



BLACK CAT NEWS

Upcoming Reunion ALBUQUERQUE, NM October 2013



Join the Phu Loi Black Cats in Albuquerque, New Mexico, for the ninth reunion of the 213th Assault Support Helicopter Company. The reunion will be held during the Albuquerque International Balloon Fiesta. Black Cats will arrive Sunday, October 6, 2013, and depart Friday, October 11, 2013. The reunion will be held at the Albuquerque Marriott Hotel, located at 2101 Louisiana Boulevard NE, in the heart of fine eating establishments, with three shopping centers just a block away. Make your hotel reservation early because Albuquerque hotels fill up months before the balloon fiesta. Contact the Marriott Hotel directly at (505) 881-6800 and mention the Black Cat reunion for a deeply discounted room rate of \$129 per night. The Marriott is a full-service hotel, with indoor and outdoor pools, a 1,200-square-foot fitness room, full restaurant, room service, and killer views of the mountains or west-side volcanoes from every room. Your Black Cat vacation will include a hospitality suite so you can catch up with old and new friends. When not celebrating at the largest balloon fiesta in the world, taking a ride on the longest Aerial Tram in the Western Hemisphere, shopping in historic Santa Fe, or eating some of New Mexico's finest southwestern cuisine, watch the sun go down at Santiago's restaurant at the bottom of the Sandia Peak Tram.

Albuquerque Marriott Hotel General Information

The Albuquerque Marriott has completed a multi-million-dollar renovation, including complete room transformations. The hotel is in the heart of the restaurant and shopping district, overlooking the Sandia Mountains. Enjoy spectacular views of the city and the beautiful desert from the comfort of your room. You're only steps away from shopping, movie theaters, and restaurants, and minutes from the Albuquerque Sunport, Historic Old Town, and the Sandia Peak Tram. Each of the 411 comfortable guest rooms is equipped with high-speed Internet access, remote-control TV, two phones, data port, desk lamp, voicemail, coffee maker, irons and ironing boards, and hair dryers. The Albuquerque Marriott Hotel welcomes you to the "Land of Enchantment."





BLACK CAT ALUMNI ASSOCIATION NEWSLETTER

Albuquerque Marriott Hotel

9th BLACK CAT REUNION

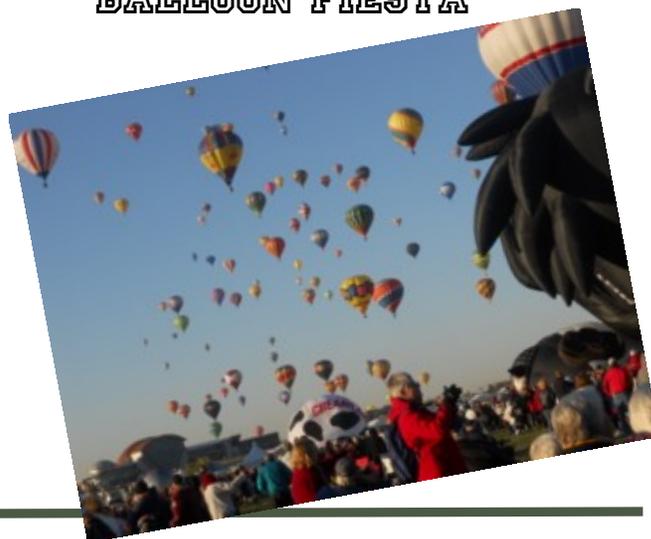
October 6 - 11, 2013

Our group rate is \$129. Call the hotel at 505-881-6800 and mention "Black Cats."

- ★ \$129 per night for Standard guest room
- ★ Public Areas: Wired, Wireless
- ★ Hospitality Room -- if we have the required number of sleeping rooms per night.
- ★ Cielo Sandia - American dining on premises.
- ★ All parking is complimentary.



ALBUQUERQUE BALLOON FIESTA



Contact one of the 213th Alumni Officers to register for the reunion or print and fill out the registration form attached. There will be a \$25 reunion fee.

