



The Defender

A monthly publication of the Northwest Florida Military Officers Association

Vol. 16 No. 4

Serving All Branches of The Uniformed Services

APRIL 2010

Breakfast Discussion

When: Wed. 7 April, 2010

Time: Open: 0700; Bkst: 0715;

Meeting: 0800-0900

Place: Eglin AFB Officers Club

Program: USA 7th Special Forces Group

O'Club Breakfast

Please:

- Make a reservation
- Wear a name tag
- Bring proper change
\$7.00 for O'Club Members
\$9.00 for Non-Members

Reservation deadline is Friday at noon prior to the meeting. Call Dan Cobbs at 685-9415 or send an email to: dgosselin@bridgeway.org if you are attending.

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The MOAA Preamble

To further the education of children of Service personnel.

"Be the First to Hear About the Army Coming to Town!"

7th Special Forces Group Series Part Two of Two

by Ken Wright

If missed the last meeting, you missed a lot. We had the pleasure of having Major Zane Price, Deputy Resident Engineer for the 7th Special Forces Group Project as well as Ryan Ronhaar, Superintendent with Hensel Phelps, lead contractor for the new Army Post project, speak in



LTC Gary Bloomberg, USA

detail on the new Army post which is being built in our back yard of Eglin Air Force Base. It was quite a sight to see how the newest Army post in decades is being built.

Now that we have an understanding on how the new Army post is going to look,

we will have the extreme honor of having Lieutenant Colonel Gary Bloomberg as our guest speaker at the April 2010 Meeting. LTC Bloomberg is the leader of the Special Forces Integration Team for the 7th Special Forces Group. He will focus on the missions of this elite group of Army soldiers and the contributions they will bring to our community.



Ken Wright

So please don't miss this opportunity to understand how our local military culture will change and how we as leaders can make this one of the best receptions we can offer.

Breakfast RSVP's - HELP

We need your help to ensure your reservation is counted! When responding by email or leaving a voice mail, **PLEASE** include your first name (not nickname) **and** last name. Obviously, include the number of people and whether you'll be having breakfast or juice/coffee (duh). The lady who takes the reservations doesn't have access to the database so she can't find a name based solely on an email address or first name. So she doesn't know that Billy Bob's real first name is William and Jim Boy's is Robert. Help us help you. Thanks so much!

I would like to share an experience with you. A few days ago I docked my boat at the Landing in Fort Walton Beach for the purpose of taking my two little toy poodles for a walk in the very pleasant park set alongside Santa Rosa Sound. It was a very pleasant, warm day and there were several people taking advantage of the pleasurable ambience.

As Bridget, Jake, and I strolled along the boardwalk I observed a relatively young man relaxing on the grass with a full to overflowing supermarket cart containing his obvious personal belongings. He wasn't dressed in rags but he certainly could have used a haircut and a shave and a shower wouldn't have been a bad idea either. He was very personable and greeted me with a cheery "Good Morning." I returned the salutation and he proceeded to play with Bridget and Jake for a few minutes. Both puppies immediately warmed up to him which was strange because Jake is sort of stand-offish and it normally takes awhile for him to warm up to someone.

Watching the scene unfold I was struck with the gentleness of the young man and the familiarity he immediately displayed toward the animals. I began a conversation with him and discovered he had indeed been raised on a farm in the Midwest thus he had a strong affinity towards the "puppies." I guess Jake sensed that also and was not hesitant to nuzzle up to him. As is usual with me, whenever a "Kodak" moment presents itself, I find myself without a camera but I will always have that picture in my mind.

