



THE SILVER CADUCEUS



A MESSAGE FROM THE PRESIDENT

Dear Fellow SCA Members,

In my letter to the SCA Membership, September 11, 2010, that outlined my objectives, I asked the membership to join me as we embrace the Theme: “Planting the Seeds to Grow the SCA”. In keeping with my promise to share with you the SCA initiatives to market our theme, I am pleased to announce that our plans are underway.

The Membership Goal of the Silver Caduceus Association is to mirror the Medical Service Corps. As a founding member of the SCA and a member of the first SCA Board, I know the SCA has always wanted to achieve the aforementioned goal. However, the stark reality is that we need to do more work in this area. Our Director of Membership can not do it alone. Our recruitment efforts will concentrate on achieving the goal. We also want to especially target recent retirees for recruitment. It is essential and absolutely imperative that we reach out and recruit all officers of the Medical Service Corps disciplines as we endeavor to achieve our goal. And, your help is needed.

The SCA belongs to every MSC Officer, and it is hoped that each MSC Officer will join and belong to the SCA. We need every MSC Officer to join the SCA and to help make it a viable and vital organization that serves its membership. Unfortunately, our young organization is not very well known throughout the Medical Service Corps’ retired and active duty population. Our marketing plan will focus on getting the word out to all MSC Officers. We will use the individual recruitment approach as well as the interdisciplinary career management field recruitment committee concept. We will encourage all MSC Officers to become members of the SCA and to be active and participating members.

- a. Individual Recruitment Approach: During our formative years and as we grew up in the Medical Service Corps, we formed a very strong bond with our colleagues and fellow MSC Officers. We maintained that kindred relationship throughout our military service, and we need to do this in our retirement. I encourage you to make sure your MSC friends, former colleagues, and fellow associates know about the SCA. As we plant the seeds to grow the SCA, we must contact the individuals whom we bonded and associated with and encourage them to join the SCA. I challenge you to follow the lead of some of our members, and I wish to share a couple of examples. One sent an e-mail message to every MSC Officer in his e-mail address book telling them about the SCA and requesting that they check out the SCA Website and join if they are not already members. Further, he said, “If you have

MSC Officers in your address book other than the ones in this message, I would ask that you forward this message on to them”. Another member sent an e-mail message to his MSC friends. He mentioned the SCA Website and included this powerful message, “The camaraderie we enjoyed as active duty MSC’s is especially important during our retirement years, because it is the main ingredient that shaped the careers of all of us, and it will remain with us to the end. The SCA promotes this camaraderie and fosters an environment of continued friendship and education. Unfortunately, many MSC’s are not aware of the SCA or its reunions, and so I am asking you to pass on this message to our friends and colleagues”. These type messages, etc will be very effective in helping us to market and promote the SCA and recruit membership.

- b. Career Management Field Recruitment Committee Concept: We have commenced the establishment of recruitment committees by career management fields, (ie MOS, AOC, etc.). This network of recruitment committees will contact their fellow officers in their respective career fields, (pharmacy, operations, laboratory, aviators, personnel, psychology, logistics, social work, comptroller, biomedical maintenance, patient administration, optometry, etc.) to tell them about the SCA and to encourage these MSC’s to become members of the SCA. The career field recruitment committee will be asked to designate a liaison from the SCA to coordinate with the current and former MSC Career Field Consultants to solicit their assistance in recruiting SCA members. Please let our Recruitment and Marketing Plan Coordinator, Jake Lozada; Director of Membership, Jim Whitmire, as well as Garrett Barron, Jim Vinci, or me know if you want to serve or if you know someone who is willing to serve on a recruitment committee for one of our career fields. Notwithstanding the career field recruitment committee concept, committee members are not restricted to a stovepipe operation. They are encouraged to contact any MSC Officer to recruit SCA members.
- c. A SCA Recruitment Flyer has been prepared and posted to the SCA Website. It is possible to download the SCA Recruitment Flyer and SCA Application for use with our marketing and recruitment efforts.
- d. The SCA Website has a section, “Join the SCA”, and it provides information to individuals who want to know more about our Association as it also invites interested individuals to become members.

Jake Lozada, our Recruitment and Marketing Coordinator, is being very creative with his efforts to develop, embellish, and enhance the SCA Recruitment and Marketing Plan. His initiatives will provide a positive and long term effect in expanding the SCA’s focus and service to the membership in addition to magnifying the visibility of the Silver Caduceus Association.