Terry K. Sanderlin	(505) 550-0145
Thomas Hoopes	(440) 636-5309
Foster Sexton	(361) 225-4612
George Haley	(508) 737-6827



Black Cat President Terry Sanderlin and wife Maggie at the 2012 Albuquerque Balloon Fiesta



ACTIVITIES AT THE BALLOON FIESTA REUNION

Sunday, October 06, 2013, Black Cat Reunion attendees arrive and check in at the Albuquerque Marriott Hotel.

Monday, October 07, 2013, 5:30 AM, we will meet in the hotel lobby to carpool to the Fiesta. **Monday** at noon we will meet in the fiesta parking lot and carpool to the Rail Runner Train Station and go to Santa Fe for shopping around the plaza and eating at some of the best restaurants in Santa Fe. At 6 PM we will meet at the Santa Fe Train Station for our return trip to the Bernalillo Rail Runner Station and carpool back to the Albuquerque Marriott Hotel.

Tuesday October 08, 2013, 5:30 AM, we will meet in the hotel lobby and carpool to the balloon fiesta. **Tuesday** at noon we will meet in the fiesta parking lot and carpool to the Sandia Resort Casino for lunch and a chance to win that big jackpot or relax at the roof-top restaurant and take in the vista. We will meet in the Sandia Resort lobby at 4 PM to carpool back to the hotel.

Wednesday, October 09, 2013, 5:30 AM, we will meet in the hotel lobby to carpool to the fiesta. At noon we will meet in the parking area to return to the hotel. **Wednesday** at 5 PM we will meet in the hotel lobby to carpool to the Sandia Peak Aerial tram, where we will ride to the top of the Sandia Mountains and take in the 11,000-square-mile view at 10,378 feet. Wear your coat. We will return to the tram base where we will have dinner at Santiago's Restaurant and watch the sun go down and the lights of Albuquerque turn on. After dinner and a short awards ceremony, we will return to the hotel.

Thursday, October 10, 2013, 5:30 AM we will meet in the hotel lobby and carpool to the fiesta. At noon we will meet in the parking area and carpool to Albuquerque Old Town for lunch, sightseeing, and shopping. We will meet at the parking lot at 4 PM to carpool back to the hotel. **Thursday** at 7 PM there will be a Board of Directors meeting and election of officers in the hospitality suite.

Friday, October 11, 2013, Morning breakfast at the hotel and goodbyes until next time.



EASY TO BECOME A MEMBER

The 213th Assault Support Helicopter Company Alumni Association was formed to bring together Black Cats from all years served, to rekindle old friendships, and to develop new ones. Membership dues are \$15 per year. Contact Tom Farley at chopperteach@aol.com for more information.

BLACK CAT ALUMNI ASSOCIATION NEWSLETTER

Registration for Reunion

Name: _____ Nickname: _____

Spouse's Name/Nickname: _____

Address: _____

Telephone #: _____ Cell phone #: _____

Years you were in Phu Loi with the 213th? _____

Positions you held with the 213th? _____

Submit this registration form with a nonrefundable \$25 reunion fee, made payable to Black Cat Alumni Association, Inc.

Submit registration form by the deadline of August 1, 2013, to:

Terry K. Sanderlin, Ed.D.
213th Alumni President
4030 Smith Avenue SE
Albuquerque, New Mexico 87108
(505) 550-0145

Make your reservations with the Albuquerque Marriott Hotel at (505) 881-6800 as soon as possible because the hotel fills up long before the October balloon fiesta. Mention the Black Cat reunion, and you will receive a discount on your room rate to \$129 per night.



BLACK CAT ALUMNI ASSOCIATION NEWSLETTER

Minutes of the 2012 Black Cat Reunion #8

by Foster Sexton, Jr., Secretary

May 22, 2012

The 213th Assault Support Helicopter Company Alumni Association met at the Hampton Inn & Suites, Williamsburg, VA. The Association meeting was held on May 22, 2012. Officers present for the meeting were Terry Sanderlin, President; George Haley, Treasurer; Mike Brown, Historian; Thomas Hoopes, Membership Coordinator; Tom Farley, Registrar; Sam Parrish, PX OIC; and Foster Sexton Jr., Secretary. Other Association Members present were John Ballenski, Ed Wheeler, Donnie Noel, Billy Taplin, and Jerome Kuenzel. The meeting was called to order by the President, Terry Sanderlin, and opened to the floor for business.

