

Piedmont Periscope

The official newsletter of the Carolina Piedmont Base of the United States Submarine Veterans, Inc.



September 2010 - Issue #8

Web Site: www.ussvi.org/base/CarolinaPiedmont.asp

USSVI Creed:

"To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."









Lost Boats for September

USS S-5 (SS 110) September 1, 1920 USS S-51 (SS 162) September 25, 1925 USS GRAYLING (SS 209) September 9, 1943 USS CISCO (SS 290) September 28, 1943

We also mourn the loss of shipmate John Crouse of the King's Bay Base sent on Eternal Patrol September 4th

"Sailors, Rest your oars"

Who's Who & What's Where						
Base Commander	Steve Bell	usnret82@carolina.rr.com	704 824 3510			
1 st Vice Commander	Mike Hubbell	mleohub@aol.com	803-628-1908			
2 nd Vice Commander	Vacant					
Base Secretary	Jack Jeffries	jcckjeffries@interlink-café.com	704 - 764 - 5211			
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Chief of the Base	Howard Dachs	howard@autodax.com	803-631-5051			
Base Chaplin	Raymond Fritz	raysabode@bellsouth.net	803 831 7235			
Base Storekeeper	Jeff Nieberding	jan7334@comporium.net	803-366-9255			
Holland Club Coordinator	Walt Sealy	walt_sealy@yahoo.com	803-327-5661			
Newsletter Editor	E. Dale Moses	donutdad@carolina.rr.com	704-248-7610			

The CO's Stateroom - Steve Bell, Commander

We are back from the National Convention. In case you missed it, all amendments passed and Mike Bircumshaw is our new National Commander. Those that attended this years convention had a good time. The good news from it was that Glenn Harris is the recipient of the 2010 Silver Anchor Award. Congratulations Glenn. To add to that, Jack Jeffries received two awards while there. He received a certificate and plaque for his Kap(SS) 4 Kid(SS) efforts. He also received a plaque from our outgoing Regional Director for his efforts in assisting two bases in their startup, as well as his everyday efforts. Congratulations to Jack as well. With that, we can say that Carolina Piedmont shined again at the convention.

The sad news from the convention was that John Crouse, the individual who donated much of his time in the care of the museum in St. Mary's, GA (Kings Bay) had a massive heart attack and passed away. That kind of took a lot of the 'glimmer' away from the convention. Our prayers are with his family.

It is time for the members of Carolina Piedmont Base to step up for the Autism Speaks walk on 9 October, 2010. It would be really nice for us to make a good showing of our walk team and also for us to make the goal Lee set for us of \$1000. We have a ways to go, but if each of us can help however you can, I am sure we can have a team of walkers that will get notice and we can exceed the goal. Please think about that, sign up if you can walk, and please help contribute to the overall cause. This is for a good cause.

Our October meeting will be at Jack's house again. Times will be given out at our next meeting (25 September) but I do know that we will meet much earlier in the afternoon with our meal to follow so that we at least can have a chance to get home in the early evening, and possibly before the sun goes down. So keep an eye out for more on this. This is one that is really a good one for having time to just have some fellowship with your shipmates. Please plan to attend this.

Now that Labor Day is behind us, before we know it, the holidays will be upon us. In both November and December, we plan to get together, but will probably do that on the 3rd Saturday of the month. The December meeting will consist of only our early part of the meeting (no business unless it is urgent) then just time to enjoy a little Christmas get together.

So	until	our next	meeting,	please	be safe	e and	may	God	bless	you all.	



XO's POD - Mike Hubbell, Sr. Vice-Cmdr -

Shipmates,

I started to write this column last month. However Glenna and I had to leave suddenly. Thank you for all your support during very difficult times. Glenna's family is coping with the loss of her sister.

I wanted to write about how angry I was over the decision of the 9th Circuit Court of Appeals. It was the court's decision that the Stolen Valor Act passed by the Congress is unconstitutional. Basically the court states that the Act violates a person's right of free speech.

The court upheld the appeal of a California Politian. This person has lied about having served in the military, and being a Congressional Medal of Honor recipient. If you're interested in the details please read the 128 pages of the court's decision on line at the 9th Circuit Court of Appeals website.

If you feel as I do, that the 1st Amendment does not give anyone the right to lie. Or to belittle the honor and respect owed to those who have served our country. Then I ask you to write, email, call your state and federal representatives and express your disagreement/anger with the court. And encourage them to take the appropriate action in the mater. Send them a picture of Rudy Hernandez and ask them to explain it to him.

