



ANDREWS SPOUSES' CLUB

the ASC ARCHIVES

October 2015



Our 2015-16 Board Members are joined by Taya Kyle at our recent event at Liberty Park.

We Are Off to a Great Start

A great big WELCOME to the more than 2 dozen new members who have joined us in the last few weeks.

You are coming to us as the ASC moves into a new phase of its existence. We are working to be more inclusive, more service oriented and more flexible with our programs...and that's just a start.

With your participation we can continue to bring together the spouses of JBA in fun and support of causes that reflect our concerns.

In September we had a Tailgate Party in the heat, then we had concessions at the Air Show, in less heat, then we had the Taya Kyle speaking event...in air conditioning. ☺ We are listening to you and look forward to meeting each of you as the year moves ahead.

We are revving up our Special Interests Clubs this month too. From the International Club, to the Book Club we are always looking for people to head up these monthly or bi-monthly groups - These are open to both members and non-members.

Our board members and advisors have been volunteering so much of their personal time to help make the Andrews Spouses' Club the best it can be. Please be sure to thank them for their efforts, we couldn't do it without them.

Denise G.

ASC President 2015-16

Ascpresident15@gmail.com

www.andrewsspousesclub.org

Fall, leaves, fall; die, flowers, away; Lengthen night and shorten day; Every leaf speaks bliss to me Fluttering from the autumn tree. ~ Emily Bronte

Inside this Edition

WELCOME

- Review of Sept events
- Special Taya Kyle review
- "Good to Know"
- Upcoming Events
- ASC Thrift Shop News

Short Notice for Quick Reply-

SPECIAL MEMBER'S EVENT WHITE HOUSE CHRISTMAS TOURS

Must reply with security info to ascprograms@gmail.com by 10/4 - no exceptions
We will not have date for tour until 2 weeks before the tour itself. Please watch your emails for updates.



2015 Tail Gate Party/Open House

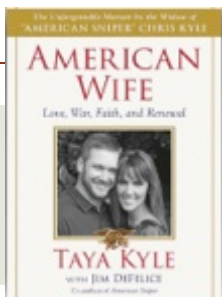
FOOD, FUN and GAMES... In order to kick off the 2015-16 ASC Board Year we had a fun Tailgate themed Open House. It was exciting to see all the new faces come out to be part of the efforts of bringing the JBA community closer together. We collected pet products for the PG SPCA and as usual, our members, stepped up with dog beds, harnesses, toys and food. THANK YOU!



2015 Joint Base Andrews Air Show



We had lots of members step up to help out at this fundraiser for the year. Lots of laughs, lots of fun and a few dollars raised for the ASC. Thank you to all who came "out to play" ☺



Taya Kyle Came for Visit

On Sunday Sept. 27th, Taya Kyle joined us for a small talk. Originally scheduled for 15-20 minutes our conversation stretched to over 90 min, as Mrs. Kyle shared her views on life with the "American Sniper", how to get through those "not so great" days in a military marriage, how to take the pressure off ourselves and how to realize we are stronger than we think we are. What an amazing event.



Even after spending more than 2 hours with us, she stayed to sign books, magazines and pose for individual photos.

If you haven't read her book "American Wife", know that her honesty about love, life, God, and family, is refreshingly personal and heartfelt.

As Mrs. Kyle shared her thoughts and answered questions in front of more than 50 of our members, their heads shook in agreement and tears fell their down cheeks. It was a rare and special treat for us all.



“That’s Good to Know”

Each month The Andrews Spouses Club will aim to provide resources of information that we think might be useful to our members and their families. If you have something you would like to share please feel free to send it along to us.

On Sunday, along with Taya Kyle, we also had two other special guests who brought fantastic resources for us to know about and share with others

MFLC’s – “The MFLC Program provides short-term, non-medical counseling support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues.”

The MFLC’S are an amazing resource and great way to get a little assistance. The Life Consultants offer help in dealing with difficulties associated with the military lifestyle. All counseling provided by the MFLCs is confidential except in situations involving the harm to one self or others.

Services are offered for active duty, contractors, general schedule and retirees. **No Restricted Reporting for Sexual Assault.* ~Short Term Services ~Confidentiality ~No records ~Available before and after duty hours

On JBA we have terrific a MFLC who is specifically there to help military children and young people. Give them a call and learn more about what they offer.

Military & Family Life Consultants

301-325-9724

1191 Menoher Dr. (inside the MFSC)

PTSD Coach App for iPhones and Android - The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma.

Features include:

- Reliable information on PTSD and treatments that work
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you handle stress symptoms
- Direct links to support and help
- Always with you when you need it

Providing you with facts and self-help skills based on research

Click here [PTSD COACH](http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp) – or go to <http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>

Now for the Fun Stuff

As usual – we ask that you be sure to follow us on FB and watch our website to be sure you don't miss anything. The newsletter is usually done a few days before the next month and often times we like to add things to do as they pop up. We try to send out emails for these types of events too so be sure you have andrewsspousesclubmembership@gmail.com in your contacts.

October Service Project

October 4th 7:45 am Nationals Park

Special Event: Join “TEAM ASC” for the 5K Charity Walk/Run for Cancer Awareness Month – We will be meeting up and walking/running together to help raise awareness and money for this great cause. See our flyer online or contact Karen S @ ascvpl5@gmail.com

General Membership Lunch

Oct 14th

11-1pm

Liberty Park Welcome Center

Members and 1st time guests are invited to our October “Taste of the JBA Sky” Luncheon. This will be very special event.

The Flight Attendants of the 89th AW will be treating us to a fabulous luncheon and informing us about what their mission is.

At this event you will be able to sign up for for a future “hands on” event where they will share with us some of their tricks of their trade. Should be fantastic!

\$10.00 pp cash or check

\$11.00 pp credit card or Paypal

Please RSVP by 10/9 to ascprograms@gmail.com



ASC Lunch Bunch

Oct 27th -

11-1pm

Location TBD – Watch email and FB

Meet at the Club parking lot outside at 11:00 am to carpool or if you prefer to drive on your own please just let Betty know - To RSVP call Betty Kohut at [301-449-9479](tel:301-449-9479).

ASC Thrift Shop News



SPECIAL DATES AND CLOSURES

We will be open on 1st & 3rd Saturdays

10/3
10/17

Winter Clothes are now being accepted.

All sales and special events will be announced on the Website and on Facebook

If you do not have access to these please feel free to call the Thrift Shop for specific information

How to contact us:

Website: www.andrewsspousesclub.org



Facebook: @ Andrews Spouses' Club



andrewsspousesclub

HELP WANTED

The ASC Thrift Shop is asking that we put out the word for any volunteers, but specifically volunteers who can do data entry.

This is a simple task yet so important to the every day running of the Thrift Shop.

As a Thrift Shop Volunteer you receive certain benefits Volunteer only 6 hours a month in the Thrift Shop and receive:

- ❖ The satisfaction of serving the fundraising cause
- ❖ Reimbursed child care
- ❖ Able to consign double the items
- ❖ Receive 85% consignment pay instead of the usual 75%
- ❖ Receive consignment contracts for free
- ❖ Be part of a awesome group of volunteers that are like a family



The ASC is a private organization. It is not part of the Department of Defense or any of its components and it has no government status.