



CHATTER



Navy Spouse of the Year 2010

Loree Tillman to speak at High School

Tillman Troops founder Loree Tillman named 2010 Navy Spouse of the Year by Military Spouse Magazine on May 6, 2010 in Washington DC.

She was nominated by her husband for her passion, hard work and unwavering support she gives to the troops and families.

Since founding Tillman Troops (www.tillmantroops.org) in 2007, Loree has actively and tirelessly supported members of our Armed Forces serving overseas for Operations IRAQI FREEDOM and ENDURING FREEDOM as well as returning Texas-area military veterans. She constantly strives to provide whatever is needed or desired, and to remind our troops that they are valued and cherished, and not forgotten, whether they are operating in a combat zone or living alongside us at home.

Tillman said her husband US Navy reservist's 2007 military mobilization to Afghanistan during Operation Enduring Freedom prompted the start of Tillmantroops.org. She said her husband's sacrifice with the military is a job that never goes unfinished whether he is reporting for duty once a month or asked to go back

overseas she feels lucky that he is alive and well.

"When he was mobilized I woke up and realized the sacrifice these individuals are making on our behalf is huge," Tillman said. "I don't want to take that for granted. If I can do my small part compared to what they do every day, it's the least I can do."

The final five was based on Internet votes and Bell was chosen after interviews were completed by a panel from the magazine.

While the final award went to Lori Bell, Air Force wife stationed in Alaska who also serves, Tillman was still honored to stand among the final five.

"They were all doing great things in their community," Tillman said. ... We have 1.1 million military families who have spouses or family effected by war time. It is important to acknowledge them."

She was presented with her award by Darleen Greenert whose husband is and Admiral Jonathan Greenert, vice chief of naval operations and Bobbi West, wife of Master Chief Petty Officer of the Navy Rick West.

She thought back to when her husband was deployed with his reserve unit and said she remembers she was left with a „40-page manual and a checkbook." Under her new title she hopes to work on a Blue Star Families Chapter to connect area families who have spouses deployed so they can develop relationships for support.

Tillman said as a military spouse she found they become strong individuals during a mobilization.

"As a military spouse, you get through it. You find that inner strength to do it. My husband said I'm not the same woman I was from when he left. It made me stronger, as a wife and a mom and a military spouse, you learn so much in a short period of time and they find stuff in themselves they never knew existed." (excerpted from <http://TillmanTroops.com>)

Join us for a special presentation by Loree at our March meeting, the 22nd, at Lackland Stacy High School Cafeteria at 6:30 P.M., where she will discuss these topics and more.



COOKS CORNER

Rainbow Cake

Makes one 9-inch-round six-layer cake

- Vegetable shortening
- 3 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 2 sticks (1 cup) unsalted butter, room temperature
- 2 1/3 cups sugar
- 5 large egg whites, room temperature
- 2 teaspoons pure vanilla extract
- 1 1/2 cups milk, room temperature
- Red, orange, yellow, green, blue, and purple gel food coloring

DIRECTIONS

1. Preheat oven to 350 degrees. Brush six 9-inch-round cake pans (or as many 9-inch cake pans as you have, reusing them as necessary) with shortening. Line bottom of each cake pan with parchment paper; brush again and set aside.
2. In a large bowl, whisk together flour, baking powder and salt; set aside. In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugar. Slowly add egg whites and mix until well combined. Add vanilla and mix until fully incorporated. Add flour mixture and milk in two alternating additions, beginning with the flour and ending with the milk. Mix until well combined.
3. Divide batter evenly between six medium bowls. Add enough of each color of food coloring to each bowl, whisking, until desired shade is reached. Transfer each color to an individual cake pan. Transfer to oven and bake until a cake

tester inserted into the center of each cake comes out clean, about 15 minutes (working in batches if necessary).

4. Remove cakes from oven and transfer to a wire rack; let cool for 10 minutes. Invert cakes onto a wire rack; re-invert and let cool completely.

5. Using a serrated knife, trim tops of cakes to make level. Place four strips of parchment paper around perimeter of a serving plate or lazy Susan. Place the purple layer on the cake plate. Spread a scant 1 cup buttercream filling over the first layer with a small offset spatula so it extends just beyond edges. Repeat process with blue, green, yellow, and orange layers.

6. Place the remaining red layer on top, bottom-side up. Gently sweep away any loose crumbs with a pastry brush. Using an offset spatula, cover the top and sides with a thin layer of frosting (also use any of the excess frosting visible between the layers). Refrigerate until set, about 30 minutes.

7. Using an offset spatula, cover cake again with remaining frosting.

Read more at Marthastewart.com: [Rainbow Cake - Martha Stewart Recipes](http://MarthaStewart.com/Rainbow-Cake)

Recipe contributed by our own Jenn Forsgren.



DID YOU HEAR WHO IS NEW TO LESC? KEEP READING FOR OUR

- Tamiko (Tami) Reavis
- Cynthia Lesch
- Cassie Powellend
- Hallie Evans
- Ruth Phillips

Welcome to all of our recent additions, and we hope to get to know all of you personally. we hope you find something special in our Spouses club! Just like our base, we are like no other in the world! We are from all different backgrounds and levels of experience and have ways to support and share with each other, but most of all, we love to share in a GOOD TIME!!



PERSEC & OPSEC

- Your Facebook apps could be disabling your security settings. Rouge apps! Find our more at <http://www.facebook.com/NavalOPSEC>

MILSPOUSE SPOTLIGHT

Hello my name is Ruth Phillips; I am the wife of Junior Phillips and a mother of one child her name is Bianca (who's now in college), we also have two dogs Chaiyenne and Channing. We are originally from Jamaica and migrated to Cleveland Ohio in 1979. My hobbies are sewing, cooking, gardening (*looking for a buddy*), antiques and traveling; so far I have been to 22 countries and I hope to one day travel to all the states in our country, USA.