Now I'll burn my soap box, and remind you to pay your USSVI and Base dues.

Mike Hubbell Senior Vice Commander

---- Pride Runs Deep; at Carolina Piedmont Base ------

Comm Center- Jack Jeffries, Base Secretary

CAROLINA PIEDMONT BASE Meeting minutes of 28 August 2010

1900-Meeting called to order by Commander Steve Bell, Invocation given

Chaplain Ray Fritz, Pledge of Allegiance, Tolling of the Boats presented Chaplain Ray Fritz. Introduction of Members-31 present, Introduction new members-Stan Schulz and Charlie Breese.

Reading of previous meeting minutes by Vice Commander Mike Hubbel approved as read

Reading of Treasures report by Treasurer Lee Hickerson. Balance on hand 3128.73, Memorial restoration 238.50, KAPS4KIDS 931.05, Autism Walk fund 130.00, Funds available 1829.18 approved as read SK report- Jeff Nieberding advised us that he still has a few 2010 USSVI calendars available. Members present decided to have Rick Petitt take them to Salisbury Veterans Home. Motion seconded. We discussed assembling a wall plaque of the boat patches for all boats lost. Tabled the idea until we get more info of availability of the patches.

Old business- none

New business- approved the expenditure of 28.00 to be sent to Chuck Jensen for the purchase of a new tire for the parade float. Good of the Order- Lee Hickerson briefly discussed the Autism Speaks walk. Gave us the link walknowforautismspeaks.org, our sponsor number is 301450319. He will update us as info is received. Briefly touched on Annual and Base dues for 2011. Discussed WWII subvets memorial at Kings Bay scheduled for 10/27-10/31. Presented update on Nathanael Greene Base forming in Greensboro. Next meeting 09/25.

2005-Benediction Ray Fritz.. Motion to adjourn seconded

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----- Get Involved with the Base-----

Keeper of the Coin - Lee Hickerson, Base Treasurer

----- Get Involved with the Base-----

Chaplin's Corner- Raymond Fritz, Base Chaplin
No Report
Get Involved with the Base
COB's Words –Howard Dachs, Base COB
No Report
Get Involved with the Base
The Supply Shack- Jeff Nieberding
Carolina Piedmont Jackets are still available to order, several members have ordered theirs already. Just let
the SK know and he'll fix you up with an order form.
USSVI vests are also available to order thru the SK.
Patches, the SK is now able to order patches from BC Patch LLC at wholesale prices. This is usually \$2 - \$3
less per patch than we normally see. Let the SK know if you need some.
Freedom, is not Free, Support our Troops
Editor's Note - E. Dale Moses
Guys and Gals,
Keep it coming, – Moe(SS)
Get Involved with the Base
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CPB says



September

Dale Moses 9/08 Steven Rodgers 9/08 John Wardean 9/09 John Rupertus 9/10 Kent Weekly 9/14 Arnold Kirk 9/22 Michael Toomey, Jr. 9/23

October

Vicki Simerly 10/05 Howard Murray 10/12 Paul Myers 10/13 Andrew Miller 10/14 Clarence Senn 10/14 Jack Anulies 10/25 Gary Cruzan 10/25 Ma Bell 10/25 David Holm 10/28

If we missed someone, please let Jack know!

----- You are not too old to join in the FUN, come to a meeting!! ------



Janet and Glen Snyder - 9/7
Sandra and Paul Myers - 9/10
Susan and Tom Kelly – 10/2
Yolanda and Larry Lynch - 10/12
Carol and Jack Jeffries - 10/20
Monica and Howard Dachs - 10/22

----- Wear your Dolphins - you earned them! -----



Welcome aboard to new members

We need Names here-Just Ask them!



----- Pride Runs Deep -----

----- Pride Runs Deep -----

Autism Walks – Worth Repeating again this month

Provided by Lee Hickerson

The Carolina Piedmont Base, USSVI is forming a walk team for the Autism Walks event on Saturday 9 October, 2010. The purpose of this event is to raise money and awareness for Autism Speaks to assist in the treatment of autism.

In 2009 Carolina Piedmont Base sponsored 2 of our own as walkers for a total of \$170.00.

