



Thank You

President Laina Bell

We appreciate all the long hours, the countless meetings, attending events and all the extra time spent away from your family helping NOSCO and the Navy Fleet Gift Shop as President of NOSCO 2006-07. Your leadership has been invaluable and we thank you for all that you did this year to make us the best Navy organization on Okinawa.

**E. Biddle
Editor, Seagull**

I just want to say a big Thank You to Laina Bell for leading us not just as a NOSCO President but as a woman whose heart is for the mission and believes it is the reason we serve. I couldn't ask to serve along with a person better than Laina who understands and wants our Navy community to give back to Okinawa and our American organizations through charity. I'll miss her and it's been a pleasure...Go Navy!

**Lissette Mize
1st. Vice President**

Laina is a great leader. It takes a special person to keep a room full of women focused on the tasks at hand. She does it with ease and grace and I'm proud to have served on her board.

**Stephanie Johnson
2nd Vice President**

Thanks for being so strong & performing so well in your position as the president of NOSCO. I think you are amazing! So many times people take on a position of leadership with an expectation of what benefits the position will provide for them. You took on the position to benefit others, and I find that very refreshing! Thank you for your leadership. It has been a pleasure to know you and to work with you.

**Deb Bola
Secretary**

Words cannot express the great things you have done for NOSCO and the Navy Fleet Gift Shop this past year! You've been a fantastic leader. Thanks for all of your hard work and enthusiasm. I'm going to miss talking to you every day!

Sara Bailey
Treasurer

Thank you for all your support with AWWA. Your time and attention to AWWA has made an impact to many organizations in need. They will never forget what NOSCO and AWWA did! Just like OCSI remembering the clubs from 30 years ago.

Shyla Hale
AWWA Chair

Working with Liana was a true joy. She took great care in her endeavor to improve the organization. When you combine her efforts with a strong interest in the community, success at the task at hand is all but assured.

Steve Emerick
Consumer Affairs Chair

Thank you for a wonderful year on the NOSCO board. You have really done a fabulous job. You have done a total stand-up job with the Presidency, the Gift Shop, the Advisory Board, and AWWA! Thank you for all your hard work and dedication!

Paula Blivin
Membership Chair

I have truly enjoyed serving on the NOSCO board with Laina this year. I believe she went way above and beyond the call of duty with all of the ups and downs at the NFGS over the past few months. She not only handled all of the usual duties of a NOSCO president, but worked tirelessly for many, many hours helping keep the NFGS running smoothly during some very trying times. I was very impressed with the way she was able to keep the lines of communication open between the board, advisers and staff. I am looking forward to working on the board again with her next year! Great Job Laina!

Vicki Lane
Publicity Chair

It has been my pleasure to serve on the NOSCO Board with Laina Bell as president. She has been a genuine asset to the organization. On a personal note, I have enjoyed getting to know Laina on NOSCO-sponsored travels and at official events. Okinawa is a better place because of her tireless dedication to the organization, the members of NOSCO, and people of Okinawa.

Shannon GaNun
Web Site Editor

It has been a pleasure serving on the NOSCO Board with you. I appreciate everything you have done! You are truly a patient person to still be willing to volunteer your time after all the challenges this year as thrown you. I'm glad we had the chance to get to know each other better on our Korean trip. Best Wishes in your future endeavors,

Vicky Reed
CTF76 Representative

I have enjoyed my time with you. We have had so many good times with the dental coffee group, our culture group, and the NOSCO board. I have a lot of respect for you - especially your dedication and motivation to making the NOSCO board and our activities successful. Your endless energy, compassion, and attention to details has not gone unnoticed. You have left the board (as President) in a better place than you found it- we could not ask for more than that. Your dedication to the NOSCO board is illustrated with you assuming the AWWA representative position for next year. Your knowledge and expertise will be invaluable to the upcoming NOSCO board. You have a special place in my heart. I will always consider you a friend.

Mimi Brenyo
USNDC Representative

Laina Bell is a fantastic example of a person who has poured her heart, soul and brain into making NOSCO a better organization, and more importantly, making the Gift Shop as good as it can be. She asked the questions that needed to be asked, pitched in when needed EVERY time, and gave everyone involved the opportunity to voice an opinion. She is smart, organized, and best of all, friendly. While I am nervous about filling her shoes, I am so happy she is remaining on the Board in a pivotal position, as AWWA rep. I truly look forward to our continued efforts on behalf of NOSCO, NFGS, and AWWA. Thanks Laina for everything.

