unfortunately, mouth guard compliance use is low, even in sports where they are mandatory. Almost every sport and active work site could justify the use of a mouth guard. Even weight lifting can cause damage because of the increased clenching of the teeth when lifting heavy weights. When presented with an avulsed tooth (knocked out tooth), place in a storage media, such as Save-A-Tooth. If not available, use low-fat cold milk or saline solution. If the patient is old enough and conscience you can also place it behind the patient’s lower lip or under the tongue. This will



keep it moist with the patient’s saliva. Do not handle root surface. Hold by the crown. This storage media can keep 70% of the periodontal ligament cells alive for up to 12 hours. This increases the chance of the tooth surviving long-term. Success is maximized when a tooth is replanted within 20 minutes or when the tooth is placed in a storage media such as Save-A-Tooth. And get to the dentist ASAP. If just a piece of tooth has fractured off, save it in a container as it, perhaps, can be bonded back on. But it is not necessary to place the tooth piece in a Save-A-Tooth container. CAPT Gelynn Majure, DDS, FAGD, USPHS  
CDR Deborah Smith, DDS, USPHS  
Kaehler Memorial Medical Clinic



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Attention: USCG and family members, and USDA-APHIS and family members

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## American Red Cross

The American Red Cross, Cape Cod and Islands Chapter will offer a special Coping with Deployment, Psychological First Aid for Military Families course at the Chapel Support Building on the Massachusetts Military Reservation.

The Coping with Deployments course was developed by the American Red Cross, specifically to address the stresses and strains that deployments place on the families of service members. The Red Cross worked closely with subject-matter experts from all service branches along with National Guard and Reserve components to complement what is offered in their courses. The course is available to the family members of Reserve, National Guard and active duty service members, including spouses, older children, parents, siblings and significant others of services members who are currently deployed or will be deploying soon, as well as to service members who take it with their family. Veterans and their family members are also eligible. Members of the general public are not eligible to take this course unless they have a family member deployed or deploying. The course provides important information on resiliency strategies for adults and children, as well as explaining the steps required in performing psychological first aid (PFA) for others under stress. It contains an adult module, a children’s module and a comprehensive resource and referral section.

The course will be offered free of charge on April 30, 2011 from 12:00 noon – 4:00 pm. Registration is required by calling (508) 775-1540 ext. 18 or emailing [ttarozzi@cape.com](mailto:ttarozzi@cape.com).

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**DEADLINE** for the next issue of The Otis Notice is Wednesday, March 31, 2011. The publish date for the next issue of The Otis Notice is April 7, 2011. News copy may be mailed to P.O. Box 571, Osterville, MA 02655, faxed to 508-428-8524 or e-mailed (Word, MS Publisher, PDFs or within message) to [L.printing@comcast.net](mailto:L.printing@comcast.net). For information about display ads, call 508-428-8900.



# Chaplains’s Column

LCDR Jen Bowden, CHC, USN Chaplain  
Sector Southeastern New England

## Are you “sharpening your axe”?

A young man approached the foreman of a logging crew and asked for a job. “That depends,” replied the foreman. “Let’s see you fell this tree.” The young man stepped forward and skillfully felled a great tree. Impressed, the foreman exclaimed, “You can start Monday.”

Monday, Tuesday, Wednesday, Thursday rolled by. Thursday afternoon the foreman approached the young man and said, “You can pick up your paycheck on the way out today.”

Startled, the young man replied, “I thought you paid on Friday.”

“Normally we do,” said the foreman. “But we’re letting you go today because you’ve fallen behind. Our daily felling charts show that you’ve dropped from first place on

Monday to last place today.”

“But I’m a hard worker,” the young man objected. “I arrive first, leave last and even have worked through my coffee breaks!”

The foreman, sensing the young man’s integrity, thought for a minute and then asked, “Have you been sharpening your axe?”

The young man replied, “No sir, I’ve been working too hard to take time for that!”