The purpose for our base to build a team is to increase that amount. As a first year effort, I think a monetary goal of \$1,000.00 is achievable. I already have pledges of \$110.00 from a group of 10 of my friends. I realize that some of you will be returning from a voluntary deployment on the day of the walk and won't be able to walk but you could individually pledge any amount. If you are on the Stay Behind crew think about participating. You can join the team as a walker and solicit pledges from your friends or you could come to Charlotte Motor Speedway on the 9th to man a booth and support all the base walkers. Provided we can make the necessary arrangements we intend to have the parade floats set up and to hand out sub museum photos.

The local coordinators have informed us that they have never had any veterans' group form a team and they look forward to our participation so this event will have the dual effect of increasing public awareness of USSVI and inspiring other veterans groups to form teams.

If you will be able to walk, or want to volunteer in some other capacity, contact Lee Hickerson at 704-573-9480 or go to http://www.walknowforautismspeaks.org/faf/home/default.asp?ievent=346477, search for and sign up as a member of the team. Be prepared to discuss opportunities for base activities at the August meeting

Your Supporter ID: 299101681

Team: Carolina Piedmont Base USSVI

Autism Speaks 501 (C)(3) Tax Id #: 20-2329938

- Put down the "remote" and get to a meeting! ------

THE OCTOBER MEETING IS ON THE 23TH AT JACK'S PLACE (IF YOU HERE "DUELING BANJOES; TURN AROUND!!)

Tell your story

We need stories. Your shipmates want to hear them. Please email them to me at donutdad@carolina.rr.com or mail them to: Dale Moses, 14826 Ashlight Dr. Charlotte, NC 28278. Put down the "remote" and get to a meeting! -----

Going back to Sea

The cruise is Monday October 4th thru Saturday October 8th and we are sailing to the Bahamas on the Carnival Fantasy out of Charleston. The cost for an inside cabin is \$300.50 and an outside cabin is \$400.50. A deposit of 200.00 per person will hold your reservation. You have until August 4th to reserve your cabin. To do so, call 1-866-721-3225 and ask for group booking # 55PZ08. For more information call Sandra at 704-289-4650. A valid passport is required.

------ Pride Runs Deep ------

Carolina Piedmont Base Color Guard

By E. Dale Moses (Moe(SS))

The formation of a Base Color Guard was presented at the July meeting. I stated there would be more info in the Piedmont Periscope for the month of August. After my inspiring article, I only received one (1) email from Rich Pettit.

I know I saw about 10 hands go up at the meeting. I'll mention it again at the September meeting and take names of volunteers. So, think about it and either let me know by phone 0(704-298-7610) or sending me an email (donutdad@carolina.rr.com) or you can volunteer at the September meeting.

I cannot think of a better way to tell your community that you were proud to serve this Great Country of ours. ------ Pride Runs Deep at the Carolina Piedmont Base



Piedmont Funnies Page

------ Sometimes don't you just miss the bilge? If you think about it, life was so simple then.-----

I was in my back yard trying to fly a kite. I threw the kite up in the air, the wind would catch it for a few seconds, then it would come crashing back down to earth. I tried this a few more times with no success. All the while, my wife is watching from the kitchen window, muttering to herself how men need to be told how to do everything.

She opens the window and yelled to me, "You need a piece of tail."

I turned with a confused look on my face and said, "Make up your mind. Last night, you told me to go fly a kite."

------ Pride Runs Deep ------

A husband says to his wife, "What would you do if I won the Lotto?"

She didn't hesitate for a second and said, "I'd take half, then leave you."

After 20 years of marriage, he so respected and appreciated the honesty of her straight forward answer and said, "Excellent, I won \$12, here's \$6, now get the hell out." ------ Pride Runs Deep ------

An elderly lady was standing at the railing of the cruise ship holding her hat tight so that it would not blow away in the wind.

A gentleman approached her and said, "Pardon me, madam. I do not intend to be forward but did you know that your dress is blowing up in this high wind?"

"Yes, I know," said the lady. "I need both my hands to hold onto this hat."

"But madam, you must know that you are not wearing any panties and your privates are exposed!" said the gentleman in earnest.

The woman looked down, then back up at the man and replied, "Sir, anything you see down there is 75 years old. I just bought this hat yesterday!"

Pride Runs Deep

Pride Runs Deep

A precious little girl walks into a PetSmart shop and asks, in the sweetest little lisp, between two missing teeth, "Excuthe me, mithter, do you keep widdle wabbits?"

