



THE DEFENDER

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

Vol. 18 No. 11 Serving All Branches of The Uniformed Services NOVEMBER 2012

Breakfast Meeting & Discussion

When: Wed, 7 November 2012

Time: Open: 0700; Bkst: 0715;
Meeting: 0800-0900

Place: Westwood Retirement
Resort, 1001 Mar Walt Dr, FWB

Program: Gen Chuck Horner,
USAF (Ret)

Westwood Breakfast

Please:

- Make a reservation
- Wear a name tag
- Complimentary breakfast by Westwood.

Reservation deadline is Friday at noon prior to the meeting. Call Ken Wright at 582-6442 or send an email to: bvanhoesen@cox.net if you are attending.

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Twenty-fifth Amendment - Part III

Thereafter, when the President transmits to the President pro tempore of the Senate and the Speaker of the House of Representatives his written declaration that no inability exists, he shall resume the powers and duties of his office unless the Vice President and a majority of either the principal officers of the executive department or of such other body as Congress may by law provide, transmit within four days to the President pro tempore of the Senate and the Speaker of the House of Representatives their written declaration that the President is unable to discharge the powers and duties of his office. Thereupon Congress shall decide the issue, assembling within forty-eight hours for that purpose if not in session. If the Congress, within twenty-one days after receipt of the latter written declaration, or, if Congress is not in session, within twenty-one days after Congress is required to assemble, determines by two-thirds vote of both Houses that the President is unable to discharge the powers and duties of his office, the Vice President shall continue to discharge the same as Acting President; otherwise, the President shall resume the powers and duties of his office.

There's a Tiger in Our Midst

By Ken Wright

We've scheduled not only a military hero to speak to us but also a best selling author. Gen Charles Horner will be our guest speaker at the November 7, 2012, monthly meeting which will be hosted by Westwood Retirement Resort in Fort Walton Beach at 7:15 A.M. Gen Horner is an Iowa native, attended the University of Iowa, and entered the Air Force through ROTC. He was commissioned into the Air Force Reserve on June 13, 1958, awarded pilot wings in November 1959, and received his

regular Air Force commission in 1962. During the Vietnam War, he was a Wild Weasel pilot and received the Silver Star. He is a command pilot with more than 5,300 flying hours in a variety of fighter aircraft. He also flew 41 combat missions in the F-105. He has commanded a tactical training wing, a fighter wing, two air divisions, a numbered air force, and major/unified commands. He also commanded U.S. Central Command Air Forces and was responsible for all U.S. and allied air assets during Operations

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Out of courtesy to our hosts please attend if you make a reservation and to ensure adequate food please make a reservation if you plan to attend.

President's Corner

"Semper Paratus"

By Ken Wright

2013 SLATE OF NWFMOA

Officer/Directors: Special thanks goes to Dan Cobbs, our Chairman of the Nominating Committee. His has made tremendous strides in filling the 2013 slate with a lot of

new folks with some fresh ideas. I am sure the 2013 slate will continue on in making the NWFMOA an influential force in military personnel issues in the local area. The experience our organization brings to the table can't be underscored enough when our country addresses the military personnel issues of tomorrow.

2012 ANNUAL MILITARY BALL: Have you got December 6, 2012 circled on your calendar? The Annual Military Ball will be returning to the Emerald Grande in Destin. Your ticket application is published in the *Defender*. I suggest you complete your reservations early and get them mailed in. We will be having some great food, great music, great dancing, a silent auction, and of course, it will be a great time to be around friends and comrades.

DECEMBER MONTHLY MEETING: Make sure you have this date on your calendar if you want to get the Holiday Season started with a smile. The Niceville OPUS One choir will be returning for their traditional holiday concert. Make sure you bring a friend and Ho Ho Ho in advance!

2013 STATEGIC PLAN: As promised last month, I have outlined some of the top 2013 Strategic Action Items

Continued on page 5

PUBLIC RECORD

NEW MEMBERS: Lt Col Robert E. Davis, USAF (Ret)

Lt Col James W. Goodart, USAF (Ret).

Membership

By Gayle Norgaard

ATTENTION ALL MEMBERS!

