



USSOCOM



Family Readiness 2011

INSIDE:

*OPSEC, Safety while on Social Networks,
USSOCOM - Ragnar Florida Keys Race,
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Greetings from the Chief of Staff



Happy New Year! 2011 is here and I look forward to supporting the Family Readiness Group (FRG)

as they continue to serve our USSOCOM service members, government civilians, and their families. As we move into 2011, I want to highlight the superb efforts of the FRG and our former coordinator, Ms. Barbara Moody. Under Barb's leadership last year, the FRG sponsored the National Take Our Daughters and Sons to Work Day (over 100 kids registered) and the Military Spouse Appreciation Day (which included a sponsored luncheon and a hurricane briefing by Lt Gen Fiel). Your FRG also worked with various community organizations throughout the year to provide phone cards to deploying personnel, back to school backpacks w/supplies, and restaurant gift cards to military families.

In the summer of 2010, Ms. Moody departed the position of FRG

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USSOCOM Para-Commandos

Jump Team Calendar

**Fishhawk
Baseball**

Opening Ceremonies
16120 Fishhawk Blvd.
Lithia, FL
2/26/2011, 10:00 AM

Phillies Spring Training
Opening Day vs Yankees
Brighthouse Field Clearwater
2/27/2011

UPCOMING (LOCAL) EVENTS

February 10th -21st
The Annual Florida State Fair

**March 9 - The 2011 Florida
Strawberry Festival, Plant City**

March 26 - Paws for Patriots
Quaker State & Lube

www.RollingThunderFL11.com



coordinator and Maj Karen Reiff took on the role of temporary FRG coordinator in addition to her normal duties.

Even as the search began for a new FRG coordinator, Karen's outstanding leadership allowed the FRG to plan and execute the Command Brief/Family Readiness Information Education & Needs Day. I was able to provide an informative briefing about SOCOM to family members after which everyone had the opportunity to browse information booths from 15 agencies including Military ONESource, Operation Homefront, SOCOM Booster Club, Care Coalition, and

OPSEC, all while enjoying free childcare! A Defense Biometric Identification station was also set up to register dependent ID cards to meet new MacDill AFB entry requirements. Karen's efforts during this interim period ensured a smooth transition as the new FRG coordinator, Ms. Teresa Torelli, took over in October of 2010. Teresa hit the ground running in her first few days by assisting the preparation of numerous Care Packages for our deployed SOCOM personnel.

The FRG finished up a busy 2010 by hosting the Open House/Tree Lighting Ceremony which included a visit from Santa Claus and the singing of several

uplifting Christmas carols. Throughout the coming year, it will be my distinct honor to support the FRG in helping HQ USSOCOM personnel and their families enhance their quality of life and well-being by developing operating systems that provide information, offer support and outreach, promote involvement, and prevent isolation. When your spouse is deployed, the FRG will work with you to identify your needs and provide information and referral assistance.



MG Joseph Votel
USSOCOM Chief of Staff

White House to Unveil Military Family Plan

January 23, 2011

Military.com | by **Bryant Jordan**

The White House and Pentagon are scheduled today to roll out an ambitious, administration-wide policy to improve the lives of military families by tackling everything from child-care and financial problems to veteran homelessness and job opportunities for spouses.

President Obama directed his National Security staff to organize an interagency policy group early last year. The resultant plan is detailed in *Strengthening Our Military Families: Meeting America's Commitment*, a policy report approved by Obama in December. The report is the culmination of meetings by representatives from

all federal government agencies and cabinet departments, said Robert L. Gordon III, deputy assistant secretary of defense for military community and family policy.

The goals in the draft 25-page report are defined broadly in four areas – enhance family psychological health, children's education, spouse career opportunities and development, and improve child-care services.

The report calls for enhancing military family mental health by having the Defense Department and Department of Veterans Affairs implement a multi-year program to help family members recognize mental health problems and get the proper care and treatment.



At the same time the Department of Health and Human Services will assist states in applying for federal block grants for mental health services and drug abuse prevention programs, which they can direct toward helping returning servicemembers, veterans and their families.