I talked with this gentleman, who I'll call Norm, for awhile and discovered he was a DESERT STORM veteran. He was what we affectionately in the Army refer to as a "grunt," a basic boots-on-the-ground infantryman, who ultimately fights for and takes the ground and holds it. It seems he was on a recon patrol with one of his buddies when his buddy found himself subject to the effect of an improvised explosive device better known as an IED. The effect on his buddy was immediate and fatal. The effect on Norm was also immediate but not fatal. He sustained serious shrapnel wounds and fully recovered from them. But Norm is a long, long way from recovering psychologically. Norm now suffers with post traumatic stress syndrome or PTSD which is not surprising since pieces of his buddy wound up all over Norm's uniform and equipment. PTSD is a real illness. You can get PTSD after living through or seeing a dangerous event, such as war, a hurricane, or bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you. In Norm's case, his PTSD manifests itself with bad dreams, flashbacks about the horrible event happening again, feeling alone and having trouble sleeping. Because of his problems, Norm has a serious drinking problem and maybe you would too if you kept having flashbacks about pieces of his buddy covering you. Why is he here? Because it's warm! And there's a VA clinic nearby.

Norm is homeless! He doesn't want to be but in his current mental state he doesn't have a choice. And there's something not right about that. He's a veteran who's seen more horror than God



Bill Van Hoesen

Chaplain's Column



Chaplain Shirley

...by Chaplain Sarah Shirley

Free Will and the Art of Choosing

Writing for a group of officers and retired officers I am confident in some basic assumptions about my audience: you are professionals; you have made a lot of choices in your lives, good and bad; and for the most part, you prefer being in control to not being in control. While most people in the world are not professionals, everyone has made many choices, and the desire for control seems to be a devilishly human trait. Some spiritual traditions suggest that the goal of the spiritual life is to submit your will to the control of God rather than to your own desires.

It is curious, then, that we seem to often be so incapable of controlling our own impulses. Some of us drink too much, eat too much, exercise too little, can't manage to quit the cigarettes, violate marriage vows, or yell at the kids/grandkids/spouse/employee/dog. If we are honest, every day we are confronted with our basic inability to control our lives. Even if we are the model of self-control, something – weather, cancer, accident, violence, other people's actions – is likely to crop up and challenge us.

The delicate balance of maintaining what psychologists call an "internal locus of control," that is, a feeling of ability and responsibility for what happens in your life, and accepting that we are not in control of much other than our own attitudes is an everyday challenge for each one of us. Being conscious of our ability to choose and making choices is part of being human. The kind of choices we make contributes mightily to how we perceive the world and, ultimately, to the kind of world in which we live.

When I was a child the study of "man's inhumanity to man" was in vogue. As an adult I am again drawn to the study of war, and to what lengths we can go to hurt one another. In between I became a theologian, and the central question in that field is called theodicy – how can evil exist and persist if God is good? The standard answer is that God created us with free will, and we tend to choose evil over good much of the time.

The good news is we can train ourselves to increase the good and kind choices. Honestly, it is no wonder we have war and violence given how we often talk to each other, especially to the people we love. But this is also

Editor's Etchings . . . by Scott Berry



Scott Berry

Happy Easter!

The Sun has been rising brighter and earlier this month and with a little help with the springing forward with our clocks—regardless of your religious convictions! The brilliant White of Easter will soon be replacing the Purple of Lent. Spring is here! And I'm glad after such a cold and blustery winter (by Florida standards).

Last month I solicited DEFENDER input. Bill Van Hoesen and John Feldmann consistently deliver unsolicited and quality input which is gratefully appreciated. Some of it is self-written and some is copied from other quoted sources. What I failed to mention last month is that your input doesn't have to be self-written. My bad. If you find an article on the internet or somewhere else, please send it to me with a source I can quote. I've already received one call from a member who wants to submit an article. Please follow his lead. My email address and phone number are at the bottom left hand corner of the front page. For those articles that you don't write, I need a source to give credit to the author. Help me out. Thanks.

Now a personal story. When my oldest son lived at home, we enjoyed evenings together by drinking a brand of inexpensive but very good espresso when brewed with a French press he discovered at college. We combined this with my selection of viewing DVDs of the good crime dramas I remember as a youth: *Perry Mason*, *The Avengers*, *Sherlock Holmes*, and many other series. He was fascinated by them—not only the plots and figuring out “who dun it,” but the cars, cultural and fashion differences, and how everyone used a cigarette as a foil—it was cool back then. He repeatedly challenged me on car makes and on one occasion we had to rewind to verify that the car was

indeed an Oldsmobile—as if he was around at the time to challenge me!