YOUR NEXT ASSIGNMENT:



Gayle Norgaard

MOAA is offering a free one year membership to our chapter who are only members of the national MOAA organization. Encourage others to join our NWFMOA chapter. This special offer ends **Nov 30th, 2012**. We all know other military officers who may like to take this opportunity to join. Remind them that our earned benefits are under attack and MOAA is our one voice to protect these benefits. It is critical to build grassroots support for MOAA's legislative goals. These are difficult times. MOAA members and our chapters are the best way to do that. There is power in numbers.

Now is the time to increase our membership. If you have the cover sheet from the October MOAA magazine, a mail in card is attached and for others to use or they can call 888-503-1130 or visit www.moaa.org/joinchapter.

Get the word out and recruit!

Member Spotlight



Bob Secrest

AUXILIARY CORNER

Auxiliary members have a reason to celebrate this year. Ten years ago, MOAA formed a study group to look at auxiliary issues and how MOAA could better meet the needs of this important membership group. Soon after, the Auxiliary Member Advisory Committee (AMAC) was formed, and auxiliary liaisons were appointed in many chapters. Today, 116 auxiliary liaisons are serving as chapter leaders, and 15 are part of council leadership teams. You have chosen to continue your spouse's dedication, service, and loyalty to this country. You've supported military families, planned events, managed projects, raised funds, and given comfort and help to other military spouses who have suffered the same loss as you. You have advocated maintaining and improving the benefits promised to servicemembers. Now MOAA's membership has voted on a proposed bylaw change, granting the vote on national MOAA issues to auxiliary members and allowing auxiliary members to serve on MOAA's board of directors. Results will be announced in late October, but we anticipate member support for this initiative.

Earlier in 2012, we told you about four areas of concern regarding auxiliary members. They are low attendance at chapter events, an aging population, difficulty in recruiting new members, and the continuing inequity of the Survivor Benefit Plan/Dependency and Indemnity Compensation (SBP/DIC) offset for military spouses who choose not to remarry. We suggested several ways to attract new auxiliary members to chapters, including program variety that appeals to all age groups, organizing activities such as trips to local points of interest that include auxiliary members, and supporting meaningful projects that serve the needs of military families and engage younger auxiliary members.

Because the SBP/DIC offset was the biggest concern, the AMAC has chosen it as its next national project. Congress has acknowledged the gross inequity that allows spouses age 57 or older who remarry to retain the benefits their late spouses earned but forces unremarried spouses continue to have their SPB annuities reduced dollar-for-dollar by receipt of DIC payments. SBP is income insurance purchased by the military retiree through monthly payments over a period of years. The AMAC will plan and execute a campaign to build support for eliminating the offset. We need help to launch a well-

TAPS – In Memoriam

<u>NAME</u>	<u>Died</u>
Lt Col R. Wayne Adelsperger, USAF (Ret)	September 19, 2012
Lt Col William T. Smith, USAF (Ret)	October 8, 2012

On behalf of NWFMOA, we express our sympathy to the families of those who have passed to their eternal rest. We wish comfort for all those who grieve.

There's a Tiger (cont.)

Continued from the front page

DESERT SHIELD and DESERT STORM. Gen Horner was Commander-in-Chief of North American Aerospace Defense Command and the U.S. Space Command and Commander of Air Force Space Command from 1992-1994. He was responsible for the aerospace defense of the United States and Canada and the exploitation and control of space for national purposes through a far-flung network of satellites and ground stations throughout the world. He currently serves on the board of directors for the US Institute of Peace, the Institute of Human Machine Cognition, as Chairmen of the Board for the University of West Florida, and as Vice Chairmen on the board of directors for the Saudi Prince (Khaled bin Sultan's) Living Oceans Foundation. Gen Horner co-wrote Every Man a Tiger with Tom Clancy. The USAF now annually awards a Gen Charles A. Horner "Tiger Award" to one officer and one enlisted individual assigned to Fourteenth Air Force. Recipients of the prestigious "Tiger Award" demonstrate the highest degree of professionalism, leadership, integrity, dedication, and courage in the performance of their duties and conduct of their lives. This is surely going to be one of the most interesting monthly meetings we have had in a long time and I recommend you make your reservations early.