The report considers veteran homelessness a factor affecting military and veteran families and so incorporates the VA's already-announced pledge to end veteran homelessness.

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The VA plans to fund non-profit groups that work to keep at-risk veterans in family situations or help homeless vets find housing.

The Pentagon and the Department of the Interior will expand opportunities for military families to use the country's 500 million acres of public lands for recreation as part of regaining their psychological health. Areas and trails will be modified to accommodate military families, especially wounded troops and veterans, and Interior Department staff will be trained on military culture.

A commitment to protect against unfair financial practices could make Obama's controversial new Consumer Financial Protection Bureau an ally to military families. According to the report, the CFPB will have an Office of Service Member Affairs and will work with the DoD to address three areas: education on financial readiness; complaint monitoring and response; and coordination among federal and state consumer protection agencies on behalf of military families.

Gordon said the Department of Education will get involved to improve education for military children. For the first time the DoE will make military families a priority for its discretionary grant programs, which will favor funding programs to meet the needs of military-connected students, the report states.

"The Department of Education wants to work with our states to better identify our military kids in schools so we can focus on them and outreach to them," Gordon said.

The Educate to Innovate Campaign, a White House-launched business, academic, and non-profit consortium that works to bolster high school math and science education, has been directed to give special attention to schools catering to military families. Another group, the National Math and Science Initiative, will work with the White House Office of Science and Technology and DoD to expand access to advance placement science and technology courses to children of military families.

The policy report states that this initiative will begin in September at four schools serving Fort Campbell, Ky., and Fort Hood, Texas. Another three schools also will get additional support, but the report doesn't say where they are located.

The Department of the Interior, meanwhile, will focus on employment opportunities in national parks for military kids. The Department of Agriculture will work with DoD to enhance their ongoing partnership to support 4-H clubs and activities for military children and youth.

The Department of Labor will open the Transition Assistance Program – the career guidance counseling and workshop program long available to separating and retiring service-members – to military spouses. DoL will also promote priority hiring of military spouses in its workforce.

Gordon said DoD also plans to expand a successful Army program for spouse employment to all the branches. The Army

Spouse Employment Partnership has a support program with more than 40 Fortune 500 companies that, since 2003, have hired more than 90,000 Army spouses. DoD will also provide job counseling and educational stipends to help spouses get the training and education they need to get into the workforce.

"We have roughly over 700,000 spouses" across DoD, he said, of which more than 77 percent want to work. "We want to create opportunities for them."

The report also promises immediate child care relief with new "Child Care Liaison" positions established in pilot programs in 13 states -- Alaska, California, Colorado, Delaware, Florida, Indiana, Kansas, Kentucky, North Carolina, Texas, Vermont, Virginia, and Washington.

According to Gordon, DoD has more than 200,000 children in its system in need of child care. Currently, there is a shortfall of about 30,000 child-care seats, he said, adding that the pilot programs should result in an increase of approximately 8,300 child care spaces available throughout the country. The spaces may be moved to where they're most needed, however, as needs change.

"We care about [military families]," Gordon said in sum. "I think you'll find [in this report] those sorts of commitments that focus on you as a community that will empower you, that will support you, that will care for you."

Safety while on Social Networks

Many agencies, organizations and individuals across the United States are using Social Networking Sites (SNS) like Facebook as a means to communicate to the general populace, customers and acquaintances. While these agencies are using these pages, they are taking various preventative measures to ensure that pieces of critical information are being adequately protected. With that in mind...here are some reminders about some vulnerabilities associated with SNS and some tips to safeguard your own personal account.

Proper use of SNS security settings limit what site visitors are allowed to see. Facebook alone has over 124 security settings. Have you gone through the available settings and adjusted them for the various groups, friends, and family members who have access to your page? There's information you should keep to yourself or within a trusted circle of family and friends. Allow specific group access for family and those trusted friends by using the SNS security settings. Then make a more restricted access group for those "friends" who are more like associates and then further limit the personal information they can see. This will help prevent others from "accidentally" seeing something

you don't want them to see.