The strong and abiding support provided by MG David Rubenstein, Chief of the Medical Service Corps, is greatly appreciated.

Camaraderie is the binding strength of the SCA, and the Medical Service Corps enjoys the reputation of being a “Close Knit Group”. During our SCA Reunions, we can renew and solidify these relationships of yesterday as we reminisce and reflect on the “Good Old Times”. Additionally, I see the gathering of SCA members by discipline/career field for social functions at SCA Reunions as a wonderful way to enhance fellowship and camaraderie. This type gathering for social events could very well be a drawing card for membership, and for attendance at our reunions. So, the challenge is for us to communicate by word of mouth and spread the merits of the SCA and our reunions to all MSC Officers.

The Medical Service Corps has a rich and proud heritage. The Silver Caduceus Association’s resolute pledge is to preserve, protect, strengthen, and honor it.

Warm Regards,

George A. Waters, Jr.

“PLANTING THE SEEDS TO GROW THE SCA”

THE SILVER CADUCEUS ASSOCIATION

FROM THE EDITOR'S DESK



This issue of the newsletter is a milestone, as I am joined in this endeavor by an associate, Mrs. Jo Anne Du Bose. Since the first newsletter in 2003 (then called the *MSC Network News*), it is most gratifying to now have a “fox hole buddy” as we endeavor to produce a newsletter that enhances the value of your membership in the SCA.

Jo Anne is an accomplished person in many ways. A Registered Nurse, Certified, with both a BSN and MSN, she has an extensive background in nursing administration, as well as nursing education as an instructor at the University of Medicine and Dentistry of New Jersey. She retired from Greystone Park Psychiatric Hospital, a 550 bed Health Care Facility in Morris Plains, New Jersey, where she was the Administrative Assistant to George Waters, the hospital CEO. These days Jo Anne is involved in a number of local and professional associations, including serving as President of the Greystone Park Longevity Club. She is an ardent fan of the SCA, and we are most fortunate to have her on our SCA team. Welcome aboard!!

You’ll find a new look in this issue, and we seek your feedback. We also seek input for the newsletters, especially for the Catch-Up Corner where we learn what our fellow MSCs are doing after retirement. You can reach us at dickginn@aol.com or Jo Anne at joannedubose@aol.com

THE SILVER CADUCEUS ASSOCIATION



FROM THE HISTORIAN'S DESK *MSC GOVERNORS*

Medical Service Corps officers have made and are making significant contributions both in and out of the military. Two examples are former MSCs who went on to be governors of their states.

WILLIAM D. SCHAFER

In April **William D. Schafer** died at the age of 89, and his passing prompted an enormous outpouring of public emotion for an extraordinarily colorful, popular and controversial politician who was famous for both his temper and his passion for the offices he held. As the *New York Times* put it, "New York had its Fiorello H. La Guardia. Chicago had its Daleys. And Baltimore had William Donald Schaefer." Schaefer was the mayor of Baltimore from 1971-1986 and is widely credited with the renaissance of that city. He then served as the governor of Maryland from 1987-1995, after completing the statutory limit of two terms. He would later serve as the state comptroller from 1999-2007.

During World War II, CPT Schaefer, Medical Administrative Corps (a forerunner of the MSC), was the executive officer of a 700-bed Army hospital in England. He stayed in the Reserves after the war, and retired as a colonel in 1979. Schaefer said that his tour as a hospital XO taught him the principles of management. "I learned then that if you want to get things done you can do it two ways, ordering people around or asking them to work." The inscription on his resting place **simply says, "He cared."**

ROBERT F. Mc DONNELL

In November 2009, Virginia voters elected **Robert F. McDonnell** the Governor of Virginia. McDonnell was commissioned from ROTC as an MSC second lieutenant upon graduation from Notre Dame University in 1976. Following completion of the Officer Basic Course at Fort Sam Houston, Texas, he was assigned as a medical platoon leader in the 2d Armored Division, Grafenewohr, Germany. In 1979 he returned to the States where he was assigned to Fort Eustis, Newport News, Virginia, as a medical logistician at McDonald Army Community Hospital. He left active duty in 1981 and was employed as an executive with the American Hospital Supply Corporation.