Isn’t this story like our lives? We are busy people. With the demands of home, work, and family - we forget to sharpen our axe. The challenging events of our lives can make us feel there’s no time to slow down. Contentment and happiness are hard to come by when we’re working

with a dull axe. Everyone needs time to think, relax- time to learn and grow. Finding ways to refresh ourselves through stress relief, exercise, meditation or spiritual practices will make all the difference as we encounter tough times and in the simple act of living day to day.

Are you “sharpening your axe”? If not, start today!

### Upcoming opportunities:

Dave Ramsey’s Financial Peace University will be offered on the Air Station and at Sector Southeastern New England units beginning on 9 March. Contact Mr. Karl Armstrong at the Base Chapel for more information on the great way to “sharpen your axe”!

## National Women’s History Month 2011 “Our History is Our Strength” Remembering the Women Airforce Service Pilots (WASPs) and Frances F. Grimes, Class 43-W-3

By LCDR Rachel Eldridge and AMT3 Amanda Wingrove, USCG Air Station Cape Cod


### A brief history of the WASPs

The WASPs were the first women to fly American military aircraft. The story began with two women and one vision. In 1939, Jacqueline Cochran began her pursuit with a letter to First Lady Eleanor Roosevelt that encouraged the use of women pilots in the armed forces. 1

Soon after WWII broke out in 1940, a woman named Nancy Love began her petition to form a Ferrying Command, made up of all women, as part of the Army Air Corps with the goal to ferry aircraft from factories to staging areas throughout the U.S. This proposal was turned down. In 1942, persistence paid off as she was successful at convincing the head of the Ferrying Division’s domestic

wing, Colonel William Tunner that experienced women pilots were necessary to satisfy the shortage of skilled pilots. The Women’s Auxiliary Ferry Squadron (WAFS) were founded in September 1942 with a group of twenty-eight experienced female pilots and Nancy Love as their Commander. There task was to fly or transport the much needed aircraft from factories, overhaul facilities, and bases to their assigned air field or deportation fields. 2

In September 1942, another branch called the Women’s Flying Training Detachment (WFTD) was also formed to help with the demand of training a large group of new women pilots. Jacqueline Cochran was charged with directing this training school.

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## THE AIRMAN’S COUNCIL

### ANNOUNCEMENTS

- Facebook: The Airman’s Council has an official Facebook page. Search: “102nd Intelligence Wing Airman’s Advisory Council” and ‘Like’ for council updates and reminders on Airman’s Council activities.
- Wi-Fi at the Dorms: Thanks to many months of persistence from the Mission Support Group and Communications Flight!
- Community Service Projects: The Airman’s Council is looking for some fresh ideas for community service projects and people who are interested in being an active part of the community.




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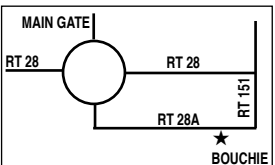
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# COAST GUARD CHIEFS MAKE A SPLASH FOR SPECIAL OLYMPICS



Nothing like a day at the beach: Senior Chief Mike Camire (retired, far left) makes a splash for Special Olympics, “Senior Splash” raised \$880 dollars and the CPOA team, Cape Cod Chapter collected donations totaling almost \$1,300 for the Special Olympics of Mass.

Story & Photos by Mike Camire

On a brisk, breezy Saturday morning in late February, what better way could you find to spend the day than taking a swim at the beach? Okay, so it’s not exactly summer time conditions, but were used to that on Cape Cod, summer arrives in July (if we’re lucky) and just at quickly it exits, stage right, as fall sneaks up on us faster than tax day.

But it was not just any bright and breezy Saturday in February, despite conditions that were not so “Balmy.” Here’s the beach scene: winds 10-20 knots, an air temp. of 34, a water temp. of 35 and oh yeah throw in wave heights of 3-5 feet for good measure! However the beach is gorgeous - Nantasket Beach, in Hull and as precious as the beach is, the CAUSE for the day is even more priceless.