You should also be wary of what you post on an SNS. You shouldn't post things that you wouldn't want a stranger, or someone who would do you harm, to see. Doing so could cause you to lose your identity, your money, or even your life. There may be information on your SNS that you don't want just anyone to access. Most people don't walk up to complete strangers as they leave their homes and announce their house is unoccupied and they'll be gone for a few days. So why would anyone want to do so on an SNS, allowing strangers to know their house is unprotected.

If you use Facebook's "Places" feature, you could give on-line viewers exact information of where you are or where you've been and when. You don't need to advertise when and where you're going or where you are. It could help an adversary to establish a pattern of life for you and thereby put you or your family at an increased risk of exploitation.

If you don't want people to know what your home or house looks like or what kind of car you own, then maybe you shouldn't post any photos of your home or car on an SNS. Some digital photos you post can have hidden data in

them. This data is called Geotags. Geotags can tell people where and when the photo was taken. Additionally, you may not want to let certain people know where you live, so be aware of all the information a photo shows (such as street signs, house numbers, and the like.)

Unlike a face to face encounter with someone, you may not really know who you're contacting on-line. You shouldn't necessarily trust that someone on-line is who they claim to be. If you get a friend request and you don't recognize the name don't openly accept the request. Granting access could give an unknown person information that you may not want them to have. Verify who they are through a separate means. Email a friend who you might have in common with the requestor. Ask other friends if they know this individual. Ultimately it's up to you to accept or decline.

Using Social Networking Sites can be an enjoyable pastime, but we all have to remain vigilant where our families are concerned. Protecting yourself and your family is also protecting SOCOM's most valuable resource...our people. If you have questions, please feel free to contact the SOCOM Operations Security (OPSEC) element.



Chaplain's Corner

The New Year has come. For many this is a time for setting new priorities and goals for the year. C.S. Lewis wrote: "You are never too old to set another goal or to dream a new dream." The new year is a great time to dream and set some new goals for yourself.

Many focus on the physical when it comes to goals. People want to lose weight or begin a new physical training regimen. These are good goals, but make sure the goals are realistic and cut yourself some slack if you don't meet every goal. Better to miss that work out or splurge on that dessert, and then refocus and keep moving forward as opposed to giving up because you can't keep up with the schedule you have set for yourself.

Focus on other areas of your life as well. Robert Schuller wrote "Goals are not only absolutely necessary to motivate us. They are essential to really keep us alive." Here are some different areas that you might want to

consider with regard to goals for the new year.

Finances: Think about how you are going to get out of debt, put more in savings or long term investments, or give more to charity.

"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis

Intellectual: Consider taking classes, learning a new language, limit the amount of TV that you watch and read a classic book.

Relationships: Spend more time with friends, your spouse, and children. Think about setting up a regular date night with your spouse, plan family game nights, or as a family explore the many attractions that the Tampa area offers. (This doesn't necessarily take much money, most of the beaches and parks are free or have very inexpensive entrance or

parking fees.)

Spiritual: The New Year is a great time for people of faith to return to places of worship that they may have neglected. Look at some of the spiritual disciplines of prayer, fasting, and study or meditation and set some specific goals for yourself. Order your spiritual lives in a more conscious way. Set forward-focused spiritual goals, and be delivered from the boredom of a wayward and aimless spiritual life.

Goals: are important to give us direction and help us live out our priorities on a daily basis. May God grant you discernment and wisdom as you set your goals and remember what Yogi Berra said, "You've got to be very careful if you don't know where you are going, because you might not get there."

V/r

*Chaplain Jim Edwards
Deputy Command Chaplain*

Spouses Networking Group

Spouses Networking Groups: Happy New Year from your Family Readiness Group (FRG)... As 2011 sets off at racing pace, I would like to take just a few minutes to focus on our SOCOM Spouses Networking Group.

