



The Defender

A monthly publication of the Northwest Florida Military Officers Association

Vol. 16 No. 3

Serving All Branches of The Uniformed Services

MARCH 2010

Breakfast Discussion

When: Wed. 3 March, 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 One of Two

by Ken Wright

As you might have heard, the Army's 7th Special Forces Group is coming to town in a big way. Just across from Duke Field is going to be an Army Post that will be second fiddle to none. We are going to have 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 this project. You don't want to miss seeing history in the making. You will see the makings of one of the most state of the art Army Posts to be built in modern history and learn of new plans for this installation.

After being briefed on the building of this Post, you will not want to miss part two of this series at the April Meeting. We will have the honor of having Lieutenant Colonel Gary Bloomberg, United States Army, Leader of the Special Forces Integration Team for the 7th Special Forces Group. Lieutenant Colonel Bloomberg will focus on the missions of this elite group of Army soldiers and the contributions they will bring to our community.



Ken Wright

TIPS for a smooth visit to the pharmacy

By Maj Krissa Crawford, USAF, BSC

Our busiest time of day is usually 1000-1400. While you will still receive high quality service, it may take a little longer. Also, the day after a 3-day weekend is always very busy. If you don't have to come that day, another day may shorten your wait.

You can speed up service if you already have required information on your prescriptions: we need your name, sponsor's social security number, your address, phone number, your date of birth and any medication allergies you have (if you don't have any, we need to know that, too).

Eglin and Hurlburt Field do not carry all the same medications. There are a few medications you can get at one base, but not the other. Our call-in refill system cannot recognize the difference, so if you have any doubts about whether or not we carry a medication, please give us a call at 881-2133 (Hurlburt) or 883-8444 (Eglin).

Finally, don't be shy! If you have questions about your medications, please ask...even if you think we are too busy. We will make time to be sure you understand your medications.

(Editor's note: Maj Crawford is the Chief of the Hurlburt Pharmacy)

President's Corner... by Bill Van Hoesen

MUSINGS ALONG THE WAY — The average age of NWFMOA members is 78; will it go the way of the 78 rpm record? Seen one lately? – We know the speed of light, what's the speed of dark? – Is NWFMOA becoming an insular, inward looking organization of ever-dwindling members or is it going to recruit new members and stay involved with our ever-changing society? – Did you know 42.7 % of all statistics are made up on the spot? – Remember, half the people you know are below average – Are members willing to give two hours a month of their time to help NWFMOA regain its strength? – Will they contact Bill and offer to help? – What happens if you get scared half to death, twice? – Is NWFMOA an organization ready to march or would it rather watch the parade? – Change is inevitable, except from vending machines – Big changes are coming to Okaloosa County, will NWFMOA be ready to embrace the changes? He/she who laughs last, thinks slowest.



Bill Van Hoesen

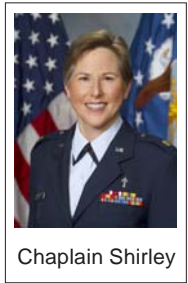
Revisit Korea Tours

Since 1975, the Republic of Korea has been inviting Korean War Veterans and family members to return to Korea on a subsidized visit to thank them for their sacrifices that saved Korea from Communism. Thousands of veterans from all the Allied Countries who participated in the war have enjoyed this sojourn to the "Land of the Morning Calm." The Korean government pays for hotel rooms and meals for 5 nights and 6 days plus in country tours. Accommodation is based on two persons per room. Commencing in Jun 2010, the Revisit Korea tours will be increased three fold and for the first time the ROK government is planning to subsidize the airfare of the veteran and his family member/companion. A veteran is allowed to bring one family member. The eligibility requirements will also be relaxed in view of the age of the veterans. The exact dates have not been published. However, they are planning on five major commemorations, the first being the Invasion Anniversary, 25 Jun. This will be followed by the Pusan Perimeter, the Inchon Landing, the Liberation of Seoul, and the Northern Winter Campaign of 1950. Applications are available at <http://www.kwva.org/index.html>. Look at the bottom of the page.

Public Record

IN MEMORIAM: Mrs. Marina G.Vitale, wife of Lt. Col. Anthony M. Vitale, USAF (Ret) 1/26/10

Chaplain's Column



Chaplain Shirley

...by Chaplain Sarah Shirley

Key to Freedom #1: Acceptance

My mother, my dog, and I were in DC for the back-to-back blizzards in February. We were snowed out of the office and mostly into our homes for over a week. Many folks complained bitterly of "cabin fever," or about all the work not being accomplished. Others reveled in the change of pace demanded by nature, and a few enterprising souls quickly started side businesses clearing snow from rooftops to prevent collapse. You might imagine that the non-complainers were happier and more productive than the others. They failed to see the restrictions as a problem, and found opportunities inside them instead. The happier snowbound individuals accepted that even the U.S. military had been trumped by Mother Nature, and (as our mothers used to say) made the best of the situation. Why did the others continue to gripe and grumble? It seemed they just couldn't handle having their freedom challenged, and didn't like the fact they couldn't do anything about it!