This day is known as Plunge Day, as in the 13<sup>th</sup> Annual Passion Plunge for Special Olympics of Massachusetts. Volunteers sign up to plunge and then they get their friends, family members and co-workers to donate to the cause. The Cape Cod Chapter of the Chief Petty Officers Association has been long time supporters of Special Olympics. This year was a little different since many of the Chiefs who “Plunged” with me last year had been transferred; so our small (but hearty) team was made up of Mike Camire, Elaine Jergens and Chris Pierce. CPOA Chapter President Brian Guarino was happy to report that the Chiefs team raised almost \$1,200 that will go directly to Special Olympics of Massachusetts.



And empty Chicken Coop is a good thing! Everyone took the Plunge.

Founded by Eunice Kennedy Shriver, Special Olympics is the world’s largest year-round program of physical fitness, sports training, and athletic competition for people with intellectual disabilities. Globally, more than 2.5 million athletes participate, with athletes in every state of the U.S. and in nearly 200 countries around the world. There are 12,168 Special Athletes in Massachusetts and for every \$500 raised, that \$500 will provide complete funding for one athlete for an entire year

After registration and the all-important safety briefing, the Plungers (1,000) strong lined up for the costume parade leading up to the beach. The costumes always provide some really good laughs, sort of a good way to get ready for that gasp as you hit the 35 degree water! There was no shortage

of characters this year, did I say characters? How about the entire cast of Scooby Doo, including a plywood replica van of the “Mystery Machine.” There were plunging pirates, blue man group, American Presidents, a group of Mother Nature Lovers in various forms and the usual bikinis and Speedos; yikes! One group alone had 110 plungers, the largest group of all by far: this gang was from Project Unite, three high schools from the Attleboro area. A great showing of solidarity, or was it insanity?

The Plungers received some words of encouragement from DJ “Spaz” from radio station WAAF 97.7 and then it was into the water for the SPLASH & PLUNGE. 1,000 plungers went into the water and 1,000 (wet, cold and shriveled) swimmers came out, and very quickly I may add. After drying off and changing it was time for the awards to be handed out. Best team costume went to Moynagh’s Tavern of Worcester for their nifty Scooby Doo attire. As Spaz said, if not for those meddling kids and their Mystery Machine, the Plunging Pirates may have taken home the 1<sup>st</sup> place plaque. Hilarious! Best original team went to the Mother Nature Group, from the Weymouth Club. The top four fund raising groups were 1 – Scituate Mariners \$28,677, 2 – Plunging Pirates \$23,363, 3 – Quincy Mustangs \$21,983 and 4<sup>th</sup> was Moynagh’s Tavern \$19,971. The top youth fund raiser (under 18) was Emma Ellison, who raised \$1,465, now that’s a lot of rubles! Of course the real winners are the athletes as the Nantasket Beach Plungers alone raised \$192,591 an increase of more than \$12,000 from last year.

This is not even taking into account the money that was raised at the other Plunge site at Revere Beach. Showing that even in these tough economic times, people can band together and raise money for a GREAT CAUSE!

Special Olympics President Bob Johnson offered some encouraging words as he spoke of what these athletes are all about; Courage, Passion and Joy. He thanked the plungers for sharing these traits that the Special Olympic Athletes have. The courage to sign up for the plunge, the passion displayed in making the plunge and then the sheer joy of getting out of the water and sharing

your triumph with everyone around you. Great words from President Bob, now all of the plungers can really relate to what it takes to be a Special Olympian. Really all you have to do is give it your all and try to succeed! Everything else will fall into place.



Don’t fool with Mother Nature: The Weymouth Club took 1st prize for Best Original Team with their costumes

Speaking of succeeding; Bob then introduced a gifted young man, Special Olympic Athlete Colin Davidson a decorated athlete who has garnered over 100 medals in track and field, basketball, sailing and soccer. Colin thanked his friends from the U.S.S. Constitution and told us of his upcoming trip he will be making this summer; to Athens where along with 5 other athletes he will be competing in the World Games! What better reason could you come up with to plunge for? Or to donate? These athletes will not only be representing Special Olympics, they’ll be representing the U – S – of “A”! How cool is that?