The Bay Area covers hundreds of miles and our SOCOM Families are spread from Clear-

water to FishHawk creating the perfect opportunity for spouses to become isolated. Staying connected when geographically separated enhances your sense of belonging and offers support during times of deployment. The SOCOM Spouses Networking Groups are perfect for meeting other spouses in an informal set-

ting. For easy access to a group near you, the network is divided into five geographical locations, FishHawk, North Tampa, Valrico, Riverview/Apollo, and South Tampa. For information on the (FRG) Spouses Networking Group near you, email your contact information and geographical location to: socomfrg@socom.mil

Command Run and Childcare

Did you know the MacDill Child Development Center (CDC) will open early to support SOCOM's monthly Command runs? If you would like to take advantage of this service, reservations must be made by close of business on the Wednesday before the run.

To reserve your spot call 813-828-5011

Baseball Spring Training Schedule

"People ask me what I do in the winter when there's no baseball. I'll tell you what I do I stare out the window and wait for spring."

— Rogers Hornsby "The Rajah"

Spring Training Begins:

Yankees vs Phillies, 26 Feb
Steinbrenner Field, Tampa

Phillies vs Yankees 27 Feb
Bright House Field, Clearwater

USSOCOM Para-Commandos
will jump in to kick off the season



February 10th -21st The Annual Florida State Fair

is a salute to the state's best in the agriculture and equestrian industry including an abundance of shows, music, rides, food and shopping for 12 consecutive days. Excitement is in the air all over the fairgrounds with plenty of free entertainment included with admission. Make sure to plan your day in advance to enjoy all the sights, sounds, and tastes the state fair has to offer. Parking is free during the Fair. For more information visit their website; <http://www.floridastatefair.com/>

UNITED WE STAND At E.A.S.E.

**JOIN US FOR A DAY
OF FAMILY FUN !!**

February 26th 12-4pm

(Lunch will be served)



Enjoy a fun filled day on the farm including: pony rides, pony painting, equine arts & crafts, and the opportunity to hang out with a variety of four legged friends all guaranteed to bring a smile to your face!



www.QuantumLeapFarm.org

Free for Service Members and their families (Active duty and veterans)

Call to RSVP, **813.920.9250, Quantum Leap Farm**

10504 Woodstock, Odessa, FL 33556

www.Quantumleapfarm.org

Para-Commandos Shedule

Cont from front page...

5th Annual Tampa
Clean City Day Event
Raymond James Stadium
3/12/2011

April 16 - Sun 'n Fun
International Fly-In-
Max Participation on
Weekend Lakeland Linder
Regional Airport 3/29/2011

USSOCOM and the Ragnar Florida Keys Race

By TSgt Larry Carpenter, SOPA
Eighteen members from U.S. Special Operations Command participated in the inaugural Ragnar Florida Keys endurance relay race Jan. 7-8.

The Ragnar Florida Keys relay race is a 191-mile course that took racers from Crandon Park in Miami Fl., located on the barrier island of Key Biscayne, all the way to the famous Duval Street in Key West, Fla.

The command was represented by two teams: a 12-man regular relay (SOCOM 12) and a six-man “ultra” relay team (SOCOM 6) who ran around the clock for more than 24 hours honoring fallen Special

Operations warriors and their families. In support of the Special Operations Warrior Foundation, the team raised nearly \$4300 (\$4279 to be exact) for college scholarships and providing family support to members of the Special Operations Forces community affected by combat and training casualties.

SOCOM 12’s lead-off runner broke his ankle the night before the race and could not compete. In true SOF warrior fashion, the team decided to run with eleven members. The team finished third in their division with an overall time of 28:58:50.

Battling injuries sustained during the race, SOCOM6 members missed their goal of finishing the race in less than 24 hours;

their time was 24:03:58, which was enough for them to win first place in the ultra division by two and half hours, finishing in sixth place overall.

SOCOM6 members were Col. Frank Donovan, Col. Lex Brown, Cmdr. Todd Gagnon, Lt. Col. (AUS) Stuart Davies, Maj. Rob Bailey and Lt. Cmdr. Brian O’Lavin.