As the shopkeeper's heart melts, he gets down on his knees so that he's on her level and asks, "Do you want a widdle white wabbit, or a thoft and fuwwy, bwack wabbit, or maybe one like that cute widdle bwown wabbit over there?"

She, in turn, blushes, rocks on her heels, puts her hands on her knees, leans forward and says, in a tiny quiet voice, "I don't think my python weally gives a thit."

A Lady's Yearly Exam:

I went to the doctor for my yearly physical. The nurse started with certain basics.

"How much do you weight?" she asked.

"135," I said.

The nurse put me on the scale. It turns out my weight is 180.

The nurse asked, "Your height?"

"5 foot 4," I said.

The nurse checked and saw that I only measure 5'2".

She then took my blood pressure and told me that it is very high.

"Of course it's high!" I screamed, "When I came in here I was tall and slender! Now I'm short and Fat!" She put me on Prozac. What a bitch!.

------ Pride Runs Deep ------

Veteran's News – with assistance from the RAO Bulletin

North Carolina Vet Child Scholarship: The North Carolina Division of Veterans Affairs offers scholarships to children of certain disabled, deceased or POW/MIA veterans. The scholarships may be used at schools in North Carolina that are state-owned institutions of higher education, community colleges and technical institutions; or privately owned, nonprofit colleges and universities. Scholarships, with one exception, provide free tuition, certain fees, and a reasonable room and board allowance in state-owned institutions, and \$4,500 per 4 academic year in private institutions. All awards are for four academic years. Interested individuals can call (910) 251-5704. The office is located at 3240 Burnt Mill Drive, Suite 2, Wilmington NC. [Source: Star News article 6 Aug 2010 ++]

Congressional Spending: Tired of standing by while our government puts us deeper in debt. In addition to contacting your legislators there is now an alternative means of expressing your concerns through YouCut. This is a Republican party initiative designed to defeat the permissive culture of runaway spending in Congress. It allows taxpayers to vote, both online and on their cell phones, on spending cuts that they want to see the House enact. Weekly it provides a number issues, along with a short explanation of each and the savings that would be accrued on how government can save money or eliminate fraud/waste/abuse through legislation. At http://republicanwhip.house.gov/YouCut/ you can vote on weekly choices for your priorities for reducing federal government spending. After you vote on the current week's choices, the site offers you a means to submit your ideas on program and spending cuts that you feel should be featured on the website in the following weeks. An example of choices for spending cut priorities offered for the week of 2 thru 8 AUG is:

Prohibit Mandated Project Labor Union Agreements That Increase Government Construction Costs. Saves: 10 to 20 percent per construction project, totaling hundreds of millions of dollars

Suspend Federal Land Purchases. Saves \$266 million next year and \$2.66 billion over ten years Require Collection of Unpaid Taxes From Federal Employees. Savings of potentially \$1 billion Prohibit Taxpayer Funding for Campaigns in Foreign Countries and Recoup the Misspent Funds. Saves \$23 million

Eliminate the "Dodd Clinic" Earmark From Obamacare. Savings of \$100 million over ten years [Source: Rep. Darrell E. Issa (R-49-CA) Ltr dtd 3 Aug 2010 ++]

VA Claims Backlog Update 43: As part of Secretary of Veterans Affairs Eric K. Shinseki's effort to streamline access to benefits, VA officials have removed the signature requirement for veterans who electronically submit an online 10-10EZ Application for Health Benefits. "This singular action will reduce days, if not weeks, for veterans who apply online to access their hard-earned medical benefits and upholds the promise to reduce access barriers to needed care for this nation's veterans," Secretary Shinseki said. Previously, veterans filling out the online application were required to print a copy, sign it and send to their local medical center or wait for a copy to be mailed to them for signature and mailing before enrollment into the VA health care system could occur. For additional information, go to this VA website or call VA's toll-free number at (877) 222-8387. The online form can be accessed at www.1010ez.med.va.gov/sec/vha/1010ez.