Old Business

Secretary's Report

A copy of the of 2010 Minutes was on hand for the membership access and is posted at the Black Cat Web site.

Awards

During our annual dinner, held this year at the Food For Thought Restaurant, our President presented the Black Cat Service Award to member George Haley for his continuing efforts in the production of the Black Cat Newsletter, as well as performing the duties of alumni treasurer. A job well done by George. Sam Parrish was awarded a Black Cat Service Award for his efforts in revamping the Alumni PX. Certificates of Recognition were presented to Mike Brown, Tom Hoopes, and Foster Sexton for their service to the Black Cat Association and to Ed Faught for his work as Webmaster.

PX Report

1. Stock
 - a. Shirts; 12 ea., XL at a cost of \$16.75, sell for \$20.
 - b. Shirts; 6 ea., 2XL at a cost of \$19., sell for \$24.
 - c. Caps; 36 ea., at a cost of \$13.25, sell at \$16.
2. Future orders: Based upon the desires of the membership, the word "Alumni" and "reunion location" will not be put on future orders of shirts.
3. All PX items will be available for order at the Black Cat web site. Contact Sam Parrish for all questions related to PX items.

Registrar's Report

The subject of membership cards for members was discussed by the body. The president stated to the Registrar, Tom Farley, that he should use a computerized system to make the cards and keep a log of the members. That way he can notify members when their membership fee is due. Member Foster Sexton made a motion to reduce the price of Life membership from \$100 to \$75, for the possibility of increasing new membership. It was seconded and carried. However, the yearly membership cost would not change. It will remain at \$15. Tom will continue to mail out the cards and sent the checks to the treasurer.



BLACK CAT ALUMNI ASSOCIATION NEWSLETTER

New Business/Issues

Black Cat Reunion Activities

Black Cat members and their wives toured Colonial Williamsburg, Yorktown Battlefield, and the Jamestown Settlement during the reunion. Based upon their remarks, all voiced positive enjoyment of the tours. In addition to the above, the membership were afforded an opportunity to visit the Airfield on Langley/Ft Eustis Military Base for a briefing on its aviation activities and a on-hands tour of a CH-47D Chinook. The Chinook tour is always special to all Black Cats. Well Done.

Membership Coordinator

The effort of Tom Hoopes to contact each member and to encourage them to attend the reunion was acknowledged and appreciation was extended by the body. Plus, he continues to check for new members by phone and online throughout the year.

Newsletter

Newsletter publisher George Haley requested that the membership send articles of interest to him for publication. Member Foster Sexton recommended that a "Locate" column be added to the newsletter as a means for members to try to locate some of the guys with whom they served. George Haley will continue to act as publisher of the *Black Cat Alumni Association Newsletter*.

Reunion 2013

The president placed on the floor for discussion by the Reunion Officers the location and date of the next reunion. The Balloon Fiesta in Albuquerque, New Mexico, had been mentioned as a future reunion site during the membership Meeting in 2010 in Colorado. After a discussion of the location by the membership, it was placed on the floor, seconded, and voted to meet in Albuquerque, NM, in October 2013 during the Annual Balloon Fiesta. Member Mike Brown recommended that a Hospitality Room be a requirement when selecting a hotel for future reunions. This would allow an area where the Black Cats could display their photo albums, a place for guys and wives to lounge and talk, and a room for our meeting.

Webmaster

Ed Faught

Web Networking Officer

No Report.

A continuation of Officers in the present positions was recommended by President Terry Sanderlin and seconded by Mike Brown:

1. President - Terry Sanderlin
2. Treasurer - George Haley
3. Historian - Mike Brown
4. Alumni Registrar - Thomas Farley
5. Membership Coordinator - Thomas Hoopes
5. PX Officer - Sam Parrish
7. Secretary - Foster Sexton

The Meeting was closed by the president at approximately 10 PM May 22, 2012.

Terry Sanderlin, President

Foster Sexton, Jr., Secretary - foster_213th@yahoo.com



BLACK CAT ALUMNI ASSOCIATION NEWSLETTER

Brief Stress Management Technique

by

Terry K. Sanderlin, Ed.D.