The members of SOCOM12 were Mr. Donovan Haggas, Col. Christopher Leyda, Col. Stephen Goto, Lt. Col. Thomas Hancock, Lt. Col. Cynthia Hazel, Lt. Col. James Higgins, Maj. Matthew Razvillas, Maj. Billy Moore, Maj. Eric Young, Capt. Trevor Nolan, Master Sgt. Brian Burns and Mr. William Lengner, SOCC-SC.



Colonel Donovan handing off the baton to Major Bailey



Left to right: starting line--Davies, Bailey, Gagnon, Brown, Donovan, O'lavin

Left to right: Team at the finish line with their medals--Gagnon, O'lavin, Brown, Bailey, Davies, Donovan



2011 Thrift Savings Plan Contribution Limits

TSP is a long-term retirement savings plan that gives investors an opportunity to lower their taxes each year they contribute, because taxes are deferred until the employee withdraws from the account after retirement.

Federal Retirement Thrift Investment Board members announced the 2011 elective deferral limit for regular Thrift Savings Plan contributions will remain \$16,500, and TSP catch-up plan contribution limits will remain at \$5,500.

TSP options include stocks, government securities or lifecycle funds.

Regular TSP contributions stop when contributions reach the annual maximum limit and automatically resume the next calendar year.

Catch-up contributions are additional tax-deferred contributions, separate from regular TSP contributions. To be eligible for catch-up contributions, investors must be age 50 or older the year the first deduction from pay occurs. Contributors must also be in a pay status and able to certify they will make, or have made, the maximum regular contributions by the end of the year. Catch-up contributions automatically stop with the last pay date in the calendar year

or when the maximum catch-up dollar limit is reached. Eligible employees must submit a new election each year.

For more information about TSP, go to: **www.tsp.gov**

visit the Air Force personnel services website or call the Total Force Service Center at **800-525-0102**.

Tax Assistance

The MacDill Family Resource Center in Brandon (A&FRC satellite office) is offering a free tax assistance service by appointment from 0900-1600, Monday through Saturday. For more information call: 813-655-9281.

They are located at 710 Oakfield Dr, Suite 153, Brandon FL

TAX ASSISTANCE AVAILABLE

Tax assistance will be provided at MacDill's Retiree Activities Office (RAO) from 1 February to 18 April 2011.

This service is free for retirees, spouses and active duty families.

Walk-in service or appointments are available Monday through Friday from 0900-1500, active duty members who walk in between 0900 and 1100 in uniform, will have priority. The RAO are now taking appointments by calling; **813-828-0248**.

ELECTRONIC FILING

Starting 1 February the RAO will have five computers available for electronic filing. Using the e-filing service you can receive your return in approximately two weeks

If the RAO did not prepare your 2009 Tax return, please bring a copy with you.

The program is sponsored by the Staff Judge Advocate and is operated under the supervision of the RAO. Tax preparers are trained under the VITA (Volunteer Income Tax Assistance) program and are certified by the IRS for performance at a level commensurate with most retirees' incomes.



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Emergency Management Corner



By **Matthew Stork, CPM**

Each year, disasters disrupt countless lives around the World. It is no revelation that a disaster can have lasting impact, to both people and property. Unfortunately, many of these people are military service members and their families who suffer the wrath from a wide variety of events. Examples may include wild fires, hurricanes, earthquakes, floods, tornados, etc. However, having a plan and being prepared can reduce fear, anxiety, and the loss that accompanies disasters. For this reason, it's important everyone be prepared and ready...as best we can.

To meet the challenge of preparedness and readiness for all hazards, each installation Commander has an emergency management planning element that provides guidance, oversight, support, and when necessary, action to help mitigate, respond to, and recover from a disaster. The emergency management element ensures plans, resources, and procedures are in place when faced with any situation, be it a little or no warning situation.