As Americans we are big believers in freedom. Indeed, the idea of personal freedom is so fundamental to our self-identity that many assert the primary purpose of the military is to protect and defend freedom. Princeton's online dictionary defines freedom as, "the condition of being free; the power to act or speak or think without externally imposed restraints." By definition, then, complete freedom is impossible in this lifetime. Human existence is resplendent with externally imposed restraints: gravity, aging, nature, and a whole host of socially imposed restraints ranging from taxes to traffic laws.

In such an environment, how does the chaplain have the nerve to offer keys to freedom? Well, if we did not live in the context of constraints and restraints, the concept of freedom would not exist. The ability to think, act, and speak as we please without negative consequences would be "normal" and would not have a word to describe it. Perhaps because it is not fully attainable, we strive after it as much as we do its unavailable cousin, security. Because God has planted in us such a deep desire for freedom, God has probably given us a way to achieve it.

Consider the possibility that there are many varieties and degrees of freedom. Financial freedom, many of us have learned of late, is not a sure thing. Freedom from

Continued on page 4

Editor's Etchings . . . by Scott Berry



Scott Berry

Frigid greetings to you all!

In the spirit of Lent, I asked Bill Van Hoesen if my penance could be to give up publishing this month's DEFENDER. He was not amused and his emphatic response was, well, to be publishable, "no." At least I tried.

So on we go. If this weather continues, I'm moving to Florida where I'm told it's warm year round. Actually, after I reviewed Reverend Sarah's input for this month, I think I'll just keep my mouth shut. And most of my AF career was spent in places like ND, MT, UT, and OH. My blood used to be thicker than molasses and now is probably thinner than Amzoil. Before we were married, Janet called me one night in January from LA and I was in Minot. She described this horrifying TV show about people climbing Mt Everest and the temperature was -70 below zero. I was in the middle of a blizzard and I calmly told her with wind chill it was -100 below zero. To this day, I still remember her response: "Scott, that's inhumane!" But she married me anyway. Our honeymoon was driving from Santa Barbara, CA to Minot in a 1968 battered VW Bug—luckily in June. Those were the days back in 1977. The Bug was equipped with a 280 A/C unit—2 windows rolled down driving 80 MPH. At that speed, ear plugs were required. Now that's love, ain't it? Should have used that story last month.

After my request in last month's column for input on new

ideas to make your newsletter better, I was hoping that my inbox would be overflowing with thoughts—both good and bad—about how to make things better. Alas, I didn't get one single email—not even some spam for cheap Canadian drugs. Perhaps I was overly optimistic, but the offer will always remain open. The combined talents of Art and I can deliver on any request. I'm trying to re-energize some cerebral synapses. Or submit your own article on a subject that you feel would benefit your fellow chapter members. Claire Meade did it for a long time with recipes that were hits with readers. Now how long would it take to write an article? John Feldmann is not a chapter officer or board member yet has two very cogent and well-written articles in this issue. Now I personally like John, but I doubt he's the only brain trust or good writer in the chapter. As a matter of fact, you don't have to be a good writer or have a high IQ. Write your thoughts down, send them to me, and I'll do the rest. I'd love to see a full in-box next month. As the robot named Johnny 5 in the movie *Short Circuit* repeated constantly as his mantra: "INPUT!" Don't disappoint me.

On that note, may the beer you drink next month be green and enjoy your fish on Friday. Happy Lent.

Berry "Out"

MEMBERSHIP . . . by Dan Cobbs



Dan Cobbs

As a member of the Northwest Florida Military Officers Association (NWFMOA), you are in a unique position to influence military colleagues by encouraging them to take the next important step for their professional growth. You have proven your competency, professional commitment to **lifelong patriotism and military leadership** through your MOAA and **NWFMOA membership**.

Now it is time to help transform your colleagues' careers and promote excellence. Share the value of NWFMOA by encouraging them to join.

Sharing your positive NWFMOA experience as a

respected military leader makes the difference in your colleagues' decision to join NWFMOA.

When a visitor to NWFMOA attends our monthly meeting, take the time to introduce yourself. As Bill mentioned in last month's *The Defender*, the goal of recruiting one new member is vital. Sharing the value of NWFMOA with your colleagues is easy. Next month we talk about a proposed recognition plan.