Ticket Order Form for the NWFMOA

Annual Military Ball To benefit the Scholarship Fund

- 6 December, 2012, at the Emerald Grande at HarborWalk Village
- Dress: Gowns or cocktail dress, formal or business suits.
- Social hour 1800. Pay as you go bar(s) will be open.
- Dinner 1900
- Dancing from 2000 until 2200 with Retroactive.

Dinner will include:

First Course – Classic Caesar Salad - Rosemary Olive Oil Croutons, Cracked Black Peppercorn and Parmesan Cheese

Choice of Entrée:

- (1) Grilled Flank Steak w/Portobello Mushroom Sauce with Brie Mashed Potatoes, & Medley of Fresh Vegetables
- (2) Macadamia Nut Crusted Grouper Filet sautéed with Hawaiian Fried Rice and Pineapple Buerre Blanc
- (3) Vegetarian – Vegetable Stuffed Zucchini with Parmesan, Broiled Tomato, Brie Mashed Potatoes, & Medley of Fresh Vegetables.

Dessert: Key Lime Pie

"Dinners served with rolls, butter, iced tea and coffee"

Ticket Purchaser's name: _____

CHOICE OF ENTRÉE: _____

If purchasing via mail: Address: _____

City: _____, FL Zip: _____ Phone: _____

Number of tickets: _____ times \$40.00 = \$_____ check enclosed.

(Price includes Meal & Gratuity)

Spouse/Guest's name: _____

CHOICE OF ENTRY: _____

You are encouraged to make a charitable contribution to the Scholarship Fund by supplying an additional check made payable to NWFMOA Scholarship Fund.

Seating location is on a first come basis except at reserved tables. Table reservations may be made for groups of eight by contacting Ken Wright at (850) 582-6442 or Dan Cobbs at 850-685-9415. If you are to be seated at someone's reserved table please coordinate with the reservation holder, but tell us their name here too:

When ordering by mail please include a stamped self-addressed envelope, a check payable to NWFMOA and this form to: NWFMOA, PO Box 310, Fort Walton Beach, FL 32549-0310. Allow sufficient time to get your tickets returned by mail. Ticket Order Form must be received by November 30, 2012.

HELP! HELP! HELP!

WE NEED YOUR HELP! The Scholarship Committee is in dire need of a Secretary/Treasurer. Please step up and help. If you have five hours a month you can contribute to this most important activity of Northwest Florida Military Officers Association. A working relationship with a computer is highly desirable but not absolutely necessary. For more information, please contact Bill Van Hoesen at 850.225.2957 or bvanhoesen@cox.net.

Auxiliary Corner (cont.)

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organized plan in early 2013. Please email ideas to your AMAC representative or to auxiliarycommittee@moaa.org.

As auxiliary members, we need to commit to do all that we can to promote MOAA's goals and issues in our chapters and communities. Together, we also can persuade Congress to eliminate the SBP/DIC offset.

(Source: MOAA The Affiliate).

Time Management

When you worry and hurry through your day, it is like an unopened gift....Thrown away.... Life is not a race. Take it slower. Hear the music before the song is over.

Tempus Fugit



On Sunday November 4th set your alarms for 2 A.M. so you can get up and re-calibrate all your timepieces by setting them BACK an hour. Don't forget to also replace the batteries in your smoke alarms and carbon monoxide detectors at the same time.

(Editor's note: My thanks to Larry Sidel for reminding me to "fall back" instead of "fall forward.")



President's Corner (cont.)

Continued from page 2

below which can only be achieved by your continued support and assistance. They are: **Increasing NWFMOA Membership at Chapter Level** by focusing on guest speakers who are current with times at monthly meetings, having a visible presences in the community, and having additional programs (i.e. Tours, Symposium, Workshops).