At MacDill AFB, the Emergency Planning Element is the responsibility of the 6th Air Mobility Wing (AMW) Commander, who provides support to all on-base Commands and their personnel. In support of the 6th AMW Emergency

Management element, HQ USSOCOM developed a supporting program called the Command Continuity Management Office (CPMO). One key responsibility of the CPMO is development and maintenance of the HQ USSOCOM Disaster Preparedness Plan (DP). Key emergency management responsibilities and procedures are outlined in the DP Plan, which focuses on our Personnel. In short, the DP plan prepares the Command for the possibility of a natural or manmade disaster with little or no warning.

The HQ USSOCOM DP plan seeks to ensure the safety of our personnel and their dependents by providing guidance on roles and responsibilities, and is directly supportive to the installation emergency management plan.

The USSOCOM DP Plan outlines policy and procedures to educate command personnel and their families on how we will respond to any threat any hazard that could or would impact our SOCOM family. The plan strives to ensure each member and their dependents are informed, prepared, and ready when faced with a disaster event.

In the next quarterly newsletter, we will outline family disaster planning responsibilities, procedures, and recommendations on how to prepare for and be ready for the upcoming hurricane season. We will also discuss specific programs and services in place at MacDill each family member should know when preparing to develop their family

disaster plan.

About the Author: Mr. Matthew J. Stork is the USSOCOM Continuity Program Manager. He is responsible for development and maintenance of the HQ Continuity of Operations Plan, the Disaster Preparedness Plan, and the Survivability, Recovery, and Reconstitution Plan. Matt is also an Assistant Professor at American Military University, and teaches Graduate Courses within the School of Public Safety and Health. Matt's Emergency management background includes National certification as an EMT and Fire Fighter, is FEMA certified as a Continuity and Emergency Planner, and is a Lt Col in the AFR, assigned to the 927 ARW Aerospace Medicine Flight, MacDill AFB. He can be contacted at:

storkm@socom.mil or
Matthew.Stork@us.af.mil

Health and Wellness Center

MacDill's Health and Wellness Center (HAWC) boasts a state-of-the-art facility providing programs and preventive wellbeing services which increase readiness, reduces health risk, striving to improve the quality of life for active duty, family members, retirees and DOD civilians. The HAWC is open Monday-Friday 0730-1630 closed during lunch from 1130-1230. Call today for more information 813-828-4739 or visit us on line at:

www.macdillafb.bestofhealth.com

Influenza (or “the Flu”)

INFLUENZA (OR “THE FLU”)

Influenza virus is spread from person to person via the respiratory system (coughing/sneezing). Flu may also spread by touching something that has been contaminated with the virus. A person can infect another person a day before they notice symptoms. Affected persons are infectious for a week after becoming ill; young children may be infectious for 10 days or more.

Influenza Frequent Signs and Symptoms:

- Stuffy or runny nose
- Nasal discharge
- Throat scratchy and sore
- Coughing and sneezing
- Loss of voice
- Fever (> 100.5 F)
- Mild headache

Cold symptoms start slowly and symptoms are mild. Flu symptoms are more sudden and include higher fevers, severe body aches, chills, sweats, weakness, severe sore throat, cough, and chest discomfort.

MEDICATION and TREATMENT

Try treatment on your own for 3 days before seeking medical attention. Increase fluid intake and get ample sleep. Use nonprescription drugs such as Tylenol, cold and sinus medicine, nose drops or spray, cough remedies and throat lozenges to reduce symptoms and discomfort.

DO NOT GIVE ASPIRIN TO CHILDREN LESS THAN 12 YEARS OF AGE;

it can cause Reye’s Syndrome.

For more information about Reye’s syndrome, visit:

http://www.ninds.nih.gov/disorders/reyes_syndrome/reyes_syndrome.htm

Antibiotics will NOT cure influenza or colds, which are caused by viruses. Antibiotics are only useful in combating bacterial infections. Only time and your immune system can cure influenza and cold viruses.