Chris Morse
USNDC Representative

I can't thank you enough for your dedication to meeting the mission of NOSCO. I'm pleased to have been a member of your "administration", albeit just for the past seven months, and am confident that your legacy will live on. Kudos for taking on the position of President "full steam ahead", and for never hesitating to query the advisors when it would have just been as just as easy to do whatever you wanted to do, which I've witnessed with other spouse organizations I've belonged to. I'm sure Ken and the kids won't miss the late night phone calls or the numerous e-mails that tied you to the computer, but we'll sure miss you at the helm.

Cathi Cox
USNH Board Advisor

Thank you for all your hard work and dedication to NOSCO and the NFGS. You took over the position as President at a time when some important change was needed and you ran with the task and did not quit until a positive result took place. 3rd Dental Battalion is proud to have had you represent the command on the NOSCO board!

Ann Leonard
3rd Dental Advisor

2007-2008 NOSCO BOARD

OFFICERS

President	Chris Morse
1st Vice President	Elizabeth Biddle
2nd Vice President	Mike Toone
Treasurer	Vicki Lane
Secretary	Wendy Hicks
Parliamentarian	OPEN

COMMITTEES

AWWA	Laina Bell
Consumer Affairs	Steve Emerick
Gift Shop Director	Sara Sladeczek
Hospitality	OPEN
Membership	Amanda Harrington
Publicity	OPEN
Seagull Editor	OPEN
Website	OPEN
Ways and Means	OPEN

COFFEE REPRESENTATIVES

USNH	Melanie Hardy/Paula Blivin
3rd Med	Sara Bailey
CTF-76	OPEN
CFAO	OPEN
Chaplains	OPEN
USNDC	OPEN

ADVISORS

CTF-76	Lari Roberts-Howard
CFAO	OPEN
Chaplains	OPEN
USNDC	Ann Leonard
USNH	Cathi Cox
3rd Med BN	Debbie McCue

We have many open positions. Please consider helping us by serving.

Getting Ready to PCS

Whether you are single or married, make sure you have a master plan of what needs to be done in order for your PCS to go as smoothly as possible. Divide your work into two distinct areas – professional and domestic. Professional includes all the preparations that will need to be made at work once you get written orders, while the domestic aspect focuses on what needs to be done to get your household and/or your family ready to move.

Make a Plan

Sit down and write out a plan of what will need to accomplish before the movers arrive. Ask yourself a few questions first: Where are you going? Will you be heading to another overseas assignment? What will your needs be? What are your weight limits for both the express and household goods shipments? What kind of housing will you be given in your new location?

Express Shipment

Once you've answered these questions, you can start thinking about which items you'll want to include in your Express Shipment. A good rule to follow when sorting for your Express Shipment: No Duplicates! Once you arrive at your new location, don't waste your money buying forgotten bake ware or clothing. As long as you stay at or below your Express Shipment weight limit, ship anything you think you will need to sustain you and/or your family for at least 2 months while you're waiting for your Household Goods Shipment.

Sort Before the Move

Doing a pre-sort will not only make for a less stressful moving day, it will speed the unpacking process in your new home. Take time to go through your house and put things back where they belong. Put all your movies and CDs in one place, corral the toys and games, and gather the linens. Go through your files and take out the paperwork you'll need for your TMO visit, base furnishings trade-in and housing turn-over. As those tasks are completed, purge the paperwork

you no longer need. While you're in your files, sort the important paperwork you will hand carry to your next duty station. This is also another great opportunity to purge the local, temporary paperwork that you no longer need like recreation information, local calendars, youth center program paperwork, etc.

I've heard complaints from clients that the movers will just stash random items wherever there is room in a box. While that may be true, the frequency with which that happens depends on how much clutter you've got piled up in your home. De-clutter your home and do your PCS Purge! Most of us move every two to three years. That's a great opportunity to keep your clutter in check – please don't waste your weight limit on piles of old unnecessary paperwork. Purge those items that you know you won't need in your new home, as well as those duplicates you know you'll have when you receive your long term storage shipment.

Designate a Room

We all know how easily the movers can get confused – make it as easy on them as possible. Designate an entire room for those items that will be going in the express shipment. Choose a room that is large enough to hold everything, but won't impact the family too much. The office or a large storage closet is generally a good place for this. A week or so before the movers are scheduled to arrive, start clearing out the room of those items that will not be included in the express shipment. Gradually start to move the express shipment items into the designated room. This method will also give you a better idea of where you are weight-wise.

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**Our next newsletter will go out in
August 2007.**

Deadline: July 30, 2007