He continued in the Army Reserve with the 18th Field Hospital, and retired as a lieutenant colonel in 1997 with 21 years' service, both active and Reserve. In addition to a BBA from Notre Dame, Governor McDonnell's academic degrees include an MSBA from Boston University he earned while stationed in Germany, and a masters degree in public policy and jurist doctor from Regent University that he earned in 1989 while also working full time. Following graduation from law school he became a prosecutor in the Virginia Beach Commonwealth's Attorney's office. His political career began in 1991 with election to the Virginia House of Delegates, where he would rise to the position of Assistant Majority Leader and Chairman of the House Courts of Justice Committee. He was elected as Attorney General in 2005.

Governor McDonnell and his wife Maureen have been married for 35 years and have five children. Their oldest daughter, Jeanne, is a U.S. Army veteran who served in Iraq from 2005-6.

THE SILVER CADUCEUS ASSOCIATION

CATCH - UP CORNER



WHAT MSC'S ARE DOING AFTER RETIREMENT

SPOTLIGHT ON.....STEVEN GALLEGOS



LTC, (Ret) Steven Gallegos has certainly been a busy beaver with his entrepreneurial aspirations since his retirement. He has organized a successful business that provides medical staffing service to the government.

During Steve's military career, he held a variety of positions to include; Motor Transport Officer; Medical Platoon Leader; Company Commander; Deputy Chief Patient Administration, BAMC ; 187th Medical Battalion Executive Officer; Patient Administration Advisor in the Pentagon; Senior ARNG Advisor, Western Region Medical Command; and Senior ARNG Advisor, AMEDD Center and School. His assignments took him to Fort Sam Houston, Fort Hood, Walter Reed Army Medical Center, Pentagon, Fort Lewis Washington; Japan; and Korea.

Steve is the President and CEO of his company, Vesa Health and Technology that he founded in 2007 subsequent to his retirement. His company is the prime contractor providing psychological health career experts to the Air National Guard throughout the fifty states and four US territories. Vesa Health and Technology garnered a two year \$17 million contract to provide service in labor categories including social workers, clinical psychologists, marriage and family counselors, and other professional counselors. Steve is a visionary leader and said he had been pursuing several opportunities and saw this one for staffing as a great fit for his company. Initially, Vesa concentrated on information technology work. But a year after the company was formed, the company's focus turned to temporary staffing services. And it has proved to be a good move for Vesa. The company increased from three employees to eighty employees today with annual revenues of \$2 million. It surely appears that Vesa is on the right track. An excellent feature story about Steve and his company appeared in the San Antonio Business Journal on November 5, 2010 which is credited for much of the information in this paragraph.

Growing his business is of course his current priority, Steve admits; however, he does find some time for his hobbies. He restores old cars, and he loves off shore fishing. He is just starting to get back into hunting. LTC, (Ret) Gallegos said, "I joined the SCA to maintain contact with the MSC population and to keep apprised of current events".

THE SILVER CADUCEUS ASSOCIATION

CATCH-UP CORNER

WHAT MSC'S ARE DOING AFTER RETIREMENT



COL JAMES D. VINCI (RET)

Dear LTC Jones/ Guy

Christmas came early to me this year when FEDEX just delivered the packages from you, i.e., The Certificate Of Appreciate from the 82nd Airborne for my support to your Wounded Warriors, the limited production sketch depicting your troops in Operation Enduring Freedom and of course the "biggie" - **making me an honorary member of your unit and the 82nd.**

I am very touched and words cannot expressed how honored I am that such a stellar military organization would bestow such an honor on me! It is humbling to say the least - especially as I visit and support your brave Wounded Warriors who have given so much.

Several past MSC Corps Chiefs have been assigned to the 82nd to include our current Chief, MG Rubenstein, as well as some of my good friends and Colleagues, ex. Colonels Thompson, Hammond, Churchill to name just a few who are all great soldiers as you and your Wounded Warriors. So to be honored as such in an organization of such great soldiers, although perhaps undeserved, is but most touching and appreciated!

I wore the 82nd Airborne "Baseball" cap you gave me and vowed that I would proudly wear it until you returned home safely from Afghanistan. I just retired it when you recently returned but will bring it out of retirement now that I am an honorary member.

Again, my heartfelt thanks to you and the entire 82nd Airborne.

