



The Carousel Revival

Moody Spouses Club Newsletter
April 16, 2009

Spouse in the Spotlight ~Kristen P.~



~spouse of Justin, 23 MOS
~member of Team Moody since June 2005

Kristen joined the MSC for the opportunity to connect with other spouses and to meet other women with similar interests. More importantly, Kristen became part of the Spouses Club in hopes of being able to reach out to spouses that are new to Moody AFB and maybe help make their transition a little smoother. Kristen homeschools her two young daughters, one of whom is a special

needs child. Kristen learned the hard way that information about resources for families with special needs children is not always readily available or easy to find; she hopes that she can perhaps be a source of information for other families and help them get the services or programs they need.

Kristen is also active in the homeschool community in Valdosta. She helped form a small co-op group for homeschooled children in primary grades, and occasionally teaches art classes for young children. Kristen loves being associated with the military community and all it has to offer, and takes great pride in knowing that her daughters are being raised in a very diversified community.

MSC Wine Tasting and Charity Event

May 2, 2009

7:00pm – 9:00pm

Bas Bleu, 125 N. Patterson

This year's fundraising event for the Scholarship Fund offers everyone a chance to do a bit of wine tasting, get a souvenir wine glass, and a chance to win one of several themed gift baskets! The event is open to the public, and tickets are available for purchase from the MSC, Charity Event Committee members, and your Unit Representative. Prices: \$10/person and \$15/couple if purchased in advance, OR \$15/person and \$25/couple at the door. In addition, the Bleu Cafe will have a limited menu available for purchase on the evening of the event. For more information, contact Amy Jo at correspondingsecretary@moodyspousesclub.com



Upcoming Events

MSC Bunco Night
16 April @ 6:00pm
Moody Field Club
POC Andia D.

**23rd Wing Volunteer
Recognition Ceremony**
20 April @ 1:00pm
Moody Field Club
POC Andia D.

Bunco
21 April @ 6:30
Location TBD
POC Amy B.

**MSC Wine Tasting
& Charity Event**
02 May @ 6:00pm
Bas Bleu, 125 N. Patterson
POC Amy Jo P.

MSC Board Meeting*
11 May @ 9:30
Quiet Pines Golf Club
POC Reina C.
*By reservation only

MSC Scholarship Dinner
14 May @ 6:00pm
Moody Field Club
POC Reina C.

Craft Night
15 May @ 6:00pm
Moody Chapel
POC Amy B.



MSC Annual Scholarship Dinner

May 14, 2009 - 6:00pm
Moody Field Club

Come meet the recipients of the Educational Scholarships as the MSC hosts the scholarship winners at a dinner in their honor. Thousands of dollars will be handed out to deserving military dependents seeking a college education. In addition, the gavel will be passed on and the 2009-2010 Executive Board Members for MSC will be inducted. The evening will be a perfect opportunity to offer your congratulations to scholarship winners, bid farewell to outgoing Spouses Club members, and also to welcome your new Board Officers! Advanced reservations for dinner are required, and can be made through the MSC website at www.moodyspousesclub.com or with Tasha at reservations@moodyspousesclub.com. Due to space limitations, childcare will not be available for this event.

RSVP deadline: noon on Monday, May 11th.

Dress: Smart Casual



MSC Membership Registration for MSC is on-going through the year and dues are prorated. Membership includes voting privileges, entrance to all MSC events (dinner is always optional), and lots of fun! Contact Kristi at membership@moodyspousesclub.com to sign up.

Thrift Shop News

Due to high turn-over from the coming PCS high season, the Thrift Shop is in great need of volunteers. Volunteers can work as many or as few hours as fits into their schedule, and may be able to have child care hours reimbursed. If you're able to volunteer a couple of hours a week or would like more information, contact Laura Dunning at 257-3965 during Thrift Shop business hours: Tuesdays and Fridays from 9:00am until 2:00pm.



The Welcome Home Troops Group is in need of pre-packaged individual snacks for the goody bags. Please bring donations to the Thrift Shop or to any MSC function. For more info, contact Kelly at welcomehometroops@moodyspousesclub.com.



It's not too late to join or sponsor the Moody Spouses Club team for the 2009 Relay For Life. Visit their page at <http://main.acevents.org/goto/moodyspousesclub> to make a donation and help raise funds for cancer research and awareness! This year's theme is "Relay Around the World" and takes place on May 1-2, 2009 on the running track at Valdosta Middle School.



Swimsuit season

is right around the corner, and the Health and Wellness Center (HAWC) has all the tools you need to get you looking and feeling your best!



Want your children to have healthy habits? Start by being a good role model! The HAWC offers a **Healthy Weight** and an **Exercise Right** class that offers tips on nutrition, creating healthy eating plans, and instruction on how to exercise properly to avoid injury and gain maximum benefit from your efforts.



Is your spouse deployed? Need help managing the normal stresses that come with "holding down the fort"? Try one of the HAWC's **Stress Management Classes** to learn relaxation techniques and how to recognize and deal with stress factors in your life. The HAWC may even be able to help you sleep better with their **Healthy Sleep** class that will teach you how to improve sleeping habits for better rest at night.



Is it time to PCS? We all know what it's like to move boxes from place to place; learn about spinal structure and proper lifting techniques with the **Neck and Back** class... perhaps you can spare yourself a few achy muscles in the process! But if you still feel sore from packing or unpacking, check out the HAWC's new **Aqua Massage**. It will have you feeling better in no time!



The HAWC can also help you manage diabetes, quit smoking, or have a healthy pregnancy. Under the operation of the Medical Group, all classes are taught by medical personnel (ex: RNs, Physical Therapists, exercise physiologists, etc). **Classes are FREE to military ID card holders!** For more information or to sign up for a class, call the HAWC at 257-4292.