I miss those times since he moved to Texas and have run out of good movies to watch so during our phone calls, I solicit his input. Obviously, his recommendations are from a much different generation, which is exciting because a Roger Ebert I am not and would die a painful death if someone tried to extract the name of the 10 most popular movies today. So my son is a good sounding board not only for recent movies but probably the last 5-10 years to be honest.

One movie he recently recommended was *The Fog of War*; which is an Oscar winning documentary about Robert McNamara's views on lessons learned. He has 11 of them. Now I'll tell you upfront that my respect for the man is only a couple points above Jane Fonda. I studied our Vietnam strategy at intermediate and senior service schools and even won first place for the best paper at Armed Forces Staff College on a Vietnam topic. Never served there, don't have the tee shirt, but studied it enough to understand that he shared immense culpability in leading us into that tar pit.

Having vented my spleen and spilled bile in this column, I encourage you to rent this DVD. It was enlightening to me. I'm sure it will be the same for you.

Now have I started out on such a positive note and ended in the dumps? I apologize. Didn't mean to do that. This is the season of the Resurrection. May you be filled with it.

Berry “Out”

Spotlight On New Member

New Member: Jon Kagan

Sponsor: John Hall

Jon grew up outside of Boston and came to Pensacola in 1986 for Aviation Officer Candidate School after graduating from the University of Massachusetts with a Bachelors degree in Business Administration. After graduating from AOCS, he served for 10 years in the U.S. Navy as an officer and helicopter pilot, deploying from both coasts and serving in Operation Desert Storm. While in the Navy, Jon earned his Master's Degree in Management from Troy University. He is currently a CERTIFIED FINANCIAL PLANNER™ focusing on retirement and income planning. Jon lives in the Tiger Point area with his wife Kathleen and two sons, Alex and Collin. He is a past president of the Navarre Chamber of Commerce, Past President of the Navarre Rotary Club, Chairman of the Board of the Navarre YMCA, a Mentor in the Take Stock in Children Program, and on the Board of United Way of Santa Rosa County.

Welcome Jon and THANK YOU John!



President Bill Van Hoesen swears in John Hall as one of the chapter directors at last month's breakfast.

Secretary's Pen

... by Jeff Thompson

I didn't get any positive feedback on my "Jeff's List" articles so I would like to change tactics and use this space in the DEFENDER to keep the membership apprised of what's going on at our organization's meetings.



Jeff Thompson

Our March meeting had Maj Zane Price, project manager for the 7th Special Forces Group building programs near Duke Field as our main speaker. His briefing and power point presentation were followed with a question and answer period.

John Hall was installed as a Director.

Members were encouraged to send in the Congressional letters attached to this month's MOAA magazine.

We had 75 people in attendance with 5 guests recognized. The 50/50 drawing

prize of \$72 was won by Paul Mixon.

In the Board meeting we discussed: the 75th Anniversary Eglin Open House; helping sponsor the 7th SFG as they arrive in the area; having the treasurer's and secretary's reports available for the membership at the breakfast meetings; the new homepage website, the new Trifold, the new membership Enrollment card and TOPS letter (All great projects Dan Cobbs has completed for us); putting member's 1st, 2nd and 3rd careers information on the website to encourage discussion with recruits. We also reviewed our old business: helping the USO lounge at the airport; status of Hurlburt clinic's training days; hosting the FCOF 2011 President's Winter Meeting; the 2010 Military Ball's venue and date since the Eglin Open Mess is not available.

As always, a lot of things were talked about and we have lots to do at the NWFMOA. Was this very brief rundown of topics discussed at the last meeting helpful? Let me know at NWFMOAsecretary@cox.net

Chaplain's continued from page 2

where we can choose to tip the balance a little. We can make different choices

Now that it's springtime, I invite you clean up your interactions with others. I'm sure they can use some dusting off, even if they're already pretty good. If you want to snap at your wife when she asks you to help with something, take a deep breath and be kind, loving, and even romantic when you offer your assistance. If you want to be harsh with an employee or a child, take a deep breath and give your loving attention instead.