Make an appt to see your health care provider if:

- cough lasts more than 10 days
- fever lasts several days or is over 101 F
- painful earache or severe headache
- chills, chest pain, shortness of breath
- skin rash or unexplained bruised skin
- pain in sinuses or teeth
- severe throat pain or white/yellow spots on the tonsils or other parts of the throat
- enlarged, tender glands in the neck

Emergency Warning Signs In children, seek emergency medical attention for:

- Fast breathing or trouble breathing
- Bluish or gray skin
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, seek emergency medical attention for:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Flu Prevention Measures

- Avoid contact during the contagious stage (first 2-4 days)
- Wash hands often, especially after blowing nose or before handling food
- Cough/sneeze into your upper sleeve (not your hands)
- Eat a well balanced diet and increase fluids
- Avoid touching hands to face (especially eyes, nose, and mouth)
- Avoid unnecessary personal contact especially with persons who are obviously ill
- Stay home and away from others when not feeling well
- Increase sleep
- Get vaccinated

Whether you see a health care provider or not, stay home until you have no fever or other symptoms for at least 24 hours. Flu may take 5 to 10 days to completely resolve.

MacDill's Veterinary Treatment Facility

New Year Healthy Pet...

Design a diet and exercise plan to meet your pet's specific needs

Obesity leads to serious dog and cat health problems such as heart disease. Exercise is important, but a pet will only exercise if there is an incentive to do so. Your veterinarian will consider what stage of life your pet is in, the amount of activity your pet enjoys, and the time of year before outlining a specific plan. The right kind of food and physical activity can add to the quality of your pet's life.

Following are five general pet care tips:

1. Mmm... All that chocolate! None for your pets please! Chocolate contains a toxic substance, theobromine, which is harmful to pets. So, just say NO!

2. Is it an emergency? A pet exposed to bitter cold that becomes lethargic, depressed, and

weak, could be hypothermic. Call your veterinarian immediately.

3. Before traveling with your pets, make sure they have all required vaccinations and health papers. If they are on medications, have enough to last through the trip.

4. Remember that even the most gentle and trusting pet may bite when in pain. If you must muzzle, use a soft towel or cloth strips and remove it as soon as possible so the pet can breathe more easily.

5. If you must transport an injured or ill animal, a blanket, vinyl mat, and even a door make excellent stretchers. The trick is to immobilize the animal to avoid further stress.

The American Animal Hospital Association asks you to provide a safe environment, quality diet, exercise, and adequate veterinary care for your pet. Consult your veterinarian if you have any questions regarding

your pet's health care.

MacDill's Veterinary Treatment Facility hours of operation are Monday through Friday from 0800-1600, closed on all federal holidays and the last working day of the month for inventory. Patients are seen by appointment only scheduled one week in advance.

Services provided:

- **Vaccinations**
- **Microchipping**
- **Health Certificates**
- **Treatment and prevention of Zoonotic diseases**
- **Prescription heartworm prevention and flea control**

Appointments can be made in person or by calling **828-3558/3559** If you have questions or concerns call or stop by the clinic during normal duty hours.

Quick Reference Numbers

| | | | | |
|------------------------------------|-----------------|---|---|---------------------|
| USSOCOM | | MacDill AFB | ID Card Office | 828-2276 |
| Chaplain | 826-5080 | Air Force Aid Society | Legal Office | 828-4421 |
| Care Coalition | 826-3099 | 828-2721 | Lodging | 828-4259 |
| Command Post | 826-5300 | Airman & Family Readiness Center | MacDill Family Resource Center (Brandon) | 655-9281 |
| Emergency Information Line | | 828-0145 | Medical Clinic-6th Med Group | 828-5393 |
| 866-686-3653 | | American Red Cross | Pharmacy | 827-9300 |
| FRG Coordinator | 826-3742 | 1-877-272-7337 | TRICARE | 827-9900 |
| HQ Commandant | 826-3722 | Base Command Post | Military One Source | 800-342-9647 |
| First Sergeant | 826-4869 | 828-4361 | | |
| Medical Clinic | 827-9870 | Family Advocacy | | |
| Security Police | 826-2888 | 827-9172 | | |
| OPSEC Family Representative | | Housing Harbor Bay at MacDill | | |
| 826-5383 | | 828-3166 | | |
| | | 840-2600 | | |