Promoting the Retention of Current Membership

through an Enhanced Personal Affairs Program, an effective NWFMOA Dues Structure, and recognizing NWFMOA members accomplishment at NWFMOA Mtgs, Defender articles, and other media outlets. **To be a Recognized Leader in Florida and with National MOAA Organization** by ensuring our Awards Committee is timely in submitting NWFMOA awards, establishing procedures to record NWFMOA achievements, and establishing procedures to gain visibility in MOAA Affiliate and Florida Council of Chapters *Communique*.

Improve Communication Opportunities for Membership by creating a membership package, ensuring welcome letter from the president to new members are completed, and establishing a NWFMOA "Buddy System." **Ensure Financial Soundness** through an annual budget, generating revenue sources for NWFMOA (i.e. advertising), the Treasurer providing monthly Operations Budget/Financial Statement, and having an End of Year Review of the treasurer's reports.

Recognizing NWFMOA through advertising and other media outlets, ensuring members who have passed away are recognized yearly, monthly, and at other times, as appropriate, encouraging self-recognition by NWFMOA members to illustrate the many accomplishments they are making in the community, and providing an outlet for NWFMOA members to provide photos to Defender Editor for inclusive in the Defender newsletter. **Update NWFMOA'S By-Laws** through a bi-annually review and ensuring the membership has access to the them.

Flight Safety from Yesteryear

Never get out of a machine with the motor running until the pilot relieving you can reach the engine controls.



Chaplain Shirley

A New Kind of Gratitude List

By Sarah A. Shirley, Chaplain, Major, FLANG

One of my friends called me and said, "I've read this book on making miracles. You like miracles. You've got to do this with me. It involves gratitude lists. You love gratitude lists."

It's true. I do. In fact, it's gratitude list month! In November just about every chaplain in the U.S. writes, teaches, and preaches gratitude. I often recycle my tried and true column, "Gratitude: the First Line of Spiritual Defense." I tell stories about learning to make gratitude lists, finding something good in everything crummy, and generally become an annoyingly optimistic person.

This year I'm writing about the new kind of list my friend told me about. It's a list that includes absolutely nothing good. No kidding. It's a simple exercise that is supposed to make room for miracles. Here's the drill: every morning, first thing or close to it (within 30 minutes of awakening), open an email composing window and type this "Today I am grateful." Then write down everything that comes to mind that you don't like. No kidding. Just the things you don't like.

An important caveat: don't include anything tragic, such as the death or major illness of a loved one. That just wouldn't be right. Include only normal life things that can make us ashamed, discouraged, depressed, and all those other feelings that get in the way of joy.

A typical list of mine includes, "today I am grateful that I overate last night," and "today I am grateful that I am 20 pounds overweight." Other favorites are expressing flat-out gratitude for being in pain, for being lazy, for watching junk TV instead of working, for sleeping in rather than working out, for feeling stupid about something I said at work, that I don't have enough money, and all kinds of other things for which I really don't feel grateful.

Once you've got about ten lousy things on your list, email it to your miracle partner. Presumably you will get a similar list from that person. Every day. For at least 40 days. Two of my friends and I have been doing this for about two

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months now. Our lists are amazingly similar with the exception of me not being grateful for my husband and children's ugly behavior since I am unmarried and childless. We are lazy, we are fat, we are put upon, we should be better, stronger, fitter, richer, and younger than we are. And then we go on with our days. And our days have improved.

I don't know why, I don't know how. I just know that somehow we are not as hard on ourselves and little miracles addressing these problems have started to happen. I don't overeat as much. My work path (the way I will make that money I need!) is becoming clearer, I'm not in as much pain.

Perhaps by expressing gratitude, by saying "thank you" for things just the way they are, we are able to move on with the tasks of the day unfettered by the effort of pushing aside the things we wish were different. Maybe the saints who invited us to give thanks for ALL things knew what they were asking, and that what they were asking had magic to it.

When you say the table blessing this Thanksgiving, list all the good things in your family's world. Between now and then, try this early morning list. See if it makes room for miracles in your life.

Source: Melody Beattie, *Make Miracles in Forty Days: Turning What You Have Into What You Want*. Simon & Schuster, 2010.

Why Don't....?

If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

Got a Chapter question?

Change in personal info?

Comment?

Don't know who to ask?

Email: info@nwfmoa.org

We'll get an answer for you.

