

# THUNDERBIRDS

CORONADO THUNDERBIRDS, NEWSLETTER for January-February 2016

<http://coronadothunderbirds.com>

## Thanks to Richard Gido



The selfless contribution of fellow Coronado Thunderbirds member, Dick Gido, is noted and will be greatly missed both in the monthly Board meetings and in his contributions to the monthly newsletter. Dick has served as our Publicity Chairman for the last 7 years. Just last year he received our Distinguished Service Award. We extend our sincere thanks to Dick for a series of jobs well done.

**John P. Anthes**  
**2016 President**  
**281-0834, Home,**  
**379-3438 Cell**

[jpantes@comcast.net](mailto:jpantes@comcast.net)



Lunch 11:00AM: There is no Buffet, so order from Menu of Sandwiches, Soups and Salads. After lunch there is a short business meeting (including installation of the 2016 board of directors by former president Bob Martin) followed by the program of the day.

**January 12, 2016 Program**  
**Barbara McGuire MD**  
FACP MMM, **“Tips and tricks to make your healthcare encounters more satisfying and productive”** During this presentation, Dr. McGuire would like to offer an “insider’s”



point of view on how most primary care and specialty medical settings function and how to more effectively and efficiently navigate an oftentimes confusing and frustrating system. She will share information and pointers on how most patients can make their scheduled and not-so-scheduled medical visits more satisfying, useful and worthwhile. Dr. McGuire will also mention reliable sources of information for patients to self-educate and which sources may be misleading or problematic. Lastly, she will discuss general characteristics of osteoporosis, diagnostics and general categories in treatment options. Attendees may wish to bring along paper and pen for note-taking.

## George Oltman 2016 VP/Programs

299-3369 [g.oltman@ieee.org](mailto:g.oltman@ieee.org)

As the new VP, George could use a volunteer on his VP committee to handle the lunch-voucher drawings. Anyone out there want a little exercise during the meetings? It is also a chance to become better acquainted. See George. (In 2015 the secretary handed out the winning vouchers. Will the board decide to abolish drawings because of lack of a secretary?) We need a secretary. Please help if you can.



## February 9, 2016 Program

The “Resuscitation Rangers” of the Heart Hospital of NM will demonstrate a “hands only” CPR for our February 9th general meeting. With five manikins, the Rangers will demonstrate “hands only” CPR and will describe and discuss issues with heart attacks. They will help us recognize heart attacks from other issues. The technique is easier and simpler than the prior CPR procedures that include mouth-to-mouth resuscitation. The Rangers are teaching the hands only procedure at no cost to encourage more members of the public to jump in and help when someone goes down.

The training lasts between 30 minutes and 90 minutes depending on what we ask to be included in the training. Topics usually include an introduction on how to recognize the signs and symptoms of a heart attack; advice to those who experience those symptoms to seek medical help immediately instead of ignoring them; or trying to drive themselves to a hospital instead of calling 911. They can also show us how to use an automated external defibrillator (AED) which can be used to shock the heart into beating at a regular rhythm. We will break up into five groups of about ten members, allowing each us to have hands on participation with the manikins.

## Ellen Biernacki Entertainment

828-0875 [ellenbie@aol.com](mailto:ellenbie@aol.com)



Genelia reported that 108 signed up for the Christmas party back in December. It was a great party and the biggest crowd we have had for a while. 108 signed up and by 12:30 pm 85 had come. Bad weather was a handicap.

## Pete Havey Membership

268-6816 [phcbh@q.com](mailto:phcbh@q.com)

Thunderbird dues for 2016 are now due and are \$12.00



per person. Status at the end of January generates the year's calling list. Make checks payable to Coronado Thunderbirds, and mail to Pete Havey, 917 Georgia

SE, Albuquerque, NM 87108.

## MVC News

Current events at the Mountain View Club (MVC) can be accessed at [www.kirtlandforcesupport.com](http://www.kirtlandforcesupport.com).