Jim

Col James D. Vinci (Ret)

THE SILVER CADUCEUS ASSOCIATION

CATCH - UP CORNER *WHAT MSC'S ARE DOING AFTER RETIREMENT*



CHUCK MILLSTEIN, LTC, MSC, RET

I went on active duty in February 1970, attending Officer Basic at Ft Sam. I stayed until July 1971, assigned to the old Medical Field Service School with significant time spent at Camp Bullis conducting field training. I then went to Walter Reed for the Lab Officer's Course, then had assignments at Ft Carson, Ft Sam again for the Advanced Course, Stuttgart Germany, and Redstone Arsenal. I also earned my MBA while at Redstone.

I joined the Reserves in 1982, and had civilian lab manager jobs in Texas, Arkansas, Mississippi and finally at the Health Department in Memphis. I had three years with MOBDES assignments at Ft Riley and Ft. Hood. Starting in 1985, I served as detachment Commander of the 326th Med Det, then Lab Officer with the 330th General Hospital (later the 330th CSH), and was the Logistics Officer (S-4) during the transition from GenHosp to CSH. I stayed there as XO until I retired in 1998.

Since I retired from the Health Department in 2007, much of our spare time is spent shooting Sporting Clays ("golf with a shotgun"). I also do some carpentry, both furniture and construction, and reload a LOT of shotgun shells. I also shoot military rifles with several of the ex Military guys at the Gun Club.

I learned of the SCA from my father Conan Millstein, also a retired LTC-MSA, who passed away 1 May 2011.

Chuck Millstein, LTC,MSA, Ret.

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THE SILVER CADUCEUS ASSOCIATION



CATCH - UP CORNER

WHAT MSC'S ARE DOING AFTER RETIREMENT

LAWRENCE M. LEAHY, COL, MSC, RET.

Just an update on what has been going on in my life. Our company is a diversified health management company with offices throughout Texas, NM and OK. We have over 711 employees and primarily service the home health and hospice sector. While our corporate office is located in Denton, I still live in Yoakum where we have our working cattle and Arabian horse ranch. We also own a Tack and Saddle Company in Yoakum. I currently serve on the national Association of Home Care's Homecare and Hospice Financial Advisory Group, treasurer for the Texas Association for Home Care and Hospice and treasurer for the Argyle Economic Development Corporation. I hope all is well with you and thanks for helping with the newsletter.

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THE SILVER CADUCEUS ASSOCIATION



NOTES OF INTEREST



SCA EXCELLENCE IN LEADERSHIP AWARD

CPT LAUREN MARIE HAMLIN



CPT Lauren Hamlin was the **first recipient** of the SCA Excellence in Leadership Award during the AMEDD Career Course Graduation Ceremony on March 11, 2011. She was presented with a SCA Certificate, Letter of Commendation from the SCA President, and a two (2) year membership in the Silver Caduceus Association. The award was presented by Col. Dawn Smith, Chief of Staff, AMEDD Center and School, and a member of the SCA board of Directors. A native of Sacramento, California, CPT Hamlin graduated from St. Ignatius Elementary School and Loretto High School where she excelled in academics and athletic programs, (basketball, volleyball, and soccer). She received her commission from the Citadel in South Carolina, with a full scholarship. While at the Citadel, she played varsity soccer all four years. In her senior year, she became Captain of the soccer team, which went on to hold many school records. Lauren

signed a contract with the Army during her sophomore year, and became the first female Army contracted Cadet at the Citadel. While on active duty, CPT Hamlin earned a Masters in Healthcare Administration. Prior to attending the AMEDD Career Course, she was the Chief of Environmental Health in the MEDDAC at Fort Eustis, Virginia, while her husband David, served as Commander of a Signal Company. CPT Hamlin shares her philosophy with us by saying, “My past experiences have shaped how I have made decisions, how I act, and what I desire for the future. I am the type of person that is decisive, determined, and hard working. I do not stray from a challenge, or fear failure. I have learned through my life that you have to risk failing in order to succeed.” Her accomplishments certainly show that she is living up to her philosophy, too!

The members of the Silver Caduceus Association extend sincere congratulations to CPT Hamlin and wish her continued success in her military career.

THE SILVER CADUCEUS ASSOCIATION



NOTES OF INTEREST

OUR NEW MSC GENERAL

COLONEL (P) DENNIS D. DOYLE

The selection of COL (P) Dennis D. Doyle to brigadier general was announced in March, and in May he assumed command of William Beaumont Medical Center, Fort Bliss, Texas. The son of Harry and Marilyn Doyle of Toledo, Ohio, he is married to the former Lisa Goldman of Bowling Green. Their son, Devin, is a videographer in Los Angeles.

