



THE DEFENDER

A monthly publication of the Northwest Florida Military Officers Association
www.nwfmooa.org

Vol. 19 No. 7

Serving All Branches of The Uniformed Services

JULY 2013

Breakfast Meeting & Discussion

When: Wed., 3 July 2013
Time: Open: 0700; Bkfst: 0715; Meeting: 0800-0900
Place: Westwood Retirement Resort, 1001 Mar Walt Dr, FWB
Program: To be determined

Please:

- Make a reservation
- Wear a name tag
- Bring proper change. \$7.00 for everyone

Reservation deadline is Friday at noon prior to the meeting. Call Bill Van Hoesen at 225-2957 or send an email to: bvanhoesen@cox.net if you are attending.

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What July 4th Means to Me

By President Ronald Reagan

July 4, 1986

My fellow Americans: My remarks tonight will be brief, but it's worth remembering that all the celebration of this day is rooted in history. It's recorded that shortly after the Declaration of Independence was signed in Philadelphia celebrations took place throughout the land, and many of the former Colonists -- they were just starting to call themselves Americans-- set off cannons and marched in fife and drum parades.

What a contrast with the sober scene that had taken place a short time earlier in Independence Hall. Fifty-six men came forward to sign the parchment. It was noted at the time that they pledged their lives, their fortunes, and their sacred honors. And that was more than rhetoric; each of those men knew the penalty for high treason to the Crown. "We must all hang together," Benjamin Franklin said, "or, assuredly, we will all hang separately." And John Hancock, it is said, wrote his signature in large script so King George could see it without his spectacles. They were brave. They stayed brave through all the bloodshed of the coming years. Their courage created a nation built on a universal claim to human dignity, on the proposition that every man, woman, and child had a

right to a future of freedom.

For just a moment, let us listen to the words again: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness." In the last few years, I've spoken at Westminster to the mother of Parliaments; at Versailles, where French kings and world leaders have made war and peace. I've been to the Vatican in Rome, the Imperial Palace in Japan, and the ancient city of Beijing. I've seen the beaches of Normandy and stood again with those boys of Pointe du Hoc, who long ago scaled the heights, and with, at that time, Lisa Zanatta Henn, who was at Omaha Beach for the father she loved, the father who had once dreamed of seeing again the place where he and so many brave others had landed on D-day. But he had died before he could make that trip, and she made it for him. "And, Dad," she had said, "I'll always be proud."

And I've seen the successors to these brave men, the young Americans in uniform all over the world, young Americans like you here tonight who

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We're at Westwood this month!

President's Message

By Jeff Watson

Well this has been a busy month! In my last message I told you I would run the Eglin Gate 2 Gate and I did it! I was proud of myself because it has been a few years since I last ran it. Then they posted my time and I realized my time was slower in the "race" than it used to be in my daily "run." At least I finished, and now I have a new "baseline" for improvement. The après run activities were great! Were you there



Jeff Watson

This will go to publication after I have been to the annual Florida Council of Chapters Convention but I have to write this before I go. Whew! I am looking forward to the event and maybe I can get a photo or two to our Defender Editor for the publication. I will have to brief you all at the July breakfast that is, as you know, the day before our national holiday – the 4th of July! I hope you all will join us as we have our first regular breakfast meeting at WESTWOOD (off of Mar Walt Drive).

We are continuing to add new members but please do your part to recruit new members. I know there are folks out there that we want to join us, so please – Do It! I had a grand time at my high school alma mater this past month as I got to hand out our MOAA Scholarship Awards and MOAA medal to two deserving Vikings. Thank you all for contributing to the scholarship fund – let's keep it going strong.

On a separate matter, I need you all to work with me to make the last six months a ton of fun! I need a new 1st VP, 2nd VP, Treasurer, and Defender Editor. If you like any of these positions and – heck! – just want to hang out with me (jk), let Scott Berry or one of the board members know. This is the time to start our succession planning for

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PUBLIC RECORD

NEW LIFE MEMBER: Lt Col Norm Blakley, USAF (Ret).