So maybe next year, you’ll think about taking the PLUNGE, or making a donation to a great cause, who knows? Maybe the dollars that you give will lead to a Massachusetts athlete, standing on a podium, in Athens Greece, where the real Olympics all began so many years ago. I know one thing for sure, the Coast Guard Chiefs will be there in spirit and they will continue to give their unwavering support to a group of athletes who truly give it their all; they are people that put it all on the line demonstrating courage, passion and a joy that should make us all proud to be Americans.

For more information go to [www.PassionPlunge.org](http://www.PassionPlunge.org)



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## 2011 SUPER BOWLING PRE-GAME EVENT

Story & Photo by Candance LeBlanc  
USCG MWR Recreation Specialist

MWR would like to thank everyone that participated in the 2011 SUPER BOWLING Pre-Game Event and congratulate the winners, the Green Bay Packers, which consisted of the Henderson family (Dan, Hope, Alec, and Haley). It was a close match with a final score of 150 – 138

over the Pittsburgh Steelers. The MVP award went out to Tre Solis of the Steelers who bowled, fiercely, throughout the event and threatened the Packer lead late in the match. Thanks again to everyone who participated and we hope to see everyone again next year at the 2<sup>nd</sup> Annual SUPER BOWLING Pre-Game Event.



Alyssa stacks candy hearts at the Valentines Day Family Night party.



The Otis 4H Adventure club decorates the Base Exchange window a Valentine Theme.

WALLYBALL 2011 FINALS STANDINGS		
	Wins	Losses
I'd Hit That	4	1
Canal	3	2
NOAA TP	3	3
Mixed	2	3
Fish Heads	1	4



“The Suspenders” juggling act entertain families during February School vacation at the Base Theater.

## Roxy Theater

### 508-968-6452

<b>FRIDAY MARCH 4<sup>TH</sup></b> <b>7:30 PM</b> <b>NO STRINGS ATTACHED</b>  Film Rating R  Film Run Time 108 min.	<b>SATURDAY MARCH 5<sup>TH</sup></b> <b>5:00 PM</b> <b>TRUE GRIT</b>  Film Rating PG13  Film Run Time 111 min.	<b>SATURDAY MARCH 5<sup>TH</sup></b> <b>7:30 PM</b> <b>THE GREEN HORNET</b>  Film Rating PG13  Film Run Time 119 min.	<b>SUNDAY MARCH 6<sup>TH</sup></b> <b>2:00 PM</b> <b>THE DILEMMA</b>  Film Rating PG13  Film Run Time 111 min.
<b>FRIDAY MARCH 11<sup>TH</sup></b> <b>7:30 PM</b> <b>THE MECHANIC</b>  Film Rating R  Film Run Time 100 min.	<b>SATURDAY MARCH 12<sup>TH</sup></b> <b>5:00 PM</b> <b>THE DILEMMA</b>  Film Rating PG13  Film Run Time 111 min.	<b>SATURDAY MARCH 12<sup>TH</sup></b> <b>7:30 PM</b> <b>NO STRINGS ATTACHED</b>  Film Rating R  Film Run Time 108 min.	<b>SUNDAY MARCH 13<sup>TH</sup></b> <b>2:00 PM</b> <b>TRUE GRIT</b>  Film Rating PG13  Film Run Time 111 min.

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## TRICARE Benefits Available for Military Dependents up to Age 26.

Falls Church, Virginia - The signing of the National Defense Authorization Act (NDAA) of fiscal year 2011 into law enables TRICARE to extend coverage to eligible adult children up to age 26. A premium-based TRICARE Young Adult program is expected to be in place later this spring. The Patient Protection and Affordable Care Act of 2010 required civilian health plans to offer coverage to adult children until age 26. TRICARE previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, “high user” cancellations, or denial of coverage for pre-existing conditions – but did not include this expanded coverage for adult children. Dependent eligibility for TRICARE previously ended at age 21 or age 23 for full-time college students.