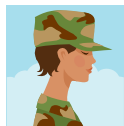
COL (P) Doyle graduated cum laude from the University of Toledo in 1979. He holds a Master of Science, Master of Healthcare Administration and Master of Strategic Studies Degrees. Commissioned in 1982 through the Officer Candidate School, Fort Benning, Georgia, his military education includes the Aviation Officer Advanced Course, Command and General Staff College, U.S. Army-Baylor University Graduate Program in Healthcare Administration and the U.S. Army War College.

COL (P) Doyle's service began as Medical Platoon Leader and Adjutant, 6th Battalion (Mechanized), 31st Infantry, Fort Irwin, California. Following graduation from Flight School in 1984, he served as Section Leader and Operations Officer in the 4th Platoon, 421st Medical Company (Air Ambulance) in Darmstadt, Germany. He then served as a flight Platoon Leader, Delta Company, 326th Medical Battalion, 101st Airborne Division (Air Assault), Fort Campbell, Kentucky. He subsequently served as S2/3, 326th Medical Battalion during Operations Desert Shield /Storm. He has also served as a Health Services Personnel Management Officer, Total Army Personnel Command, Alexandria, Virginia.

After graduation from the Baylor program, he served as the Chief, Managed Care Division, Landstuhl Regional Medical Center, Landstuhl, Germany. COL (P) Doyle next commanded the 421st Medical Evacuation Battalion (DUSTOFF Europe), Wiesbaden, Germany. During Operation Iraqi Freedom 05-07, he commanded Medical Task Force 10, the largest medical task force in Multi-National Corps-Iraq that included Ibn Sina hospital in Baghdad, the largest and busiest trauma center in the CENTCOM Theater. He next served as the Deputy Commander for Administration, Walter Reed Army Medical Center. In 2009, shortly after assuming command in Heidelberg, Germany, the 30th MEDCOM deployed to Afghanistan to serve as the first theater level medical command and control headquarters. Task Force 30th MEDCOM provided full spectrum combat health service support (HSS) and force health protection for over 100,000 US and Coalition forces in Afghanistan.

His awards and decorations include the Legion of Merit (2OLC), Bronze Star Medal (OLC), Meritorious Service Medal (4OLC), Air Medal, Army Commendation Medal (OLC), Army Achievement Medal (OLC), National Defense Service Medal, Southwest Asia Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Armed Forces Reserve Medal, NATO Medal, Kuwait Liberation Medal (Saudi Arabia) and the Kuwait Liberation Medal (Kuwait). He has also been awarded the Expert Field Medical Badge, Senior Aviator Badge, Parachutist Badge, Air Assault Badge, the Order of Military Medical Merit, the Order of St. Michael (silver) and the German Schuetznschnur (gold). COL Doyle is board certified in Healthcare Administration and is a Fellow in the American College of Healthcare Executives.

THE SILVER CADUCEUS ASSOCIATION



VISITS WITH FORMER MSC CHIEFS BG (RET) SHEILA BAXTER

Greetings Fellow MSCs,

I am extremely grateful for the opportunity to share an update since my retirement in 2008. I extend a special thanks to Col (Ret) George Waters for his graciousness in allowing this opportunity to connect with each of you.

Needless to say, after thirty years in the Army, I still miss it. There are no words to describe how grateful I am for the opportunity to serve with so many outstanding officers and Soldiers. I am sure that we are all proud of the magnificent work that our MSC officers are continuing to demonstrate today in support of our Army and AMEDD. Our legacy of excellence continues.

Since my retirement in 2008, I have been enrolled as a seminary student at the Interdenominational Theological Center in Atlanta, Georgia. This is a three year program and thus, I will graduate on 7 May 2011 with a Master of Divinity degree including a concentration in Pastoral Care. I have always had a desire to attend seminary since my call to ministry in 1988 and after retirement, I felt that the time was right. The journey through seminary has been rewarding and challenging, but extremely valuable to my spiritual formation. This seminary experience has allowed me an opportunity to interact with a variety of ministers and pastors from around the country. Additionally, this past summer, I worked as a chaplain intern at the Atlanta Veterans Hospital. What an honor it is to provide spiritual care to our fellow veterans. It gives me a tremendous sense of fulfillment to sit and talk with our sick and wounded veterans while encouraging them spiritually. **There is no greater honor than to hear their personal stories of service to our great Nation.** I look forward to continuing to serve our veterans in this capacity of providing spiritual care. Recently, I was selected to begin a clinical pastoral care residency at the Atlanta VA starting in June 2011. As with all veterans, I am sure you would agree that helping another veteran is an honor and a privilege. I take great pride in helping others and I am committed to that end. Additionally, I work closely with the homeless veterans program here in Atlanta to assist veterans in getting the assistance they need and deserve. This is my passion- a veteran helping a veteran in need.