Wanted NOW: *Defender Editor*

Qualifications

- Comfortable using computer and word-processing/ email programs.
- Adamantly refuses to format newsletter, determine font sizes, and other time-consuming and menial tasks that detract from their quality of life.
- Jealously keeps "job jar" as small as possible by only providing articles to printer.
- Arrogantly instructs printer to "handle the rest."
- Brazenly accepts personal recognition, compliments, and awards for newsletter written primarily by others.
- When more material is needed, firmly believes plagiarism is THE finest form of flattery.

Requirements

- Wants to have fun, make a positive difference, and has a sense of humor.

Member Spotlight



John and Juanita Feldmann

The Best Day

By Sarah A. Shirley, Chaplain,
Lt Col, Florida Air National
Guard



Chaplain Shirley

Starting way back in 1967 my family travels every summer to YMCA Family Camp Nawakwa in Lac du Flambeau, Wisconsin. It wasn't too far from my childhood home in Evanston, Illinois...just a day's drive, a day that became shorter with better roads and faster cars, and longer again with horrendous traffic. Life interfered and we took a short break of two decades before returning with gusto in 2006 on the occasion of my parents' 50th wedding anniversary.

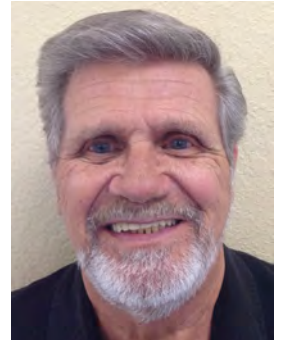
It's harder to get there now. One brother and family still live a day's drive away. The rest of us either fly all day or drive 22+ hours to get bitten by mosquitos, have campfires in the rain, and pay resort prices for family "camping" in cabins that are no longer rustic. Even the "scholarship families," I am told, spurn the communal washhouses and insist on private bathrooms. Out of favor as well is South Camp—farther from the main road, a good mile from the camp office, no wi-fi. South Camp has gone the way of the washhouse. Everyone now wants to be in North Camp, handy to the store, the staff, the laundry, and everything that is a bit more like being in a hotel or at home.

The Nawakwa week is Saturday to Saturday, and I'm usually rested up and ready to start enjoying camp starting Thursday night or Friday morning. Every year I say, "this isn't worth it!" But I keep coming back. So do my antisocial, introverted relatives who wouldn't dream of participating in camp activities. Old friends drive hours just to spend a day or two in the magic. Every year we make plans to get together with Nawakwa friends between summers, and every year those same friends lament that we blew it (again).

Wednesday evening is "candy bingo" and square dancing at South Camp lodge. After dancing my long-time friend Betsy talked about her husband's chemotherapy. Earlier that day he had told me he is grateful for every moment and doesn't expect to live to his 66th birthday, and that's why it was so important to him to make the drive to visit my family and me at camp even if only for 24 hours. Tired

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There's a new website to allow you to get involved in the legislative process by weighing in on bills introduced in Congress. Every bill introduced in the House of Representatives can now be found on Cosponsor.gov and Americans from across the country can give support to legislation by becoming citizen cosponsors. All elected legislators are chosen by the people, and it would not be possible to effectively do their job without the input of the people. Cosponsor.gov is an innovative way to increase involvement in the legislative process, so visit the site and let your congressman know what is important to you.



Bill Van Hoesen

PROGRESS (?) ON DEFENSE BILLS

As of 10 Jun 13, the House and Senate had failed to conference a budget agreement; accordingly, there is a \$91 billion difference between the two appropriations allocations. The lack of a budget agreement could create problems with getting any spending bills passed resulting in another CRA come 1 October. In other words: The dysfunction in Congress continues. Added to the mix is the fact that unless the Administration and Congress can negotiate and reach a "grand bargain," another sequester will cut 9.8 percent from defense spending. In any event, the House is moving along with its work and the Senate is starting to work on theirs. DUH!!