My Spring challenge for you is this: try being more conscious of your smallest words and deeds, just for the month of April. Choose to make a positive difference in the world with each of them. Change your own mood and someone else's day by offering a compliment instead of a criticism, help instead of complaint, cheerfulness instead of apathy. Choosing kindness every time may be challenging at first, especially when you are "right" and the other person is "wrong." But give it a try anyway – I think you'll like the results.

OUR OWN VOICE - NWFMOA

by Dan Cobbs, Vice President, Membership

The following are three priorities why you should belong to the Northwest Florida Military Officers Association (NWFMOA).

- 1) Presentation briefings by Military Leaders are an advance directive on military operations in Northwest Florida.
- 2) An opportunity to ask the guest speaker of the month questions from their presentations.
- 3) Northwest Florida Military Officers Association is your connection as a peer-to-peer professional group.

Your activity and participation in NWFMOA will give us momentum. Member participation is an "investment in customer experience" we give to each other. You can make a difference! The **first step** is attending and participating in NWFMOA. The **second step** is encouraging new faces to attend our meetings and even join. In the **third step**, I plan to recognize current members in *The DEFENDER* who recruit a new officer to NWFMOA. In addition, if you become a Life Member in either the Military Officers Association of America (MOAA) or the NWFMOA, you will be recognized in *The DEFENDER*.

This month I would like to recognize **John Hall, Board of Directors**, and John's new recruit, **Jon Kagan, Lt, USN**. Congratulations!

Leaders practice leadership by example. Specifically, "leaders do eat their own cooking." Last month I stepped up and recruited a new NWFMOA member, **Jon Morris, Okaloosa Regional Airport Administrative Manager**. We need one new member from each of us who attend the monthly NWFMOA meetings at Eglin Officers Club. This means our target objective is 55 new members.

Scott Berry and I will be teaming together. Scott will begin highlighting each new member with a biographical summary. The monthly objective is to recognize the current member's profile who actually recruited the new active duty, former, or retired officer. **This is your call to action to recruit new members.** We, as NWFMOA members will gain the benefits together.

We are creating our own Voice!



Dan Cobbs

intended because he was serving his country. He's not a bum and he's not a slacker, he's ill and what do we do? We try to run him out of town because he's a blight on our paradise. That's unconscionable! There's something wrong with the way we treat homeless veterans and we must do something about it, at least in our little pea patch of this world.

How about we do something and help the homeless vets in our area? When we were on active duty we strove to build respect in our troops and to foster the ideal that we were there to help them. Just because most of us are now retired is no reason to abandon those soldiers who now might need us the most. If you think you might be willing to give a couple of hours a month to help these troops, let me know.

***Place your bets,
but please wait...***

Did you ever wonder why the president adjourns the meeting and THEN has the drawing for the Scholarship Fund? At almost every meeting, when the president (and my attendance only goes back through Jack Dale) announces the meeting is going to be adjourned, people get agitated that he's forgotten the drawing. NOT TO WORRY! Why do presidents do that? Because you can't have a drawing as part of an official meeting! So the minutes reflect the meeting adjourns and the drawing occurs immediately after that. Is that splitting hairs? Yes! Is Life a box of chocolates? No! Please understand the subtleties of when we can pull the winning ticket. You'll endure much worse going through security at the airport!

MEMORIALIZATION

The following people made a donation to our Scholarship Fund in Memory of Jack Dale.

Maj. & Mrs. Robert Padden
Dr & Mrs. Howard E. Fisher

Bob's Computer Tips ... by Bob Garcia

Last month I reminded you of the importance of organizing your files and folders as a way to enhance your computer use. Nothing is more frustrating than being unable to find something on your computer. The solution is to be persistent in your efforts and save your files where it makes sense.



Bob Garcia

I'd like to touch on using "Help" to assist in solving those problems we all face when we use computers. First, don't be afraid to use the help features that are provided in your software. On most applications, you can press the F1 key and a help screen appears to assist in problem solving. As you have probably found out, the hardest part of getting help is knowing what question to ask. Usually an error code or other information provided by the application is a good place to start. Most "Help" screens have a format that provides a table of contents and an index to point you in the right direction. Many applications will get you online via the internet to their help sites. Here you might be referred to a knowledge base to help you resolve the problem. Again, knowing the right question to ask is not always an easy task. Be persistent and patient. In some cases, you may want to print out the instructions in the event you lose access to the help site, but want to follow the instructions. You may also wish to set a Restore Point if you are downloading a fix to the problem. (See: http://filext.com/faq/set_system_restore_point.php on how to set a Restore Point.) Doing so will ensure that you have a solid fall back if the "fix" fails. So try Help.