The fiscal year 2011 NDAA now gives the Department of Defense the authority to offer similar benefits to young adults under TRICARE. The law was signed by the President on Jan. 7, 2011 but full details of the TRICARE Young Adult (TYA) program will not be in place until later this spring, according to TRICARE officials. “We’ve been working hard to make sure we could put TRICARE Young Adult on a fast track,” said TRICARE Deputy Director Rear Admiral Christine Hunter. “Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the President includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1.”

Beginning later this spring, qualified, unmarried dependents up to age 26 will be able to purchase TRICARE coverage on a month-to-month basis – as long as they are not eligible for their own employer-sponsored health coverage. Premium costs are not yet finalized, but the NDAA specifies that rates must cover the full cost of the program. “This program has the potential to extend TRICARE coverage to several hundred thousand additional beneficiaries,” said Hunter. “The premium allows us to provide this excellent benefit to our military families while responsibly addressing the impact of health care costs on the DoD.

Initially, the benefit offered will be a premium-based TRICARE Standard benefit. Eligible family members who receive health care between now and the date the program is fully implemented may want to purchase TYA retroactively and should save their receipts. Premiums will have to be paid back to Jan. 1, 2011 in order to obtain reimbursement.

As details are being finalized to offer the TRICARE Young Adult Standard option, the TRICARE Management Activity will also begin work on the required policy and contract changes to offer a TRICARE Prime option later in 2011. While it is too soon to provide specifics, eligible family members using the TRICARE Young Adult Standard program may be able to change to TRICARE Prime later in the year if it meets their needs more fully. The TRICARE Young Adult Prime option will also carry a separate premium.

Stay up to date about the TRICARE Young Adult program by signing up for e-mail benefit and news updates from TRICARE. To subscribe, TRICARE beneficiaries can visit [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions) and look for “TRICARE Young Adult” under benefit changes.

Adults who are no longer eligible for TRICARE, but need health insurance coverage, may wish to explore the Continued Health Care Benefit Program (CHCBP). CHCBP is a premium-based program that offers temporary transitional health coverage for 18-36 months. Coverage must be purchased within 60 days of loss of TRICARE eligibility. For more on CHCBP, go to [www.tricare.mil/CHCBP](http://www.tricare.mil/CHCBP).

## SalvationArmy Good Neighbor Energy Fund



The Salvation Army has money available in their Salvation Army Good Neighbor Energy Fund to assist those in need with heating expenses and broken heating system repairs. Please contact Edna Bargan by calling (339) 502-5934 or send an e-mail [toebargan@use.salvationarmy.org](mailto:toebargan@use.salvationarmy.org). Another resource is available by calling 1-800-632-8175. Follow the recorded directions, enter your zip code and they will put you in touch with your nearest community action program location. For more information, please visit [www.massresources.org/massachusetts\\_energy\\_assistance\\_d.html](http://www.massresources.org/massachusetts_energy_assistance_d.html).

# WHEN DISASTER STRIKES

By Jean Roma

The images we are seeing of the devastation in Haiti and Australia are incredibly unsettling, and as in many previous disasters, Americans are again asking what they can do to help.

In Haiti the National Disaster Medical Services, the U.S. Public Health Services, the military, the Red Cross and many other agencies have provided assistance. We reach out and support our neighbors throughout the world in every way we can when they face their greatest challenges.

The disasters in Haiti, Australia, and here at home with Hurricane Katrina and 9/11 serve as a reminder to all of us that we are vulnerable. We need to prepare. We need to be ready to help ourselves on Cape Cod. Our geography lends itself to our communities being cut off from other resources in Massachusetts. We Cape Codders whether here as long term natives, “wash-a-shore” residents, “snow birds” or people assigned here due to their occupation can step up and prepare to help out.