Now for the laugh of the month. The Military Construction/Veterans' Affairs spending bill for fiscal 2014 contains a provision, offered by Rep. Jack Kingston, R-Ga., that would cut the pay of Veterans' Affairs Department officials by 25 percent unless the number of disability compensation claims older than 125 days is reduced at least 40 percent by July 2014. Talk about a guy with a death wish! Now how far do you think that's going to get as far as any House/Senate compromise is concerned?

Tell Me Why....

Why did Kamikaze pilots wear helmets?

What? No Food?

Yup. It happened at last month's breakfast meeting--at least temporarily.

Why? No fault of the Bayview Club. We had a larger than usual number of attendees who failed to make a reservation.

SOLUTION: Make a reservation or cancel if you can't attend. It's that simple. The Bayview is a restaurant that can adapt on short notice. Not true at Westwood. They will be preparing breakfast for the number of attendees with little to spare, The differences between the two locations and the consequences should be obvious.

One person who thinks not making a reservation (or not canceling a reservation) won't make a big difference is correct. But when several others do the same thing it spells potential disaster.

Please be mindful to make a reservation if you plan on attending or cancel if something else pops up. See the front page for contact points.

Volunteerism - Part II

What are the benefits?

Volunteering is good for your mind and body.

Volunteering provides many benefits to both mental and physical health. Volunteering increases self-confidence. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering combats depression.

Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.

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Editor's Etchings By Scott Berry



Scott Berry

Greetings!

It's almost all over except for the shouting. Next month will be my last one as the *Defender* editor. No one among our 300+ members has yet to volunteer and I'm starting to sweat a little bit. For a person who's comfortable using a computer it will take about

6-7 hours a month. No meetings to attend; no mandatory schedule. Everything can be done from the comfort of your own home while wearing your flip flops or Guccis. Does the thought of creating stylish graphics, fancy fonts, and page layout intimidate you? Me too! The printer does all that. I only provide the copy then Bayou Printing transforms my "toad" input into a Prince Charming newsletter without even a kiss! Please give it some serious consideration.

On a lighter note, I just returned from MOAA's state convention in Sarasota. I was elected the area vice president for chapters going from Pensacola to Tallahassee. To quote John Belushi from *Animal House*: Road trip! Equally important are the friends I made and the excitement I brought back. What a pleasant change to be in a ballroom of people who spontaneously start singing the national anthem as it's played before an event, who stand erect during the Pledge of Allegiance, and some of who tear up at the memorial service for people who have died in the past year. The tours and hotel facilities weren't bad either. These positive points were not the exclusive property of the "elected" attendees; every attendee experienced them. Translation: A MOAA state convention has something for EVERYONE. Let the elected officers sit in board meetings while you enjoy the sights with people to whom you can relate. Next year will be in St Petersburg. Here are some slightly modified five "P's" for 2014: **P**etersburg **P**articipation **P**roduces **P**ositive **P**atriots! More to follow.

Secretary's Short Burst: The chapter directory, last published several years ago, will be coming out soon.

Berry "OUT"

Treasurer's Update

By Dan Cobbs

It has been an honor and a privilege to serve over the last three years as the Chapter's 2nd Vice President, 1st Vice President, and Treasurer. As you may know, I was appointed by Jeff Watson, NWFMOA President, as the Interim Treasurer from January – June, 2013. A new Treasurer will be appointed by Jeff Watson in July 2013.



Dan Cobbs

You can feel confident that I will continue to be an advocate for the Northwest Florida Military Officers Association.

This month I would like to take this opportunity to recognize and say "THANK YOU" to our Auxiliary members of Northwest Florida Military Officers Association.

A-G

Janis Adams, Ann Adelsperger, Karlyne Akos, Doris Anderson, Eileen Arpke, Ocie Baird, Irene Barkley, Patricia Batchelder, Sally Borchik, Beryl Brenner, Barbara Brewer, Iva Cain, Virginia Campbell, Betty Carter, Angela Coleman, Jane Dale, Betty Danford, Valerie Dodson, Laurene Drane, Fay Dunmyer, Jean Dutton, Barbara Ehlert, Irma Elton, Nancy Glaize, Millie Glenn, Mazie Glover, Helen Glunn, Christine Green.