I have a Home Base Business which I sell jewelry; the name of it is Cookie Lee Jewelry. If you would like to see the line visit the website at www.cookielee.biz/viviaphillips

We have been in the Air Force now for 27 years; our Squadron is LRS (Logistic Readiness Squadron). Nine months ago we arrived here in San Antonio and just fell in love with this place, we bought a house and plan to stay put for a long time.

The things I love about the Air Force or I should say the military are, the PCS's...it gave me a chance to see and live in places I wouldn't have gone on my own. Next is the collection of friends and acquaintance, some of those people

are closer to me than my own relatives. Someone once said *"Friends are Angels who lift us to our feet when our wings have trouble"* and they surely did that for me.

Coming to Lackland AFB, there are two encounters I wish were in place for spouses; the first would be a tour of places and things for us to see and do on and off Base. Maybe this is something we the Lackland Enlisted Spouses Club could get together and incorporate.

The second would be that the social clubs would be combined (Enlisted and Officers), Bases are now actively converting to that idea, I happen to be coming from one of them at FE Warren in Wyoming. This takes the separation away and bridge the gap between us.

Lackland is the *"Gateway to the Air Force"* and here 2011 we are still segregated socially, this should be the pilot Base for this movement.

Thanks for accepting me and I look forward to working, serving, and becoming friends with you.

LESC CALENDAR EVENTS**Playgroup**

Friday, March 25 · 10:00am - 11:30am

Lion Park

San Antonio Celtic Music Festival

Saturday, April 2 at 9:00am - April 3 at 6:00pm

Helotes Fairgrounds

Grape Creek Vineyards Barrel Tasting Tour

Saturday, April 2 · 2:00pm - 5:00pm

Grape Creek Vineyards (We will carpool)

call and pay for your reservation

830-644-2710

LESC Meeting: Adult Scavenger Hunt

Tuesday, April 19 · 6:30pm - 8:30pm

TBD somewhere on Lackland

Must RSVP to Meeting to get Starting Location!

Race for the Cure

Saturday, April 30 · 7:30am - 9:30am

Alamodome

All This Information and More Located on Face Book Page Please see for Updates and More detailed information on each event. If you Have any Event Information or Questions, Please Email:

lacklandesc@yahoo.com

March Volunteer Opportunity

Saturday, March 12 · 10:00am - 2:00pm

Cooper Learning Center

1700 Tampico St

San Antonio, TX 78207

If you would like to be a part of Next Month's Volunteer Opportunity Please Contact Our LESc Volunteer Cooodinator Mellissa Furguson on Facebook or email any of our contacts.

BABYSITTER DIRECTORY

Babysitters Wanted/Needed

We have a current list of Very Qualified Baby Sitters please email LESC if you have not received this list. They are a part of a juniors nursing program, have current CPR and First-Aid certification (adult, child, and infant), and have recent background checks through the Board of Nursing If you know someone who would like to be added to our babysitter list please have them email me their information at lacklandesc@yahoo.com

LET'S MOVE!

LET'S MOVE/CHILDHOOD OBESITY TIP OF THE WEEK FITNESS PROGRAM FOR CHILDREN AND FAMILIES IN A NUTSHELL, THE 5-2-1-0 PLAN IS:

- 5: Eat five or more fruits and vegetables every day.
- 2: Cut TV and computer play screen time to two hours or less every day.
- 1: Participate in at least one hour of moderate physical activity every day or 20 minutes of vigorous activity at least three times a week.
- 0: For almost zero sugar-sweetened drinks every day, restrict soda pop, sports drinks, and fruit drinks. Instead, drink water and three to four servings a day of skim or 1 percent milk.

For more information see: <http://letsgo.org/>

CONNECTIONS



Google™

Facebook page search Lackland Enlisted Spouses Club

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

<http://lacklandesc.blogspot.com/>

Google us! "Lackland Enlisted Spouse Club"

Chatter editors Starlite Dye & Jennifer Forsgren

contact us at lacklandesc@gmail.com

SPECIAL DAYS

MARCH BIRTHDAYS

- 15 Jennifer Forsgren
- 17 Karen Borkowski
- 19 Hallie Evans
- 20 Tina Stroh

MARCH ANNIVERSARY'S

- 20 Leticia & David Letteer

APRIL BIRTHDAY'S

- 6 Nastassja Power
- 8 Melissa Ferguson
- 10 Paula Davies
- 24 Michelle Martinez
- 28 Charlaine Miles

APRIL ANNIVERSARY'S

- 7 Linda & Kevin Slater
- 14 Karen & Ryan Ebert
- 19 Natalie & Ryan Swanigan

MAY ALL YOUR SPECIAL DAYS BE FILLED WITH LAUGHTER AND FRIENDSHIP FROM ALL OF US AT LESC-



We Wanted to "POST" a big "Thank You," to Fort Hood Enlisted Spouses Group for donating all your gowns, both formal and semi-formal to expand the Lackland Enlisted Spouses Club Cinderella's Closet. Currently, the dresses are being inventoried, photographed and prepped for check-out. The new Cinderella's Closet gown room will be a new and exciting step for our organization to serve Joint Base San Antonio, and share the gorgeous gowns inside for all the amazing events in our lives.

BOARD MEMBERS



Kristie Williams



Jackie Simmons



Cathy Guertin



Katie Gates

- You can find all of our board members actively checking Facebook pages and email. Contact them anytime with your ideas on how to make our club the best it can possibly be, or with your suggestions or even just a quick hello!