

# The Sentinel



## Chapter 30 Banquet—March 4, 2006 Feasting Fox, St. Louis, MO

It's that time of year again when it is time to join your fellow Chapter members at our Annual Banquet.

The event will be held on March 4, 2006 at 1830 hours at Al Smith's Feasting Fox. The restaurant is located at 4200 S. Grand at Mera-mec.

The Feasting Fox is a St. Louis landmark that has been restored to its original Bavarian-style décor. It specializes in German Dishes.

The cost per person is \$30.00. The dinner will consist of a buffet with Chicken and Pork Tenderloin, mixed vegetables, spaetzle, salad, dessert, coffee or tea. There will be a cash bar available.

The dress for the event is business suit attire.

Last year's banquet was extremely enjoyable. The event provides an excellent opportunity to see old friends and get to know other Chapter members.



We will be installing the new Chapter Officers during the event. LTC Dietrich will be serving as the 2006-2007 Chapter 30 President.

Please contact Corinne Bardgett at 314-481-0335 for additional information. Please RSVP by 25 February 2006.

## 2006 ROA/ROAL Department of Missouri Convention

The Department of Missouri will be hosting their annual Department Meeting this year in a slightly different location.

The Lake of the Ozarks has been a popular spot for family entertainment for numerous years and it continues to serve as the central meeting site for our Department.

The event will not be held at the Grand Glaize Inn this year. Instead it is being held at the Country Club Hotel and Spa located at Horse-shoe Bend Parkway (HH) and Carol Road.

The resort amenities include indoor tennis courts, racquetball courts, swimming pool, fitness center, fine dining, jazz four nights a week and excellent meeting facilities.

Additional information on the conference will be provided in the Department newsletter shortly.

The resort has set aside rooms for the Department of Missouri Convention. Please make your reservations with the resort before March 20th.  
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### CHAPTER OFFICERS

#### President

COL John Lick (Ret)

#### Vice President

COL Corinne Bardgett

#### Second VP

MAJ Henry DeWoskin

#### Treasurer

MAJ Stephanie Dick

### UPCOMING EVENTS

#### March 4, 2006

ROA Ch 30 Banquet

#### March 23, 2006

USTRANSCOM Townhall

#### April 21-23, 2006

Department of Missouri Convention

Lake of the Ozarks, MO

#### July 19, 2006

National Convention  
San Antonio, TX

## United States Transportation Command, Scott Air Force Base 3-Star Reserve Component Chiefs Conference

General Norton A. Schwartz, Commander United States Transportation Command located at Scott Air Force Base will his annual 3-Star Reserve Component Chiefs conference on 23 March 2006.

The Conference will be held at Scott AFB in building 1900. It will cover today's challenges and how USTRANSCOM is partnering with the Reserve Component forces.

This meeting is very key to each Reserve Component and especially important to those living in and around the St. Louis area.

General Schwartz invites all members of our local reservists to join in with his Town Hall Meeting to follow the daily events on 23 March at the Scott Club at 1400. All our welcome. Please join me in spreading the word.

Our Reserve Components from each service make up more than 56% of USTRANSCOM's personnel. Over 40% of the Reserve Component personnel are on orders for 30 days or more assisting in the fight against terrorism. These reservists are located all around the world, from Kuwait to Korea, Antarctica to EUCOM.

Many are hard at work daily tracking transportation assets, working in the operations center as USTRANSCOM with the J3 conducting briefings and ensuring day to day issues are kept on track.

Others are coordinating with our leaders at the Pentagon concerning changes to the reserve forces that will affect the future.



USTRANSCOM is composed of three component commands: The Air Force's Air Mobility Command, the Navy's Military Sealift Command and the Army's Surface Deployment and Distribution Command, USTRANSCOM coordinates missions worldwide using both military and commercial transportation resources.

You can read more about General Schwartz at <http://www.af.mil/bios/bio.asp?bioID=7077> or by going to the USTRANSCOM web site at <http://www.transcom.mil>.