H-N

Mary Haley, Wilma Hane, Marie Haug, Jeannette Hock, Barbara Holl, Joy Houck, Carolyn Jordan, Vivian Justice, Helen Kelgard, Annie Keller, Margie Kiser, Barbara Larnce, Emily Maheu, Anna Mayo, Jean McCarthy, Sally McGavin, Ginny Mills, Minora Mixon, Billie Mohney, Georgia Nabors, Dorothy Nichols, Mary Nied

O-T

Bobbie Pearson, Linda Petersen, Joanne Pettey, Evelyn Pride, Ida Pugh, Jean Robertson, Margaret Rogers, Kristine Sams, Lorraine Schinz, Margaret Shook, Billie Shotwell, Helen Sikes, Marjorie Sirney, Alice Sitar, Mac Sleeth, Gail Southworth, Juanita Sullivan, Maureen Taylor

U-Z

Cecelia Washatka, Alice Weidenbusch, Jessie Werdung, Janie Wittman, Hattie Wood, Sue Young, Audrey Young

If you are in the process of renewing your Chapter membership, please make your checks payable to **NWFMOA**.

What July 4th Means (cont.)

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man the mighty U.S.S. Kennedy and the Iowa and other ships of the line. I can assure you, you out there who are listening, that these young are like their fathers and their grandfathers, just as willing, just as brave. And we can be just as proud. But our prayer tonight is that the call for their courage will never come. And that it's important for us, too, to be brave; not so much the bravery of the battlefield, I mean the bravery of brotherhood.

All through our history, our Presidents and leaders have spoken of national unity and warned us that the real obstacle to moving forward the boundaries of freedom, the only permanent danger to the hope that is America, comes from within. It's easy enough to dismiss this as a kind of familiar exhortation. Yet the truth is that even two of our greatest Founding Fathers, John Adams and Thomas Jefferson, once learned this lesson late in life. They'd worked so closely together in Philadelphia for independence. But once that was gained and a government was formed, something called partisan politics began to get in the way. After a bitter and divisive campaign, Jefferson defeated Adams for the Presidency in 1800. And the night before Jefferson's inauguration, Adams slipped away to Boston, disappointed, brokenhearted, and bitter.

My fellow Americans, it falls to us to keep faith with them and all the great Americans of our past. Believe me, if there's one impression I carry with me after the privilege of holding for 5 1/2 years the office held by Adams and Jefferson and Lincoln, it is this: that the things that unite us--America's past of which we're so proud, our hopes and aspirations for the future of the world and this much-loved country--these things far outweigh what little divides us. And so tonight we reaffirm that Jew and gentile, we are one nation under God; that black and white, we are one nation indivisible; that Republican and Democrat, we are all Americans. Tonight, with heart and hand, through whatever trial and travail, we pledge ourselves to each other and to the cause of human freedom, the cause that has given light to this land and hope to the world.

My fellow Americans, we're known around the world as a confident and a happy people. Tonight there's much to celebrate and many blessings to be grateful for. So while

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Not All Bugs Are Insects

Malware (short for malicious software) is software designed to infiltrate or damage a computer without your consent. Malware includes computer viruses, worms, trojan horses, spyware, scareware and more. It can be present on websites and emails, or hidden in downloadable files, photos, videos, freeware or shareware. (Most websites, shareware or freeware applications do not come with malware.) The best way to avoid getting infected is to run a good anti-virus protection program, do periodic scans for spyware, avoid clicking on suspicious email links or websites. But scammers are sneaky: sometimes malware is cleverly disguised as an email from a friend, or a useful website. Even the most cautious of web-surfers will likely pick up an infection at some point. If you do, there are plenty of FREE TOOLS available to help you remove it. We list several below.