Be part of a "PILL"-o-buster on Pharmacy Copays

By Bill Van Hoesen

The Senate Defense Authorization bill would let DOD double or triple your pharmacy copays with no cap on future increases. The House bill would keep current and future copays much lower in return for requiring TRICARE For Life (TFL) beneficiaries to get maintenance medication refills through the mail-order pharmacy or a military pharmacy for one year.

When the membership was surveyed, 97% agreed the one-year mail-order/military pharmacy refill trial is an acceptable trade-off to win caps on current and future copay hikes. But the retail pharmacy industry is lobbying hard against the House plan – and against your financial interests.

So let's make ourselves heard. If you do not use a computer, copy MOAA's suggested message below to urge your legislators to support the House-passed TRICARE pharmacy provisions. If you do use a computer, go to <http://capwiz.com/moaa/issues/alert/?alertid=61933136&PROCESS=Take+Action> and follow the instructions.

"I am writing to urge you to support sustaining the House-passed provisions on the military TRICARE Pharmacy system (Sec. 717 & 718 of H.R. 4310) in the final FY2013 Defense Authorization Bill. By remaining silent on the issue, the Senate version of the bill would let the Defense Department impose its stated plan to double and triple pharmacy copays for military beneficiaries. Just last October, the retail pharmacy copay was raised from \$9 to \$12 for brand-name drugs, and DOD proposes to raise it to \$26 for FY13 and then to \$34 with no limits on future increases.

The House bill would raise the 2013 retail copay to \$17 (vs. the Senate \$26) and cap future annual increases at the inflation rate in return for requiring TRICARE For Life beneficiaries to obtain maintenance medication refills through the mail-order pharmacy or military pharmacies for at least one year. The Congressional Budget Office agrees the House plan saves the government at least as much as the DOD-proposed copay increases, and the House plan is overwhelmingly preferred by military beneficiaries. Surveys show 97% of beneficiaries of all ages and incomes are willing to accept the refill restrictions in order to preserve lower copays.

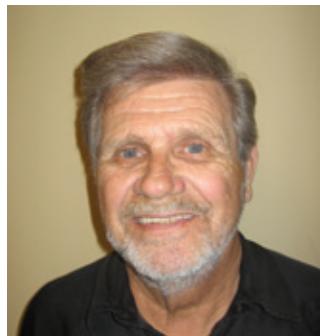
Please do all you can to ensure the House TRICARE pharmacy provisions are retained in the final Defense Authorization Bill."

(Editor's note: As of 10/21 the bill has not been passed.)

Legislative Musings...by Bill Van Hoesen

A good indication on the likelihood of a bill being forwarded to the House or Senate for passage and subsequently being signed into law by the President is the number of cosponsors who signed onto the bill. An alternate way for it to become law is if it is added as an addendum to another bill such as the annual National Defense

Authorization Act (NDAA) and survives the conference committee assigned to iron out the differences between the House and Senate bills. At <http://thomas.loc.gov> you can review a copy of each bill's text, determine its current status and number of cosponsors, the committee it has been assigned to, who your representative is and his/her phone number, mailing address, or email/website to communicate with a message or letter of your own making, and if your legislator is a sponsor or cosponsor of it. To separately determine what bills and amendments your representative has sponsored, cosponsored or dropped sponsorship, refer to <http://thomas.loc.gov/bss/d111/sponlst.html>. To review a numerical list of all bills introduced refer to <http://thomas.loc.gov/bss/111search.html>.



Bill Van Hoesen

DONATION FORM

Please accept this gift of \$ _____ to support the NWFMOA Scholarship Fund.*

Donor Information (if not printed on check):

Name _____

Address _____

City, ST ZIP _____

Gift is tax deductible to the extent allowable by law.

This gift is a memorial in honor of:

Please inform the following of this gift:

Name _____

Address _____

City, ST ZIP _____

Mail payable to: NWFMOA Scholarship Fund,
P.O. Box 310, Fort Walton Beach, FL 32549-0310

*TAX EXEMPT UNDER IRS CODE SECTION 501(c)(3).
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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 2012 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