Sometimes when I go out and speak to various groups, I am told, we will be here to help if needed. The problem with spontaneous volunteers is that they are not affiliated with any group; usually they have not had any training, and do not have the ability to sustain themselves. The research post 9/11 and Hurricane Katrina is clear that spontaneous volunteers can make things worse rather than better. The spontaneous volunteers sometime present problems for the trained responders as they have to expand their duties and rescue the well meaning volunteer. This leads to frustration by the volunteer that they could not immediately connect with a system that could take advantage of their skills.

This was the impetus to form the Medical Reserve Corps. President Bush in his State of the Union address in 2002 asked all Americans to volunteer in support of their country, The Medical Reserve Corps was founded to engage volunteers to strengthen public health, emergency response, and build community resiliency.

## AST3 Nicholas Litchfield graduates from the U.S. Air Force Airman Leadership School

On February 4th 2011 AST3 Nicholas Litchfield, a U.S. Coast Guard Rescue Swimmer stationed at Air Station Cape Cod, graduated from the U.S. Air Force Airman Leadership School (ALS) located at Hanscom Air Force Base MA. One of two Guardians selected throughout the entire Coast Guard First District to attend the school, AST3 Litchfield excelled in all facets of the indispensable training curriculum.

Eligibility is offered to Senior Airmen, or in this particular case a Petty Officer Third Class with 48 months time in service, or those with an advancement eligibility to the pay grade of E-5. The member must also have at least six months of obligated service from the projected class graduation date before being enrolled.

ALS is a five week-long United States Air Force training program designed to develop airmen into effective front-line supervisors. It is the first professional military education (PME) that junior enlisted Air Force member’s encounter. ALS focuses on developing leadership abilities as well as effective communication. The course curriculum

The Medical Reserve Corps is in every state. There are 937 units with over 210,000 volunteers. We are community based and function as a way to locally organize and utilize volunteers, both medical and nonmedical to respond to the needs of our country. We function under the direction of the Surgeon General through the Dept. of Health and Human Services.

Last year, we responded to the H1N1 flu preparedness campaigns because our president, our governor, and our neighbor asked us to. We deployed medical volunteers who answered hotlines for flu information and conducted immunization clinics. We also deployed nonmedical volunteers who participated in registering people for the clinics and assisting in the logistics of running the clinics. On Cape Cod we utilized over 100 volunteers. Some of the volunteers responded to 10 or more requests. Throughout the entire nation, Medical Reserve Corps volunteers were instrumental in achieving a national priority in immunizing a large amount of people in a short period of time.

At this time I am reaching out to my fellow Cape Codders for help. In the event of the need to open a large shelter on Cape Cod, the Massachusetts Military Reservation would be utilized. For example, if the Bourne and Sagamore Bridge were closed during a hurricane, traffic would be rerouted to the base. The Medical Reserve Corps would work with the State of Massachusetts and other agencies to support the medical aspects of a shelter.

The Medical Reserve Corps needs volunteers from the base and surrounding communities to help out. Joining the Medical Reserve Corps is easy. We have a website at [www.ccmedicalreservecorps.org](http://www.ccmedicalreservecorps.org) where you can download an application or you can call Jean Roma at 508-375-6641 for additional information. Heather Cortez said it best when she said, that “to the world you may be one person, but to one person, you may be the world.”

places great emphasis on classroom involvement and daily student preparation. Guided classroom discussions and exercises are encouraged to give Senior Airmen as much hands-on practical learning as possible. ALS lessons are presented as informal lectures, mentor guided discussions, and case studies to enhance the overall learning experience. The curriculum is intense and pre/post-academic hours are filled with physical training, reading assignments, studying, and community fund raisers.

Of the thirteen students that graduated from ALS Class 11B, Petty Officer Litchfield distinguished himself by earning the Commandant Leadership Award. This recognition is presented to the student who displayed all the characteristics of an effective leader, by providing unselfish and significant contributions to the overall success of the class. Earning the admiration from instructors and classmates alike, Petty Officer Litchfield consistently demonstrated the Coast Guard’s Core Values of Honor, Respect, and Devotion to Duty, Bravo Zulu (Job Well Done) to AST3 Nicholas Litchfield.