While I have been extremely busy with my seminary studies, there is time to relax and to engage in some leisure activities. I enjoy sports and especially watching basketball and football. I attended several women and men professional basketball games here in Atlanta. I also enjoy watching professional bull riding on television. While I have not attended a recent professional rodeo, I plan to do so this spring. I think we all would agree that retirement should be filled with fun and adventure. It is a time to share with family and friends while engaging in activities that we always dreamed of doing at some point in life. My retirement philosophy is to enjoy life, family, and friends while following your passion.

In closing, I would like to thank you for your extraordinary service to our Nation and Army. I wish each of you life's best . May God continue to bless you and your families!

My best regards,

BG (Retired) Sheila R. Baxter

THE SILVER CADUCEUS ASSOCIATION

VISITS WITH FORMER MSC CHIEFS

BG RICHARD URSONE

Greetings to my Fellow Medical Service Corps Officers and members of the Silver Caduceus Association!

I hope that you are having a wonderful time and enjoying life with your family and friends. Ranae and I were blessed to have all five of our children, two spouses, one significant other, six grandchildren and a partridge in a pear tree with us for the holidays!! And a couple of days later, when the kids returned to their homes and work, Ranae and I took a ten day trip to Sicily...”una bella cosa.” I unabashedly admit to gaining 7 lbs- 5 pounds attributed to all the pasta and cannoli (Italian pastry) I ate! Needless to say, we had a terrific time and even survived driving in what I can only call “a free for all” on the streets of Sicily.

Since my retirement in 2004, I joined a number of our MSC brothers at BearingPoint...a consulting firm. Frank Novier, lead the DOD/VA Healthcare Team at BearingPoint. Roger Foxhall, Jimmy Sanders, Joe Gonzales, Dave Burns, Frank Berlingis, and Thad Goodman were part of the Team and have remained with our Team during an acquisition by Deloitte Consulting, LLP. While at BearingPoint, we were fortunate to also have Melinda Deffer, Johnny West, Dave Nolan, Ricky Agosta, Ken Crook, Ben French and Jay Harmon as members of the Healthcare Team. Needless to say, it has been great to work with all of these MSCs with whom I worked while on active duty and whose friendship I continue to value today. Frank Novier currently leads our DOD Healthcare Team at Deloitte and has done a remarkable job building our business unit (with the help of our Team of course) into one of the most successful in Deloitte’s Federal Practice.

I’m sure that many of you know about the heroics of our fellow MSC officers on active duty today. Their heroics are legend and they’ve served our Nation with the same competence, pride and distinction that all of you served with during your time on active duty.

This cohort of MSCs (from all COMPO’s) is a most seasoned, dedicated and experienced group of officers and warrant officers. For many of them, they have never served during peacetime—they’ve been part of an Army that has supported two wars, Iraq and Afghanistan, going on ten years! They are most capably lead by MG David Rubenstein, our current Corps Chief and CG, AMEDD Center and School, the first MSC to achieve the rank of two – star (hopefully the first of many MSC two – stars). BG Keith Gallagher, CG, Pacific Regional Medical Command, also plays a significant role as a senior mentor for our MSCs on active duty and BGs Dave Smalley and Bryan Kelly support the MSCs in the Reserve Component.

I’d like to believe that the most recent AMEDD, BG Promotion Board will select even more MSCs to the rank of general officer ...we certainly have a strong bench of highly qualified leaders to serve at the flag level.

Let me finish by thanking all of our retired MSCs who continue to support the Silver Caduceus Association as well as the Silver Caduceus Society in a variety of ways. Most importantly, I thank you for the mentorship, coaching and guidance you provide to those still serving on active duty. You may not believe it, but you do have a significant impact on the careers of this generation of MSCs and they are most appreciative of your time and support.

Have a great 2011! May God bless you and your families and the dedicated men and women who continue to serve this great Nation.