Many times a nagging problem is fixed by restarting the computer. If you cannot restart in a normal fashion, you can usually go to the task manager by clicking on Ctrl-Alt-Del simultaneously and review which applications might need to be closed or you can restart the computer here as well. You may be able to repair an application if you go to Control Panel, select the application that is giving you a problem, and go through a procedure similar to Uninstall, but you have a choice to repair the application. Create a Restore Point before starting such a procedure for safety.

Use your vendor support staff for assistance. I have noticed that the online support is very much improved. Most hardware and software companies now have an online chat capability where you can chat with a service representative on line and create a dialog focused on solving your problem. Some manufacturers may want to charge you for support beyond a basic level. There are user groups that can be of assistance as well. Do not be hesitant about using such resources.

User Groups are an additional source of information. There are several locally and you will find a willingness to assist you with your problem. From time-to-time you might find a forum that can help, or a "geek" site that can provide support. A search with your browser can get you pointed in the right direction.

Take a class at one of the Seniors' Programs in the area to learn and get help.

At times, a simple web search might get you help. Go to Google or one of the other search engines and ask your question that needs an answer.

Happy Computing
Semper Fi,
Bob Garcia

Got a Chapter question? Change in personal info?
Comment? Don't know who to ask?
Email: nwfmoainbox@cox.net.
We'll get an answer for you.

NWFMOA's Financial Health

By Bill Ryan, Chapter Treasurer

NWFMOA is financially sound. Our annual budget this year expected a \$200 surplus, but now we are looking at a \$250 loss due to membership renewals not received. As you will see below we seem to have larger than necessary reserves. However, here are some things to consider:

- **Life membership** dues are set aside to collect interest which is returned to the general fund to pay annual expenses. When a life member passes half of his dues are returned to the general fund if he has a spouse, or all if no spouse (the spouse becomes a life member). We have 112 life members.
- **Dues prepaid** for future years are set aside until that year.
- The DEFENDER is our largest expense by far. At one time it exceeded \$7,000 yearly. It is currently about \$4,500 less \$1,100 advertising. From 2003 through 2006 our publisher didn't charge us anything but they sold and kept advertising fees; during this period we put a lot of money into CDs. We still have the CDs and this is our **surplus** to the current budget.
- **Remaining budget** expenditures for this year are approximately \$6,000.

With the above in mind, here is our current (rounded) status:

Life membership set-aside	\$18,500
Prepaid dues	500
CD surplus	15,500
Bank accounts	7,000
Remaining budget 2010	(6,000)
End of year estimate	\$35,500

See the New 7th Special Forces Group

As our breakfast speaker offered last month, plans are underway for NWFMOA members to participate in a tour of the new Army 7th SFG cantonment west of Duke Field. The tour is tentatively scheduled for a date in May— as yet undetermined. If you are interested in taking part in this tour, please contact John Hall at 850.939.8012 or johnwayne@hotmail.com.

Calling All Duffers...And Golfers Too!

The Annual Veterans Golf Classic will be held at Myrtle Beach, SC, 23-26 May 2010. At least one team member must be an active or veteran military service member. Fifteen Myrtle Beach area golf courses will be used to host this year's event. Participant entry fee is \$250.00. If interested, please contact Bill Van Hoesen at 850.225.2957.

Join MOAA on a Cruise and Help Wounded Warriors

Join your fellow MOAA members for the first-ever MOAA signature cruise on a seven-day journey through Alaska. Sail roundtrip from Seattle and visit Ketchikan, Sitka, and Juneau. MOAA members will enjoy exclusive shore excursions, cocktail parties, and much more. MOAA Travel has agreed to donate a three-night resort stay to the Wounded Warrior Program for every MOAA Signature Cruise booked before June 1. In addition to a great trip for you and your family and friends, you can provide wounded warriors awaiting rehabilitation an opportunity to relax in Orlando, Fla.; Branson, Mo.; Williamsburg, Va.; or Gatlinburg, Tenn. To book a cabin on MOAA's inaugural Signature Cruise, call MOAA Travel toll-free at (866) 724-4462 or visit www.moaatravel.org (member login required).