Dan Cobbs, Vice-President, Membership, NWFMOA

Tax Deductions: Should You Itemize?

Learn whether itemizing your deductions makes sense, or if you should just take the no-questions-asked standard deduction. The standard deduction is always easier, but for one-in-four taxpayers, itemizing pays off with a lower tax bill. Browse this [quick tax deduction overview on Military.com](http://www.military.com/finance/taxes/tt/tax-deduction-wisdom.html?ESRC=mr.nl) (See: <http://www.military.com/finance/taxes/tt/tax-deduction-wisdom.html?ESRC=mr.nl>) to avoid paying more taxes than you actually owe.) (Source: Military.com)

Secretary's Pen

... by Jeff Thompson

Hello again. Last month I started Jeff's list and I would like to add a few more thoughts for the list. I have heard people wiser and more mature than me talk about



Jeff Thompson

the good old days. I think we are always in the "Good old days." We have a great local restaurant that harkens back to yesteryear's "Good old days." The Neighborhood Cafe on Mary Esther Cutoff in the TJ Max plaza has great daily specials and large portions. Try the Friday fish platter for some Deep South cooking. I also enjoy the potato or egg or tuna salads. It is usually busy at lunch but worth the wait. I also would recommend the Indian Temple mound downtown (S.R. 85 and Hwy. 98) <http://www.fwb.org/index.php/museums.html>. The mound was built around 700 years ago but the museum has artifacts of prehistoric-natives from 12,000 years

ago, and the Europeans think they have history! That's two for this month.

On a different note, but while still thinking about the "Good old days", I have been substituting at Okaloosa schools for the past year. In the last few months there have been a number of times students have used ethnic insults that I thought were out of use. I am not naïve but I really thought the younger generation didn't know or would not have heard these words that were used so often in those bygone good old days. I had a student tell me this week that her saying, "I hate all Asians" was OK and defensible as a first amendment right. Several of her fellow African-American students thought calling someone "Black" was racist but using several different slurs for Asians were OK. They also thought anti-Semitic slurs were OK since they had seen them used on South Park and other TV shows. I don't want to be accused of wild political correctness BUT I think we have to use our mature and senior status to continue the military's current mode of treating everyone fairly and equitably while trying to push that equal treatment into the civilian world around us.

Seven Deadly Habits You Need to Break Now

These 7 deadly sins are taking years off our lives and we don't even know it. Make this year the one in which you made 7 small changes that can add a decade (yes, a decade) to your life

- Deadly habit 1: Not Stretching In The Morning
- Deadly Habit 2: Not Eating Breakfast
- Deadly Habit 3: Running Late
- Deadly Habit 4: Mindless Eating
- Deadly Habit 5: Becoming a Couch Potato
- Deadly Habit 6: Disconnecting
- Deadly Habit 7: Not Having a Bedtime

.(See: <http://www.doctoroz.com/videos/7-deadly-habits-you-need-break-now> for the rest of the story.)

Chaplain's continued from page 2

fear is an easy one to achieve until we're in a scary situation. But freedom from having to have things our own way, freedom from the need to judge others, freedom from anxiety over things not working out the way we want them to . . . all of these freedoms are attainable right now!

The key to these freedoms is in one simple internal adjustment – acceptance. To accept a person, place, institution, or situation exactly as it is the first key to freedom. Acceptance does not imply approval; it simply means complete and honest recognition of how things really are.

Those of us who accepted the blizzard conditions had a lovely house party! Some had telecommuting capability, and we worked a lot. Some did not, and those read and watched movies and caught up with correspondence and phone calls to friends. We read about the ones who were such aces at accepting life on life's terms they see business opportunity in every calamity, and started snow removal operations. Sadly, others grumbled and fought against the restrictions created by the snow. They lost a terrific chance to rest, to make new friends, or catch up on some projects without all the interruptions at the office.

Freedom. It's deeply linked to happiness. If you find yourself

feeling trapped, frustrated, or unhappy, try embracing your current situation. Accept and honor everything about it, especially the things you don't like. Make a list of anything good that has transpired as a direct or indirect result of the bad situation. Ask your higher power to help you find more good in it and to allow it to be transformed to your good until the situation itself changes. Before you know it, you will have come to terms with the bad deal, and it will have lost its power over you. And when something that disturbed you has lost its grip because you've decided to accept it the way it is, guess what? You're free!