*Local Reservists are invited to attend the Town  
Hall Meeting at Scott Club at 1400 on 23  
March 2006*

## TRICARE Benefits

Do you know what medical benefits are available?

Families of activated Reservists are eligible for health care benefits under TRICARE Standard or TRICARE Extra on the first day of active duty if the Federal orders are for more than 30 consecutive days.

Retired Reserve component service members and their family members when the service member is eligible for retirement pay (usually age 60). In addition, numerous other categories exist for eligibility. You can find out if you are eligible for TRICARE by calling DEERS at 1-800-538-9552 or visiting the TRICARE Website.

One of the key items to keep updated is your DEERS enrollment. You must have a valid uniformed services or military ID card and be listed on the DEERS database to access TRICARE. Children under 10 can normally use their parent or guardian's ID Card, however, they have to be in DEERS.

Use the following resources to find out additional information:

TRICARE Customer Service	1-800-363-2273
TRICARE Web site	<a href="http://www.tricare.osd.mil">www.tricare.osd.mil</a>
DEERS	1-800-538-9552

## ROA 2006 ROA/ROAL Department of Missouri Convention—Continued

If you have not attended one of the Department Annual meetings, or it has been a while, I encourage you to attend. Each year the event has provided excellent speakers that are well versed on current military and political topics.



In the evening, a banquet provides an excellent opportunity to meet ROA members from other service branches as well as enjoy excellent dining and dancing to a live band.

This event is for reservists of all status—current and retired. Spouses are welcome to attend the meetings or spend the day at any of the nearby attractions.

### Country Club Hotel & Spa

Horseshoe Bend Parkway(HH) & Carol Road  
Lake Ozark, Missouri 65049  
573-964-2200 or 800-964-6698

Hope to see you there!

## The Sentinel

I would like to thank each of you for reading this issue of the Sentinel. Over the years we have been mailing the issues to you.

We are considering making this issues available on line and sending our members an email notification that it is available for viewing.

One of the benefits of the on-line version is that we can provide more information on a timely basis. In addition members that live overseas or are deployed can access them directly.

We will continue to send a printed versions to our members that do not have an email account or prefer to receive them by mail.

*Update your membership information at  
[www.roa.org](http://www.roa.org), or by sending an email to  
[info@roa.org](mailto:info@roa.org) or calling 1-800-809-9448 x202.*

Please take time and update ROA with your current rank, address, phone number and email address. We use the information on file at ROA Headquarters for all communication.

## IRR Updates

- Drilling IMA limits for FY06 have been set at 24 Battle Assemblies and 12 days of Annual Training for the remainder of FY06. Drills beyond the 24 days will be for points only. See the HRC Website for details.
- If you are an IRR soldier that is interested in drilling for points, check out the 5137th Reinforcement Training Unit. They drill on Thursday evenings for points only. If you are already a DIMA assigned to a unit, you can still be attached to an RTU for points. Contact Col Blackwood at 618-229-5074 for additional information.

## ROA Benefit Updates

- With spring break and summer vacations coming up in soon, check out ROA Travel benefits by calling ROA Travel direct at 888-234-2056 or going online at [www.roatravel.com](http://www.roatravel.com) to find great deals. You can even find last minute discounted vacations to Disney, Las Vegas, Rome and many more locations.
- The Henry J. Reilly Memorial Scholarship is awarded on a merit basis for members of ROA, ROAL, their children, or grandchildren for accredited U.S. colleges or universities. The deadline to submit the application is April 10, 2006. Applications are available on the website or you can call Ms. Chandra Oliphant at 1-800-809-9448 extension 730.

**We are on the Web!**  
**[www.roachapter30.org](http://www.roachapter30.org)**

## ***The Sentinel***

Chapter 30 Reserve Officers Association

3816 Via Miralesta  
St. Louis, MO 63125

Phone: 314-631-6915

Email: [roa\\_ch30@charter.net](mailto:roa_ch30@charter.net)