Stress is a commonplace event in the daily lives of modern humans. Stress occurs when we are unable to cope effectively with internal or external adverse stimuli that create a stress reaction. There are numerous potential stress-related problems from which individuals may suffer as a result of adverse stimuli that is unchecked. These problems can be categorized within five areas:

Subjective effects. Individuals experiencing stress beyond their ability of control may have feelings of anxiety, anger, apathy, boredom, depression, fatigue, frustration, irritability, guilt, moodiness, and loneliness.

Behavioral effects. Stress may cause a gain or loss of weight from overeating or not eating enough. Individuals suffering from unchecked stress might take drugs, indulge in excessive alcohol use, increased smoking, restlessness, impaired speech (stuttering), and aggression. They may also become passive and attempt to avoid stressful situations, isolate themselves from others, or become immobilized and unable to take action at all.

Cognitive effects. Individuals may have difficulty in making personal or job decisions and may find it difficult to concentrate on a task. They may forget deadlines, and meetings, and may be more sensitive to criticism. They may demonstrate a depression of intellectual functioning as well as distortions and misinterpretations of information and communication from others and may hold a more pessimistic world view than their less-stressed friends and associates.

Physiological effects. Individuals suffering from unchecked stress may notice an increase in heart rate, and blood pressure, excessive sweating, dry mouth, difficulty breathing, dizziness, headaches, tingling in the limbs, chest and back pains, sleep disturbance, and irritable bowel symptoms.

Organizational effects. Absenteeism, poor productivity, high accident rates, antagonism at work, illness, workplace violence, and job dissatisfaction are partially the result from stress problems. At least, 20% of all individuals diagnosed with clinical depression experienced a stress event before the onset of depression symptoms.

Brief stress management techniques can sometimes relieve the problems caused by stress. The author has used the following technique to help clients quickly reduce their stress levels.

- 1) Measure your level of stress, from 0-10. 0 would indicate no stress. A 1-3 would suggest mild stress. A 4-7 moderate stress. An 8-10 would indicate a severe level of stress.
- 2) Thought stopping can assist the individual to distract themselves from intrusive negative thoughts. The individual should close his eyes and visualize a stop sign in the distance. They should then slowly count from one to five, and with each number mentally move the stop sign closer to themselves. If the individual still has intrusive thoughts, he or she should repeat the



BLACK CAT ALUMNI ASSOCIATION NEWSLETTER

process, until the thoughts are gone. Once no negative thoughts are present, move to step three.

- 3) Deep breathing can be very effective in reducing the physiological components of stress. The individual should count from one to five slowly while taking one long breath. Then exhale to a slow count to five, starting with one, two, three, four, five. The individual should repeat this process at least five times.
- 4) Visualization can assist the individual in moving the mind to a more pleasant environment. The individual should search his or her memory for a peaceful event in their past and focus on this event for at least 30 seconds. The individual should then assess his or her level of stress. If no reduction has occurred, he or she should repeat steps one through four until the stress level has been reduced to manageable levels.
- 5) Positive self-talk can assist the individual in overcoming a problem situation by looking at the problem in more optimistic terms and understanding that there will be a finite duration for the problem, and a way to solve the problem. Positive self-talk can also assist the individual to regulate and guide his or her reactions to problems when they do occur.

No problems are likely to occur during this exercise. However, should any psychological or physical discomfort occur while performing this exercise, discontinue at once.

Individuals who continue to have stress problems should seek out a qualified counselor or psychotherapist to assist them in managing their stress problems.

About the Author

Terry Sanderlin is a Vietnam veteran who served with the 213th ASHC and is currently the alumni president. He studied psychology and sociology as an undergraduate and completed a master's degree in counseling. He also completed a doctorate in training, with a doctoral minor in counseling, at the University of New Mexico. He has worked as a probation and parole officer, a school counselor, a counseling psychologist with the Department of Veterans Affairs, and has spent over 20 years in private practice with specialties in emotion management and treating the criminal offender. Dr. Sanderlin has published numerous professional articles, is licensed in New Mexico as a clinical counselor, and has provided training to organizations and groups. He is also a fellow with the American Psychotherapy Association, and his biography appears in *Marquis Who's Who in America*.