MEMORIALIZATION

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

Bill & Ruth Cullen

Frank & Helen Glunn

Jim McCarthy

Michael & Virginia Mitchell

Bill & Dottie Ryan

**Want to Save Some
\$\$\$\$ on Your
Medications?**
by Scott Berry

Some drug companies offer free promotional medications via the internet or television. So watch the drug commercials for deals like this and before you drop off your prescription at an off-base pharmacy, check the Internet to see if you can get a free trial subscription. I got one by searching Google for the specific medication and looking at the ads on the right column of the page. The amount of the promotional medication did not replace the amount originally prescribed so I was authorized a refill. Save some bucks! I did it twice when the doctor gave me another hard copy prescription!

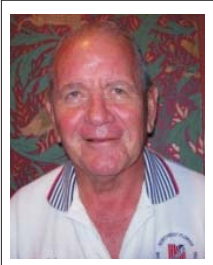
TRICARE Wants You!

TRICARE is expanding its outreach so they can hear from beneficiaries like us, using online social media communication tools. **In March, TRICARE will launch a media center Web page that will serve as its central hub for social media activity**—a kind of one-stop-shop for the latest news, beneficiary information, and communication activities.

It's important to let the military and veterans' health care and benefits providers know what's on our mind — just like MOAA lets the Administration, Congress, the Pentagon, and VA know what our members have to say. **GO FOR IT!**—Go to <http://www.health.mil/MHSBlog/Article.aspx?ID=750> —to tell them what's on your mind and to learn more! (Source: MOAA News Exchange)

Bob's Computer Tips ... by Bob Garcia

How are your New Year's resolutions going? Lose that weight you had left over from the holidays? In January I was invited to participate in the annual local computer club's sponsored seminar (*Computer Tech 2010*) at Northwest Florida State College. My topic was 10 things you can do to enhance your computer experience. I had a standing room only audience and had a very fun time sharing with them.



Bob Garcia

The Number 10 item that I presented was, "Get Organized." I know that all of us fall into the trap of just saving stuff, not only on our computers, but in our homes, offices and wherever. It seems to be a cultural thing. In recent years as the price of computers has decreased significantly for a more robust machine with lots of memory on our hard disks and more plentiful random access memory, not only have we in the user community become lazy and sloppy in our good housekeeping, but the software vendors are using more and more of our resources. So be it if we get better performance by using their software, but shame on us if our sloppy habits slow down our computers and cause us frustrations when we don't get the computer to perform as it should.

The answer to this situation is to examine the ways that you organize your work, files, folders and other software to ensure that you are not part of the problem of not enjoying your computer. Get used to creating folders for your documents as you save them. It's an easy thing to do no matter where you might save documents, pictures, photos or other media. The usual default for saving documents is the Documents Folder; but to just save them there without classifying and creating a folder for your work is like just cramming a piece of paper in a file cabinet drawer. For example if you are writing a letter to your Congressman and expect to do it often, create a folder in your Documents Folder and use it to save all related correspondence in that folder.

The same holds true for all of those photos you took on your last vacation. Organize them in a way that is meaningful for you, usually in a folder for a specific location, time, venue or event. It's a lot easier to find the pictures you're looking for and want to share with others.

Organizing also includes setting up a process to back up your files frequently and store the backup in a safe place. There are lots of options for backups, so look for a method that suits your need and stick with it.

Don't forget to set up your schedules for updating your software and especially your antivirus updates. The same holds true for your periodic disk cleanups and defrags. Microsoft has been issuing a lot of updates for many of its products recently. Be sure to download and install the critical ones.

I hope that you who upgraded to Windows 7 are enjoying your new operating system. Be sure to check the tutorial and learn the new features and functions. Windows 7 seems more stable and efficient than earlier versions.

Happy Computing,
Semper Fi,
Bob Garcia

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

Our Oath, Constitution, and Government

... by John Feldmann

You do remember this, don't you?

"I, (state your name), having been appointed a (rank) in the United States (branch of service), do solemnly swear (or affirm) *that I will support and defend the Constitution of the United States against all enemies, foreign and domestic*; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the office upon which I am about to enter. So help me God."

My emphasis added. What have you pledged to do? Is there a time limit on that oath?

Find out from our founding documents. You can download them at: <http://www.usconstitution.net/const.html> for the U.S. Constitution, Declaration of Independence, Articles of Confederation, and more. What does Article 2, Section 4 of our Constitution cover? What do you mean you don't know? Didn't you take the oath?

The Constitution came from the minds and experiences with tyranny from various great thinkers. Another set of documents that informs us is the Federalist papers. These can be found and downloaded at: <http://thomas.loc.gov/home/histdox/fedpapers.html>. You know, of course, there are 85 papers within them. Federalist 24 is "**The Powers Necessary to the Common Defense Further Considered.**" Who wrote it? What do you think of it?