FREE PROTECTION/ANTIVIRUS SOFTWARE: The following software runs continuously in the background, helping to protect your computer from infection:

Microsoft Security Essentials provides real-time protection for your home PC that guards against viruses, spyware, and other malicious software.

AVG FREE. Anti-Virus software from Grisoft that automatically protects computers from viruses by providing timely virus database updates and protection.

Avast! Antivirus Home Edition is a free antivirus software with anti-spyware, anti-rootkit and strong self-protection included, Free for home users.

Sandboxie allows you to create a secure partition on your computer for safer web browsing with this free program. This is a great tool for more advanced users.

Already Infected? Here's how to fix it. The following software scans your system for malware, destroying any infections it may find. Install and run these routinely (At least once a week.)

Malwarebytes. A highly regarded and effective program that identifies and removes malware and scareware from your computer.

SpyBot - Search & Destroy detects and removes spyware of different kinds from your computer.

Ad-Aware scans your RAM, Registry, hard drives and external storage devices for known data mining, advertising and tracking components. Ad-Aware can easily rid your system of these tracking components,

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Volunteerism - Part II (cont.)

Continued from page 4

Volunteering helps you stay physically healthy. Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease. (Source: HELPGUIDE.org)

What July 4th Means (cont.)

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it's good to talk about serious things, it's just as important and just as American to have some fun. Now, let's have some fun -- let the celebration begin!

(Editor's note: I include this again for our July issue because of its strong message. It was carefully edited for space reasons.)

President's Message (cont.)

Continued from page 2

next year. If you don't, you are stuck (jk2) with me again. Seriously, I would like a little help. We need someone to take on tours for the group, setting up our speakers for the next month (and further out), making the newsletter theirs to play with, and most important I need a treasurer. For those that attended the June breakfast, I think all will agree it was a real treat! Dr Harper left us with some uplifting information and a reality check on the state of the "real" economy. I'll summarize in a separate article. Finally, make plans to attend our NWFMOA Military Ball in December! We have the room and the music but we need YOU to help get our entertainment. Talk to Bill Van Hoesen, Scholarship Committee, Inc., President, about more details. As important, we need you to be there! For now, we are ADJOURNED!

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from his cancer treatment, he had skipped dancing in favor of an early bedtime. A first-time Nawakwa camper, Jeremy, was with us. He couldn't be older than 35 or 40 but couldn't dance because of pain from a rare disease that killed his dad at 56. He wasn't complaining...just letting us know why he didn't dance even though he would have enjoyed it.

While Betsy shared her story and Jeremy told us more of his, none of us felt sad. Usually when people talk about this kind of stuff it's laced with loss and regret and fear. But not at camp.

At camp we are young again and all that matters is killing mosquitos, catching a fish, and spending time being alive. At camp we are mysteriously able to be present to what is happening now. Depending on our circumstances, we are present to our children, our nieces and nephews, our pets, our aging parents, our terminally friends, to the ripples on the lake, or to the god or gods of our understanding. At camp we remember that love is the only thing there is. At camp we know that today is the best day, even if it rains. Even though we're dying. Even if we've failed at something. Even if it's something big. At camp, today is always the best day.

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allowing you to maintain a higher degree of privacy while you surf the web.

SUPERantispyware is a free malware remover that also works on rootkits, spyware, adware, worms and parasites.

FOR ONLINE HELP: If the above tools don't resolve the problem, you can get individual help from a great FREE tech support website, Techsupportforum.com. Be sure to read and carefully follow their "Read This Before Posting For Malware Removal Help" "sticky" thread before posting. (Source: ClarkHoward.com).

(Editor's note: When downloading the above, ensure you download only the product(s) you desire. Some sites will also download web browsers, toolbars, and the like unless you "uncheck" the appropriate box.)

Tag Lines

In a Podiatrist's office: "Time wounds all heels."

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 2013
receive membership through December
31st of next year for \$25.00.

Membership Renewal
1 yr - \$25.00, 2 yr - \$48.00, 3 yr - \$65.00

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