Sincerely,

BG (Retired) Rich Ursone

THE SILVER CADUCEUS ASSOCIATION

FYI



Social Security Numbers on ID Cards

DOD is removing Social Security Numbers from ID Cards. As of June 2011, SSN's will not be printed on any new ID Cards. SSN removal will occur in three phases. Your new ID card will have a DOD ID Number in place of your Social Security Number. The DOD ID Number will be used as the Geneva Conventions serial number. A DOD Benefit Number will be printed on the new ID Card. For more information about Social Security Number removal, please visit; www.dmdc.osd.mil/smartcard.

Hire a Patriot

Many active duty service members appreciate the opportunity to earn some extra spending money. HIRE PATRIOTS is an organization that was formed to help active duty military personnel and their dependents obtain part time work to supplement their income. If you need help at your home or business, you can contact HIREPATRIOTS to advertise the work that needs to be accomplished-- <http://social.hirepatriots.com/jobs/type/one-day-job>. You help yourself as you also help our active duty service members. HIREPATRIOTS says, "Don't Just Thank a Veteran, HIRE ONE!"



NEXT REUNION DATE

SEPT.26-30, 2012 IN SAN ANTONIO. TEXAS

THE SILVER CADUCEUS ASSOCIATION

MEMBERSHIP RENEWAL REMINDER

Membership renewal reminders and follow-ups have been sent to members with 2010 expiration dates. If you have a 2010 expiration date and have not mailed your membership renewal payment, you are encouraged to do so as soon as possible. We do not want to lose you as a SCA member.

We are making a plea to members with an expiration date of 2011 to pay their membership renewal early in an effort to avoid a "Que" and to spread out the workload. A large number of our members, 131, have membership expiration dates of 2011. Your early renewal will be most appreciated.

Please mail membership renewal payments to; SCA, Post Office Box 39514, San Antonio, Texas 78218. It is also requested that you renew for two or more years, (\$15.00 per year), to help reduce the administrative workload and paperwork.

THE SILVER CADUCEUS ASSOCIATION



HEALTH NEWS

The Road to Stress Reduction

It is widely known that those who suffer with frequent high level stressors and who do not know how to control their stress levels have a greater incidence of serious disease over time. The following are some suggestions for use in reducing stress levels.

- 1. Create a healthy boundary for solitude (Information overload is common). Take quiet time out just for you!**
- 2. Resolve issues of anger and fear. Discuss trauma incidences with others you trust to “deprogram” or “debrief”.**
- 3. Realize that you have the right to say “NO” without feeling guilty.**
- 4. Make a daily practice of some sort of “mindfulness” to improve the mind-body-spirit equilibrium.**
- 5. Exercise regularly.**
- 6. Get enough sleep. Most adults need nine hours for optimum health.**
- 7. Maintain healthy eating habits. If you need help identifying healthy foods, or motivation to eat healthy, talk to your Health Care Provider. Drink six glasses of water, daily.**
- 8. See your Health Care Provider regularly. Establish a relationship with this person to be able to ask pertinent questions about your status, care and treatment, comfortably.**
- 9. Nurture relationships with family and friends to develop strong support systems.**
- 10. Use relaxing music to calm your mind during stressful times.**

THE SILVER CADUCEUS ASSOCIATION

POST OFFICE BOX 39514, SAN ANTONIO, TEXAS 78218

SCA LEADERSHIP

ELECTED OFFICERS:

- PRESIDENT- GEORGE WATERS
- VICE PRESIDENT- JIM VINCI
- SECRETARY- GARRETT BARRON
- TREASURER -JIM MARTIN
-

BOARD OF DIRECTORS:

- DAVE BITTERMAN
- TOM HILL
- ED HOLLINGSWORTH
- EARL Mc SWAIN
- ED SHOCKLEY
- DOUG STEPHENS

APPOINTED OFFICERS:

- AUDITORS - KEN LINGLE/ JIM VAN STRATEN
- CHAPLAIN - DOUG BRAENDEL
- MEMBERSHIP - JIM WHITMIRE
- NEWSLETTER EDITOR/HISTORIAN - DICK GINN
- REUNION 2012 - MIKE Mc GINLEY
- SCHOLARSHIP - GEORGE HAMMOND/ERNIE SYLVESTER/JIM HAYES
- NOMINATING - JIM VAN STRATEN
- WEB - DOUG& CINDY STEPHENS
- MEMORIAL SERVICES - JIM VINCI /DOUG BRAENDEL



HAPPY FOURTH OF JULY!!