Most of these documents can also be found in PDF

format at other sites.

If you have only 10 minutes and 35 seconds to devote to understanding government, then go to: <http://www.wimp.com/thegovernment/> watch and listen. Forward the URL to your children and grandchildren if you think it is true and pertinent.

The topic of government is fascinating. I have some other favorite documents to commend for your consideration. First is "The Wealth of Nations" by Adam Smith in 1776 (date ring a bell?) at: <http://www.bibliomania.com/2/1/65/112/frame.htm> A second favorite of more recent vintage is "Free to Choose" by Milton Friedman and Rose, 1979. Finally, Ayn Rand offered her thoughts after living in Russian tyranny in novels such as Atlas Shrugged. I commend to you "The Road to Serfdom" by Friedrich A. Hayek. It can be found at: <http://mises.org/books/TRTS/>. It is short reading (including cartoons for Navy folks) and to the point.

I have a copy of "Our American Government – 2003 Edition" for your new Legislative Liaison committee chair. It contains the Declaration of Independence, Constitution, explanatory material about the workings of the national government and some historical statistics. Those who really care about these links can send me an Email. I will forward this article to you in reply. You can then mark, copy and paste them into your browser.



Tempus Fugit



Which, as we all know, commonly translates to "time flies." It also means it's almost that time of year to spring forward and lose another hour of sleep. So on Sunday March 14th set your alarms for 2A.M. so you can get up and re-calibrate all your timepieces by setting them ahead an hour. (Let me know if you need a wake-up call.) Or you could just cheat and make the change at a convenient time on Saturday. In either case, don't forget to also replace the batteries in your smoke alarms and carbon monoxide detectors.

Golf Truisms

Golf is a fascinating game. It has taken me nearly forty years to discover that I can't play it.

(Ted Ray, *Golf - My Slice of Life*, 1972)

The Heritage Museum of Valparaiso will host the Vietnam Veterans Memorial Wall June 17-20, 2010 at the Okaloosa County Fairgrounds. This national traveling exhibit will feature a half-scale replica of the memorial in Washington, D.C. as well as an Information Center and Traveling Museum. For more information, visit www.veteranswallokalooosa.com.

Also, the following link lists our fallen comrades whose names are on the wall and information about them. Take a moment to view it. <http://www.virtualwall.org/iStates.htm>

Legislative Musings . . . by John Feldmann



John Feldmann

I urge each of you to go to the MOAA website to send e-mails to our legislators about 1) a permanent fix for doctor reimbursement under Medicare, 2) new fiscal caps on therapy, and 3) preserving Medicare because of our link through TRICARE. We need a drumbeat of messages from you. Without them we are sure to lose some of our medical benefits. But that is not the primary purpose of this note.

I recently attended a neighborhood visit with Senator Don Gaetz. I presented him with proposed legislation on 3 topics. These included a “no pay, no play” law; a proposed law concerning both Citizens Property Insurance and Florida catastrophe fund; and a request requiring the Florida Department of Veterans Affairs to conduct a new site study for any future FDVA nursing home. Such a study should be reviewed by a peer organization such as exists at Florida State University. These same written recommendations were given to Representative Ray Sansom when he spoke at our last meeting.

Sen. Gaetz sent a very courteous letter last week, promising to take action. Yesterday I received a card from him that read as follows. “Dear John — I met today with Jim Brodie, Director of Cabinet and Legislative Affairs, for the Florida Department of Veterans Affairs. I conveyed our strong message about a peer reviewed FSU study re: location of the next veterans retirement home.”

We in NWMOA have pressed for such a study since 2005. Sen. Gaetz’s prompt action is heartwarming and indicative that he responds to fact driven proposals promptly. A site study is the 1st step, although it is unlikely there will be any new FDVA nursing home before 2013.

If we are to get the new FDVA nursing home nearby and a Department of Veterans Affairs medical tower adjacent to Eglin Air Force Base hospital, then it will be due to the leadership of your new legislative liaison committee chair and with your support. Our own Judge Patt Maney and Cathy Magnuson of the DAV, Chapter 72, have led the way for both a VET Center and the yearly Stand Down for the homeless veterans. Those who fail to act now acquiesce to slow cutbacks of your earned benefits.

THE LAST WORD

I’ve often thought that the process of aging could be slowed down if it had to go through Congress.

~George Bush~

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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Last Name	First Name	Initial	Spouse
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Address	City	State & Zip	Phone
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Rank	Service	MOAA mbr. no.	Email address
Regular	Reserve	National Guard	Active Duty
			Retired

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