

H & E News

By David Paris, 2nd Vice Commander



Good things continue to happen at the Post! Don't forget Tiny and Stu will be playing the first and second Friday of each month. We'll have a fish fry each Friday evening in March during Lent (the last Friday will be choice of Steak and/or Fish). The Biggest Loser Contestants are dropping the pounds quickly; contest ends Good Friday. There is a chart at the Post so you can see how they're doing or if you'd like to sponsor any of them. The Shuffleboard gang will be handling Breakfast duties this month and we thank them for that.

Equipment-wise we have two new-to-us coolers: one for the beer room and one for the hall. We also have new-to-us smoke eaters and are having the previous ones fixed to help even more. Thanks to all involved in obtaining and installing these items! The storage sheds have been cleaned out and organized and the kitchen will be tackled next.

Lastly, looking ahead, on Sunday, April 15th from noon 6pm, we're having a BBQ chicken plate dinner. All proceeds will go to the building fund. If you'd like to volunteer for this please let Peggy or myself know. The goal is to sell to the community as well as ourselves and we hope to do 400 plates.

Service Officer News

By Sebastian Rodriguez, Service Officer

More \$22 Drugs



On June 29, the DoD Beneficiary Advisory Panel (BAP) met to review DoD physicians' and pharmacists' recommendations to move some contraceptive and nausea medications to the third tier, or \$22, copayment level.

The BAP concurred with the recommendation to move Anzamet (used for treatment of nausea and vomiting) to the third tier because of the small usage rate for that drug and because Anzamet usually is written with no refills provided to the patient.

Four contraceptive drugs were recommended to be moved to the third tier: Seasonale, Ovcon-35, Ovcon-50, and Estrostep FE. Because there are 31 other contraceptive medications that will remain on the formulary at the \$3 (generic) and \$9 (brand name) copayment levels, the BAP concurred with that plan.

The recommendations will be submitted to Dr. William Winkenwerder, assistant secretary of Defense for Health Affairs, for a final decision.

Third-tier drugs might not be stocked in military treatment facility (MTF) pharmacies, but they may be special-ordered if prescribed by an MTF physician after a medical necessity determination is granted or if prescribed by a non-MTF physician to whom the patient was referred after medical necessity is determined to be warranted.



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Building Committee News



by Dennis Ducharme, Comm. Chair.

New Building Committee had Their 1st Meeting! Our Post needs a new building. There's no getting around it. First, our hall floods. If you haven't seen it, take a look at the pictures on our website. Second, part of the roof in the old office collapsed not too long ago. Thirdly, if we had a larger hall and larger kitchen, we'd be able to rent them out and make a pretty good dollar doing so. And finally, we'd attract more members if we had a larger canteen with a less smoky atmosphere.

On 15 Feb the new Building Committee had their first meeting. The two primary things we discussed were that we need to have the General Membership approve a Charter and we need to develop a Press Kit for our Post. We're working on both. We should have the Charter ready for the General Membership to vote on during the March General Membership meeting. Please come out, get involved, join a committee, give us your ideas, roll up your sleeves and let's make the new building happen!

We need everyone, even YOU to be involved. Your opinion counts!! For updated info, visit the Post's website at <http://www.Post593.org>.

BUY A TREE, BEAUTIFY THE POST, SAVE THE PLANET



By Stu Hutchinson, Project Officer

Do you like trees? If you live in South Texas, and have ever been outside during the summer, I'm sure you do. They provide a much needed escape from the strong Texas sun. Besides shade, they add beauty and most any landscape that is devoid of trees is described as barren or desolate. Trees are absolutely inseparable from the human condition.

Whether you believe you crawled out of one when you left your cousin apes behind, or ate the fruit of one from the garden of Eden, a tree was in your history. This year Earth Day is April 22nd and Arbor Day is on April 27th. Since the 27th is also Steak Night, I'd like to ask you to help us with a tree planting event on the 22nd of April.

Now before you stop reading because you've got a bad back and can't dig a hole, or are allergic to dirt (or work), realize there are a lot of ways to assist. First, and as always, we need funds to purchase trees and shrubs with. If you can't make it down to the Post, no problem, I've created a website so you can donate from home in the comfort of your pajamas. Just go to www.post593.org and click on the "Buy a Tree for 593" button. Not into the web? That's okay too. You can buy a tree from the lounge, and even put it on your credit card if you want. Okay, so you say you don't have extra money. That's okay too. Do you have a bag of potting soil, some old plant guards, guy wire, old garden hose, or box of plant food.

Of course we could also use some muscle for digging holes, or maybe you could cook up some burgers to feed the workers. Ground breaking at 10:00 AM and continuing until the tree planting is done.

Oops! .. So Sorry

Last month on the calendar (Sunday, the 18th), I placed a statement "Football Withdrawal Symptoms Treated By Post 593 Canteen Nurses". This was meant to be a humorous statement post football season. Nearly all the bartenders were offended by this. I apologize ... It was totally my idea and was not meant to offend anyone. The word "Nurse" is better *not used* at the post Canteen.

Ross