## Publicity (Newsletters)

At present the T-Birds have no chairman for the 2016 publicity chair. This issue required efforts from other board members (mainly Charley Vittitoe with his diminished capabilities) who have other responsibilities. If your capabilities are not quite so diminished, perhaps you might help get out the next NL and become a board member. (You might give one of the board members a call – several numbers are readily available right here.)

## Travel

Travel is a special interest group (SIG). After our next meeting there is no leader for our group of travelers and no report. Travel gets on the board list only through that SIG. Travel can't have a group

without a leader and has said good-bye.

The parting submission by Sandy Deller (298-5705) follows: "Maritime Maryland" In May of 2016, consider a 7 day trip (May 6-12), to the East Coast where there are many quaint shore towns. After arriving in Baltimore, Maryland, you'll visit the Washington Monument and then enjoy a harbor cruise. Other points of interest include Maryland's eastern shore, Delaware and Ocean City; a guided tour through Oxford and a tour of Chesapeake Bay Maritime Museum. There is a driving tour of Annapolis, Maryland's capital city, with a visit to the Capital Building and a tour of the United States Naval Academy. The last item is a tour of Fort McHenry where Francis Scott Key wrote "The Star Spangled Banner." Call Sun Tours at 889-8888 and make your reservation.

## Thunderbird Bridge

Bridge no longer meets at the MVC. At last report no replacement spot has been chosen.

## KAFB Base Passes

All Coronado Thunderbird members must have a Defense Biometric Identification System (DBIDS) pass

or Military ID to have access to Kirtland Air Force Base (KAFB). This includes all spouses, even if they no longer drive and only ride in with you; and all caregivers who will be driving any members to the Base for meetings, or other MVC activities.

The Department of Defense (DOD), DBIDS access passes must be renewed every year.

One month before your pass expires, contact Pete Havey and he will mail/email you the KAFB Pass Request form with instructions.

Once you mail back the form, Pete will review it and deliver the form to the Pass & Registration office on KAFB for processing. (Pete's address is on the instructions for the form.)

If you are unable to contact Pete, some board members may be able to provide you the necessary form with instructions on how to complete and return the form for processing.

It can take the Pass office as little as 3 days and as much as one month to process. Later you will be given a call with instructions on how to finalize the pass process.

You are required to bring your driver's license, proof of insurance, and car registration when you pick up your pass.

**Hours of operation** for picking up passes: Pass & Registration at Consolidated Support, 9:00am -3:00pm, Monday-Friday. At Truman Gate Visitor's Center, 6:00am-2:00pm, Monday-Friday. If your Pass has expired, you must go to the Truman Gate to pick up your Pass.

## Name Badges for T-Birds

We have two options: 1. KA-MO Engravers, 5001 Douglas McArthur NE, 87110, phone 883-4963. Email is [KAMONM@aol.com](mailto:KAMONM@aol.com). Mike Holly has a shop at home so please do not call before 10:00am. His price is \$5.00 for a badge with safety pin clasp. A badge with a magnetic holder is \$7.00. His turnaround time is usually around one-two weeks.

2. Awards Etc., 904 Juan Tabo NE, 87112, 292-3337, email is [linda@nmawards.com](mailto:linda@nmawards.com). Linda's price is \$6.41 for a badge with a magnetic back. Her turnaround time is usually three days.

## T-Bird Board of Directors

President: John Anthes - 281-0834

Vice President: George Oltman - 299-3369

Secretary: ? Publicity: ? Cards: ?

Treasurer: Genelia Boenig - 836-6977

Membership: Pete Havey - 268-6816

Entertainment: Ellen Biernacki - 828-0875

Awards: Adron Pritchard - 299-3543

Calling Chair: Barbara Desilets - 822-0059

Past President: Charley Vittitoe - 299-9298

MVC Caterer Linda Anderson, 846-5165,

E-Mail: [Linda.anderson7@us.af.mil](mailto:Linda.anderson7@us.af.mil)