

# Luke Enlisted Spouses Club Newsletter

February 2009

## Important Dates

Feb 2<sup>nd</sup> 5:00 pm  
Weigh-in  
Annex Gym

Feb 10<sup>th</sup> 6:00 pm  
Membership Meeting  
BBC Community  
Center

Feb 11<sup>th</sup> 11:30 am  
Lunch  
Einstein's Bagels  
(Dysart/McDowell)

Feb 11<sup>th</sup> 6:00 pm  
Play Date  
Kristin's House  
Valentine Crafts

Feb 16<sup>th</sup> 1:00 pm  
Picnic in the Park  
Fowler Park

Feb 22<sup>nd</sup> 1:00 pm  
Relay For Life  
Team Meeting  
Sherrie's House

Feb 24<sup>th</sup> 6:00 pm  
Board Meeting  
TBD

Ronald McDonald  
House  
TBA



## this issue

Important Dates **P.1**

Relay For Life **P.2**

FREE Tax Help **P.2**

Easy Dinner Recipe **P.2**

## Should You Join a Spouse Club?

By Sarah Smiley

The Spouses' Club (aka, your newest support group that at times feels a bit like a sorority and other times feels like a family) will likely be one aspect of military life that you love to hate. What fuels the Spouse Club and the friendships formed there is a shared common interests (and/or needs). No one understands what you are going through better than a spouse who is going through the exact same thing.

If your best friend is also a military spouse but her husband is in a different community and deploying at a different time, her support and friendship is invaluable, yes, but it won't compare to the camaraderie you will feel with those spouses whose loved one is in exactly the same boat (perhaps literally) as yours. These are the spouses who will consistently be alone on holidays and weekends the same times that you are. These are the spouses who will receive the same bad and good news that you do. These are the spouses who will hate/love the same boss and work schedule that you do.

Which isn't to say that you will always love and agree with everyone in the spouse club. You won't. There will be disagreements, rivalries, and maybe even a few cat fights, but just like a crazy, dysfunctional family, you are bound together by a deep, unspoken need for one another. Families aren't perfect, after all.

So when a new spouse asks me whether or not she should join the spouse club, I don't hesitate to tell her yes, she should. Even if she isn't the sorority, P.T.A., volunteer-at-my-kids'-school type.

Because, frankly, that's not what the spouse club is about. It's not about philanthropy, fund raisers and parties. It's about support. And we can all use some of that.

### Check us out...

If you're interested in finding out more about the Luke Enlisted Spouses' Club, visit us at [www.lukeafbesc.com](http://www.lukeafbesc.com) or attend our monthly membership meeting every second Tuesday of the month at 6:00 p.m. at the BBC Community Center, Luke AFB.

### Valentine Treasures

*Valentine treasures are people who have often crossed your mind, family, friends and others, too, who in your life have shined the warmth of love or a spark of light that makes you remember them; no matter how long since you've actually met, each one is a luminous gem who gleams and glows in your memory, bringing special pleasures, and that's why this Valentine comes to you:  
You're one of those sparkling treasures!*

*By Joanna Fuchs*

### February Birthdays

- Patricia 7<sup>th</sup>
- Marinna 16<sup>th</sup>

### February Anniversaries

- Katrina & Jose 19<sup>th</sup>
- Sara & Wayne 26<sup>th</sup>

### Refer-a-Friend...

If you refer-a-friend to join the ESC up until the March Membership meeting, you have a chance to win \$25! Spread the good news!

### Secret Pal...

Secret Pal will be revealed at the February Membership meeting.

### Fun Facts

- It's impossible to sneeze with your eyes open!
- Elephants are the only animals that can't jump!

## Luke ESC Joins in the Fight Against Cancer!

Twenty-five years ago, a surgeon named Gordy Klatt of Tacoma, Washington, took to the track for 24 hours, to raise money for the American Cancer Society. What started out as one man's fight against cancer is now known as Relay For Life. There are over 4,500 Relays nationwide, and Relay For Life is now in over 14 countries.

Relay For Life is the American Cancer Society's signature activity. Relay For Life is a life-changing event that brings together more than 3.5 million people to:

- **Celebrate** the lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.
- **Remember** loved ones lost to the disease. At Relay, people who have walked alongside people battling cancer can grieve and find healing.
- **Fight Back.** We Relay because we have been touched by cancer and desperately want to put an end to the disease.

The Luke ESC Team is participating in the Relay For Life of Surprise April 25th beginning at 6:00 p.m. to 6:00 a.m. on April 26th. For more information about the team and this event, click [HERE](#) to visit our team page. For more info about ACS, visit [www.cancer.org](http://www.cancer.org) or call 1-800-ACS-2345.

## Easy Shepherd's Pie - *Worthy of a Special Occasion - Makes 4 servings*

### Ingredients

- 1 pound ground beef
- 1/3 cup ketchup
- 1 teaspoon Worcestershire sauce
- 8 ounces frozen mixed vegetables (such as carrots, peas, and corn), thawed
- 1/4 cup (1 ounce) shredded Cheddar (optional)
- 1 16-ounce package refrigerated or frozen and thawed mashed potatoes

### Preparation

Heat oven to 400° F.

Place the beef in a large skillet and cook over medium-high heat until no trace of pink remains, about 5 minutes. Spoon off and discard any fat. Stir in the ketchup and Worcestershire. Add the vegetables and cook, stirring, for 1 minute. Spoon the beef mixture into a baking dish.

Mix the cheese (if using) with the potatoes in a medium bowl. Spread the potatoes over the beef and bake until heated through, 10 minutes. Divide among individual plates.

Nutritional Information - Calories: 384 (40% from fat), Fat: 17g (sat 8g), Protein: 22g, Carbohydrate: 28g, Fiber: 3g, Cholesterol: 88mg, Sodium: 827mg - Diana Hyle, *Real Simple*, OCTOBER 2007

## FREE Tax Help is here!

Tax season is upon us. The Luke tax center is ready to provide the assistance you need. And, the best part is that's it's free!

The Internal Revenue Service sponsors the Volunteer Income Tax Association Program, which trains volunteers to assist the members of Luke community in tax preparation.

Each year Thunderbolts volunteer their time to help others. Volunteers receive at least 25 hours of in-class training each year. The volunteers are well trained and eager to help!

By the end of this tax season, volunteers will have processed well over 5,000 federal and state returns.

The Luke tax center is located in Bldg. 1150, the Block House.

## Protect Your Identity

- Carefully review your bank and credit card statements.
- Always take your credit card receipts.
- Keep documents containing personal info in a safe place.
- Minimize the amount of personal information you give out, especially online.
- Do not give your personal information in response to email scams (phishing) that appear to be from a bank, credit card company or Internet service provider.
- Order a free copy of your credit report annually and check it carefully.
- Shred everything with personal identifying info before discarding.