## American Red Cross Names 2010 Military Good Samaritan Heroes

The American Red Cross Cape Cod and Islands Chapter is pleased to announce that several local military members have been named Military Good Samaritan Heroes and will be honored at the 9th Annual Heroes Breakfast at the Resort & Conference Center in Hyannis on March 31, 2011 from 7:00-9:00 am. Tickets are available at [www.cciredcross.org](http://www.cciredcross.org), by calling (508) 775-1540 ext. 21 or at American Red Cross, Cape Cod and Islands Chapter, 286 South Street, Hyannis, MA 02601.

Master Sergeant Joseph Corsaro of the Otis Air National Guard was nominated by MSgt Joseph O’Brien of Plymouth for his quick and courageous action and compassion when he assisted the victims of a vehicle crash which resulted in two vehicles rolling off the side of the road. MSgt Corsaro helped and comforted an Army National Guard soldier who was injured in the accident and continued to assist when the paramedics arrived. If not for his quick action and caring attitude, the situation could have been much worse.

Colonel Timothy A. Mullen of Cotuit, Colonel Christopher M. Faux, Lieutenant Colonel Stephen P. Demianczyk and Colonel Richard V. Crivello, all stationed at the Massachusetts Military Reservation were nominated by Patrick McNamara for their heroic actions in the rescue of three victims of a car accident. On Wednesday August 4th, 2010, Col. Faux, Col. Mullen and LtCol Demianczyk were driving in a van southbound on Route 25 heading toward the Bourne Bridge in the middle lane when they noticed a man lying on the highway. Two victims were in the roadway, and one remained trapped in a vehicle which had been involved in an accident. They immediately stopped their van in the

middle of the highway about 100 feet from the accident victim to prevent cars from striking him and exited their vehicle to assist. Col. Faux and LtCol. Demianczyk ran to the person in the road to assist while Col. Mullen ran behind the van and began directing traffic until emergency personnel arrived on scene. Col. Crivello, who was on his way to Camp Edwards, saw Mullen directing traffic and pulled over to help Col. Faux and LtCol Demianczyk with first aid on the man who was in the roadway after being ejected from the vehicle.

After several State Police and local firefighters arrived they immediately began to assist the injured, while Col. Mullen continued directing traffic. LtCol Demianczyk also tried to help a third injured person who was trapped in the van. Traffic was stopped on the northbound side of Route 25 to allow a helicopter medical flight to land and evacuate the man in the roadway. After confirming they were no longer needed at the scene, all four men departed the accident site knowing they had tried to do everything possible to assist in this serious automobile accident.

Airman First Class Michael Albert of Westfield and Otis Air National Guard Base was nominated by Chief Master Sergeant Gus Barrigas of Forestdale for his swift response and valiant efforts in the rescue of a man who crashed his vehicle after suffering what appeared to be a heart attack. A1C Albert was able to assess the situation and begin performing life saving measures on the victim – further assisting when the emergency response crew arrived on the scene. The victim, a 52 year old man, the father of five children survived. According to a state trooper, the actions of A1C Albert contributed greatly to the survival of this man.



## Notes of Interest



Located at the USCG Chapel Support Building 1015 : South Inner Road

### Hours:

Mondays: By Appointment Only

Wednesdays: 4-7

Saturdays (bread day): 9-12

Ma Otis's Pantry is an emergency food pantry located on the Mass. Military Reservation.

Our goal is to assist any military family in need regardless of branch of service, rank, or circumstances.

There are no applications to fill out or questions to answer, no appointment is needed.

We are not run by any larger organization, club, command or chapel support.

For more information call:

Michelle 508-524-8144

Jodi 508-563-3612

Maria 508-617-1298

maotispantry@yahoo.com

www.maotispantry.org

Look for us on Facebook too!

**The Catholic Cancer Support Group** at Our Lady of Victory will hold its next monthly meeting on Tuesday, March 8th, 2011 at 7 p.m. at Our Lady of Victory in Centerville. The Support Group is faith based but all are welcome: cancer patients, survivors, family and friends. Reservations are not needed.