Want to Increase Your Longevity?

Duh! In addition to getting exercise, regular medical checkups, and eating healthy food, researchers say making time to travel and making new friends help to increase our longevity. Travel can increase longevity by helping people establish and maintain a healthy lifestyle, says Dr. David Lipschitz, director of the Center on Aging at the University of Arkansas for Medical Sciences. In a 10-year longevity study of people aged 70 and older, researchers at the Centre for Ageing Studies at Flinders University in Adelaide, Australia concluded:

- Close relationships with children and relatives had little effect on longevity rates for older people during the 10-year study.
- People with extensive networks of good friends and confidantes outlived those with the fewest friends by 22%.
- The positive effects of friendships on longevity continued throughout the decade, regardless of other profound life changes such as the death of a spouse or other close family members.

[Source: About.com Guide to Senior Living Sharon O'Brien article 26 Dec 09]

Public Record

IN MEMORIAM: Lt. Col. Raymond F. Johnson, USAF, (Ret) 3/6/10

NEW MEMBER: LT. Jon Kagan, USN



The 2010 MOAA FCOC May 21 - 23 convention is almost upon us! Don't miss out on this wonderful opportunity to learn a lot, see a lot, do a lot, and meet with friends old and new.

We're adding new things! To check on the latest convention news, Google MOAA/FCOC, then click on the 'convention' tab, and click the 'convention info' tab in the box that opens up. Under the hotel picture, click on the link

that says "new convention scoop" and a document will appear that has all the activities, a schedule, and even a contest!

For details and registration form, go to the Florida Council of Chapters website www.moaafl.org, click on the "convention" tab, then choose "2010" convention or you can contact Jim Conner at 239-542-5627 jmcfcl@comcast.net. We can even mail a form to you complete with return addressed envelope if you prefer.

Note: All chapter members, auxiliary members, and spouses are welcome to attend!

MILITARY WISDOM

'If the enemy is in range,
so are you.'

- Infantry Journal -

THE LAST WORD

We do not quit playing because we grow old;
we grow old because we quit playing

~Oliver Wendell Homes~

WE SALUTE YOUR SERVICE.

Now it's our turn to serve you! Come Live With Us!

Those of us at Westwood Retirement Resort would like to say to all our veterans, "Thank you for your service. Thank you for protecting our freedom."

And should the time come that you wish to make the move to a retirement community, it would be our honor to serve you. At Westwood Retirement Resort you can enjoy the best years of your life and have access to our on-campus Healthcare Center for short-term rehab or long-term care.




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Make checks payable to NWFMOA or to Northwest Florida Military Officers Assn., Inc. Check here if you do not want your name, phone number or email address listed in printed chapter directories. **Membership includes a subscription to The Defender for the dues period.** We are a charter member of MOAA and recommend that our members belong to the national organization. Our association is also a member of the Florida Council of Chapters, itself an affiliate of MOAA.
**The spouse of a deceased life member automatically becomes an auxiliary life member.

Membership Application/Renewal

New Members joining in

Jan 20.00	Feb 18.35	Mar 16.70	Apr 15.00
May 13.35	Jun 11.70	Jul 10.00	Aug 8.35
Sep 6.70	Oct 5.00	Nov 3.35	Dec 1.70

Membership Renewal

1 yr - \$20.00, 2 yr - \$38.00, 3 yr - \$50.00

Life Membership Dues**

Age	Dues	Age	Dues
101+	Free	71-75	240.00
96-100	50.00	66-70	275.00
91 - 95	75.00	61-65	295.00
86 - 90	110.00	56-60	335.00
81 - 85	150.00	51-55	360.00
76 - 80	195.00	-50	395.00

Auxiliary Members

Pay one half of the above rates