VA Burial ~ Gravesite Locator: At http://gravelocator.cem.va.gov/j2ee/servlet/NGL_v1 you can search for burial locations of veterans and their family members in VA National Cemeteries, state veterans cemeteries, various other military and Department of Interior cemeteries, and for veterans buried in private cemeteries when the grave is marked with a government grave marker. The Nationwide Gravesite Locator includes burial records from many sources. These sources provide varied data; some searches may contain less information than others. Information on veterans buried in private cemeteries was collected for the purpose of furnishing government grave markers. VA does not have information available for burials prior to 1997. Erroneous information can be corrected, but there is no means to add to the information contained in the existing record. If your search returns incorrect information about a veteran or family member buried in a national cemetery, contact the cemetery directly to discuss your findings. To report incorrect information about a veteran buried in a private cemetery, click on "Contact the VA" at the bottom of the site's page. Names cannot be added to the listing if a government grave marker was not furnished for the grave, or if the existing government grave marker was furnished prior to 1997. For more complete information concerning individual records, suggest you contact the cemetery or local officials.

The American Battle Monuments Commission provides information on service members buried in overseas cemeteries. If you cannot locate the person you are searching for, provide the below information on each individual and send it to: U.S. Department of Veterans Affairs, National Cemetery Administration (41C1), Burial Location Request, 810 Vermont Ave., NW, Washington, DC 20420. Most requests take approximately four weeks for a reply. Be sure to include your return mailing address, phone number or Internet e-mail address with your request:

Full name, including any alternate spellings

Date and place of birth

Date and place of death

State from which the individual entered active duty

Military service branch

[Source: http://gravelocator.cem.va.gov/j2ee/servlet/NGL_v1 Aug 2010 ++

Gout: Once called the disease of kings not only because so many royals came down with it, but also because it seemed to afflict those who overindulged in food and wine, and only the very rich could afford to spoil themselves that way. In fact gout is a form of arthritis. It is an inflammatory joint disease that causes acute pain and swelling. It develops when uric acid crystals form in and around the joints; commonly affecting the big toe joint (this symptom is called podagra). Symptoms of gout usually begin suddenly, often at night. The main symptom of gout is pain, sometimes so severe that patients report waking up in the middle of the night feeling as though their joint (often the big toe) is on fire. It causes warmth, pain, swelling, redness, and extreme tenderness of the affected joint, and it may cause chills and fever. Gout can involve episodes of nearly unbearable pain in one or more of the joints. of the feet, ankles, knees, wrists, fingers, and elbows. The intense pain is the result of a buildup of the compound uric acid in the joint, although not everybody with high levels of uric acid gets gout. Some speculate that uric acid is more likely to deposit where blood pools, which is often at the extremities, and specifically the big toe. Other risk factors include taking certain medications, such as some types of water pills for high blood pressure, and having a family member who suffers with gout.

While gout has been prominent in historical figures, nowadays it is a disease of ordinary people. According to the Arthritis Foundation, more than 2 million Americans, mostly men at a younger age, are dealing with it. New cases of gout have doubled in the last few decades. It is often associated with food and drink. Drink too little water or too much alcohol and you run the risk of increasing uric-acid levels in your body. Eat foods rich in purine, and your risk of having an attack is increased. High purine foods include dried beans, game meats, gravy, certain fishes (anchovies, herring, mackerel, sardines) liver, and mushrooms. Recent studies have found that drinking coffee may help lower uric-acid levels. And a 20-year study of more than 49,000 men in the U.S. published in a 2009 issue of Archives of Internal medicine reported that vitamin in C seemed to reduce the risk as well: Men who took 1000mg to 1499mg a day had a 34% lower risk of gout; those who took 1500mg a day had a 45% lower risk.

Treating pain and inflammation is the goal when a patient seeks help for an acute attack. Among the medications used for this purpose is colchicine, a first century A.D. treatment. While colchicine is very effective, it often causes nausea, vomiting and diarrhea. These side effects are uncommon when this drug is given intravenously. Because of the unpleasant side effects of colchicine, non-steroidal anti-inflammatory drugs (NSAIDs) have become the treatment of choice for most acute attacks of gout. The NSAID that is most widely used to treat acute gout is indomethacin. NSAIDs may also have significant toxicity, but if used for the short-term, are generally well tolerated. Aspirin and aspirin-containing products should be avoided during acute attacks.