The meeting will start with a Mass at 7 p.m. and Anointing of the Sick at Our Lady of Victory Church, and then it moves over to the Parish Center for the meeting and social gathering. There will not be a speaker at this meeting to allow for more time for discussion and support.

Future meetings will continue to take place at Our Lady of Victory at 230 South Main Street, Centerville on every second Tuesday of the month. For more information, contact Mary Lees at (508) 771-1106 or contact the Parish Office at (508) 775-5744.T

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**Cape Cod Women's Connection** You are cordially invited to Cape Cod Christian Women's Connection March Luncheon to be held on Tuesday, March 8, 2011, from 11:30 a.m. - 1:30 p.m. The event will take place at the Canal Club (behind the Trowbridge Tavern and the Quality Inn Hotel,) 100 Trowbridge Road, Bourne. The price of the luncheon is \$14.50 per person and includes coffee, tea, homemade bread, hot lunch and desert.

The purpose of our events is to provide an atmosphere of fellowship among women. Our feature and speaker is Barbara Austin from Willington, CT. Barbara is a very animated storyteller known throughout CT. She tells how things came to be on "Turtle Island" and will bring artifacts into her presentation. Barbara will also share her story of "Smiling through Life's Difficulties." Richard Jensen from Buzzards Bay will be providing the music.

To make your reservations or for further details and questions, contact Cathy at 508-888-3869 or Beverley at 508-548-3438. Reservations can also be made, via e-mail, at ccwomensconnection@gmail.com

Cape Cod Christian Women's Connection is affiliated with Stonecroft Ministries, a non-profit, non-denominational organization based in Kansas City, Missouri

**Horizons for Homeless Children** is looking for energetic and enthusiastic volunteers to play with children living in family homeless shelters in Barnstable, Bristol, and Plymouth Counties. If you have an extra 2 hours a week and a desire to make a difference in the lives of some wonderful children, then we have the volunteer opportunity for you! A six month commitment is required. Attendance at one of our training sessions is mandatory, and we have one coming up March 22/23 6-9 pm (both nights required) in Boston or April 2nd in W. Bridgewater 9:30 am - 4:30 pm. All of our meeting spaces are handicap accessible. Sign up today! Contact Annie Dantowitz at (508) 510-3250 for more information and an application, or fill one out online at [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org).

**The German American Club of Cape Cod** invites you to a 'CULTURAL AFTERNOON' Featuring a discussion on the book "THE GERMAN PUZZLE" by it's author Paul Drexler at the Fraternal Lodge 1989 Falmouth Road (Route 28) Centerville, MA. on Sunday afternoon March 13, 2011, 2:00 to 5:00. A Dessert and Appetizer Buffet, Coffee and Tea will be offered. Donation \$8.00 per person. Reservations payable to 'German American Club of Cape Cod' and mailed to Pam Brimmer 110 Forest Pines Drive, S. Dennis, MA 02660. Phone 508 385-2735. Reserve by March 10, 2011.

### All Hands Cribbage



Tuesdays 5:45 PM, Sandwich American Legion  
20 Main Street, Sandwich, MA 02563 • 508-888-9832  
and Thursdays 5:45, PM Bourne VFW 180 Shore Road Bourne, MA 02532 • 508-759-5629

**New Site Assists Troops with Legal Problems.** A website has been established to assist military and veteran families with legal problems. The site – <http://statesidelegal.org> – is the first in the country to focus exclusively on the unique legal needs and rights of military and veteran families around the country. It includes user-friendly legal information and self-help tools related to common legal problems including divorce, foreclosure and disability benefits



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Your car, truck or camper may be worth more as a donation than a trade in. Call the Massachusetts Association for the Blind at 1-888-613-2777 for details. This is a free tow, quick pick up and donations are tax deductible. Proceeds benefits blind and vision impaired persons in Massachusetts.

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