Once an attack is over doctors will try to prevent flare-ups by lowering excess amounts of uric-acid, either by limiting the uric acid the body produces or by improving the kidney's ability to remove it from the body. Until recently the main drugs for that purpose were Allopurinol, used since 1964, and Probebecid, used since 1950. The choice between these two types of drugs depends on the amount of uric acid in the urine. Unfortunately, these have serious side effects for people with impaired kidney function, who are unable to take a full dose. Recently the FDA approved the first new gout medication in 40 years called Uloric (generic name febuxostat). It also lowers uric-acid levels but is more easily tolerated by those with kidney problems. Other mew medications now in clinical trials should be safer as well. So while gout continues to be a painful affliction, it is also one of the most treatable forms of 28

arthritis. If you want to find a rheumatologist in your area, check the American College of Rheumatology membership directory at www.rheumatology.org/directory/geo.asp. If you want more information on this or any other form of arthritis, contact the Arthritis Foundation at (800) 283-7800 or visit the Arthritis Foundation web site at www.arthritis.org. [Source: Parade Magazine Dr. Ranit Mishori article Jul 2010 ++]



FLAG FACTS





American ships in New England waters flew a "Liberty Tree" flag in 1775. It shows a green pine tree on a white background, with the words, "An Appeal to Heaven."

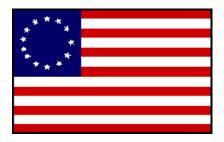
The Continental Navy used this flag, with the warning, "Don't Tread on Me," upon its inception.





The "Grand Union" shown here is also called The "Cambridge Flag." It was flown over Prospect Hill, overlooking Boston, January 1, 1776. In the canton (the square in the corner) are the crosses of Saint Andrew and Saint George, borrowed from the British flag.

The "Betsy Ross" flag. The Flag Resolution did not specify the arrangement of the stars nor the specific proportions of the flag. Many 13-star flags were used, but it seems Betsy always gets the credit.





Vermont and Kentucky joined the union in 1791 and 1792. This flag with 15 stars and 15 stripes, was adopted by a Congressional act of 1794. The flag became effective May 1, 1795. This flag was flying when Francis Scott Key penned the words to our National Anthem.

Carolina Piedmont SubVettes



Hello Sassy Sisters,

Hope you and yours are getting along well. Paul and I are getting along great and Emily is studying hard in college. Just a reminder of our September meeting and menu of another "this and that" meal. Don't forget your secret sassy sister I try to take a little something to them each meeting.

I just got back from the national convention in Fort Mitchell, Kentucky and what a blast it was. Some of our men got awards from the national level which was great. The food had a lot to be desired but the fellowship made up for the menu. I was fortunate enough to meet some World War II submariners that were on the USS Greenling 213 with my father-in law I asked the guys for stories they had while serving on board her with him and wow what a rough and sometimes fun experience they had.

Hope to see you there and may God bless you and God bless our great country we live in the USA., Sandra

Chicken Cacciatore

This chicken cacciatore, fragrant with herbs and filled with mushrooms in a simple tomato sauce, is especially good when accompanied with arborio rice.

Ingredients:

1 tablespoon olive oil, preferably extra-virgin

1 large onion, sliced

3 large carrots, sliced

3/4 pound mushrooms, thickly sliced

3 garlic cloves, minced

1 fresh red chili pepper, minced, with some of the seeds

3/4 teaspoon black pepper

1/2 teaspoon oregano

1/2 teaspoon rosemary, crumbled

1/4 teaspoon salt

1/4 cup dry white wine or chicken broth (canned or homemade)

1 can (16 ounces) whole tomatoes in puree

1 can (8 ounces) no-salt-added tomato sauce

1 pound skinless, boneless chicken breast, cut into 1-inch chunks

Preparation:

In a Dutch oven or flameproof casserole, heat oil over medium-high heat. Stir in onion, carrots, mushrooms, garlic, chili pepper, black pepper, oregano, rosemary, and salt, and sauté until vegetables are tender, four to six minutes; add wine a little at a time as pan gets dry.

Stir in tomatoes and tomato sauce, and bring to a simmer, breaking whole tomatoes up with a spoon. Reduce heat to medium-low, cover, and simmer 10 minutes stirring occasionally, to blend flavors.

Stir in chicken, cover, and simmer until chicken is cooked through, about 10 minutes.









Carolina Piedmont Base Calendar of Upcoming Events							
Sunday Monday Tuesday Wednesday Thursday Friday Saturday							
19	20	21	22	23	24	25 Meeting Ft Mill	
26	27	28	29	30	October 1	2	
3	4	5	6	7	8	9 Autism Walk	
10	11	12	13	14	15	16 VFW Breakfast Support our home	
17	18	19	20	21	22	23 Meeting Jack's Farm	
24	25	26	27	28	29	30	
31	November 1	2	3	4	5	6	