



# President's Message

By Jeff Watson

We are back from the Sarasota 2013 Florida Council of Chapters Convention and the 4th of July is in the rear-view mirror! We had fun at the monthly breakfast on the 3rd of July and if you were there, you know what I mean. If not, join us in August when the Superintendent of Schools, Mary Beth Jackson, and her deputy, Kaye McKinley, will join us for breakfast and a chat. We will again be in the meeting room at the Westwood Retirement Resort. This should be timely and informative as it has been awhile since we have heard from this office and the superintendent has been "in the saddle" for a year now.



**Jeff Watson**

For those who could not attend the convention, we had a grand time and I hope you will consider joining us next year in St. Petersburg. You may be pleased to know that our own Col. (Ret) Scott Berry is now the Northwest Florida Area Vice President. He will now carry the good will of this chapter to the other chapters in our district area and represent us to the Council. Scott also won recognition for our Defender newsletter as we received 2nd place recognition in our category.

This is the time of the year that leads to back to school planning and shopping. As we continue to enjoy the heat of summer and all of the beach and water activities, school is right around the corner. This year, the Florida tax holidays are August 2-4. There will be more on this inside this edition so be sure to take advantage of it when you can. New for this year, Florida is allowing shoppers to purchase noncommercial computers for home or personal use. The tax advantage goes only to those that buy a computer worth \$750 or less. I am not sure what you can get for that price but it may just be what you always wanted.

Well, nobody called me on it but I let the birthday of the United States Army slip by on 14 June. I thought of that as Flag Day but according to the Internet that is never wrong, that is also the Army's birthday. Happy Belated Birthday! The United States Coast Guard has its birthday celebration on 4 August so we are recognizing "the Coasties" on time this month.

Continued on page 6

# Personal Affairs

By Gayle Norgaard



**Gayle Norgaard**

## GUIDE TO LONG TERM CARE

[WWW.VA.GOV/GERIATRICS/GUIDE](http://WWW.VA.GOV/GERIATRICS/GUIDE)

Find out more about Home Community Based Services and other long term care options.

Plan ahead and involve your family caregiver or support person, social worker, and care team in making plans and decisions that are best for you.

(Your eligibility is base on clinical need and service or setting availability)

On the website, you'll find:

- Decision aids to help you participate in choices about your long term care.
- Links to VA and other websites.
- Personal stories that illustrate Veteran and caregiver involvement in the 4 step shared decision making process.

Published by VA Health Care

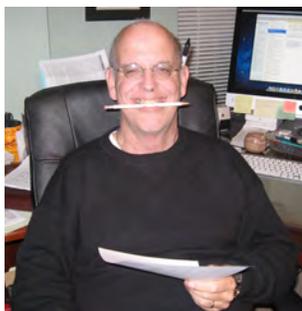
# Member Spotlight



**Mim Marshall**

It's been a great ride!

I sincerely mean that. It's bittersweet for with the exception of one year when Charlie Heifner ably served as editor, I'm been at this since 2007. But I think we all have faced situations and realize it's time to move on. I've looked back at some of my earliest articles and realize some of that original pizzazz is gone. Now's the time for me and to share this great volunteer opportunity with someone else. Regrettably, no one has volunteered yet but I'm confident someone will. The immediate impact is it's difficult to put out a newsletter without an editor so keep this issue handy for reference purposes.



**Scott Berry**

There isn't enough space to thank the many contributors but they know who they are. And they are the ones who make this newsletter such a great one for as I've frequently told them, "I'm the editor and not the author." I also appreciate the feedback I've gotten from some of you, the readers. So thank you to all!

I'll still be around as your secretary, in contrast to one of Richard Nixon's most memorable quotes, so I'll continue to perform the mundane duties of keeping membership information accurate, preparing minutes from board meetings, and maintaining the archive for chapter records. Until someone volunteers to be the treasurer, I'll also be the keeper of the funds per the by-laws. As you'll note in the left hand column of the front page, "VACANT" is the name of a popular board member. Unfortunately, "VACANT" and I can almost be a quorum for board business by ourselves!

Yes, it's been a great ride! I thank you all again for making that possible.

Berry "OUT"

## Pew Perspectives

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

**By Patricia Bergquist,  
MOAA Auxiliary Member Advisory Committee**

Beautiful weather complete with cherry blossoms greeted more than 160 members of the MOAA board of directors and staff, council and chapter Presidents from all 50 states, and members of the association's Currently Serving Advisory Council, Currently Serving Spouse Advisory Council, and Auxiliary Member Advisory Committee as they gathered for the 2013 Storming the Hill lobbying event. The teams delivered the message, along with a fact sheet on issues such as sustaining the 1.8-percent military pay raise and barring unfair TRICARE fee hikes.

The proposed 1-percent pay cap fails to keep military pay comparable to the civilian workforce as indicated by the Bureau of Labor Statistics' Employment Cost Index. Previous pay caps affected the retention and readiness of our all-volunteer force. The past three military pay raises averaged less than 1.6 percent (the lowest in 50 years). It would be grossly inappropriate to cap pay increases for service members while we are still at war.

Once again, disproportionate TRICARE fee hikes affecting military retirees are proposed in the FY 2014 budget. These hikes, which would increase annual fees, impose means-testing and increase pharmacy co-payments. The 2012 and 2013 National Defense Authorization Act increased fees, including pharmacy co-payments, and required future increases be tied to the military COLA. DoD documents support the fact that military personnel and their health care costs are not the problem. In fact, the problem lies in the inefficiency and mismanagement within DoD. Any changes to TRICARE fee law would represent a breach of faith with those who have already paid extraordinary premiums in sacrifice and service through their 20-plus year military careers.

Detailed fact sheets were left with congressional leadership and staff on concurrent receipt for disabled military retirees (S.234 and H.R. 333), the Survivor Benefit Plan/Dependency and Indemnity Compensation offset (S. 734 and H.R. 32), and the Guard/Reserve retirement issue (S. 240 and H. R. 690). While we were encouraged by responses from most legislators, we encourage you to contact your legislators on these issues, too. To call your legislators' offices toll-free,

# Wanted *YESTERDAY*: 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.



**Chaplain Shirley**

## **Jobs Well Done** By Sarah A. Shirley, Ch, Lt Col, FLANG

Once again I am late with my column. Once again editor Scott Berry graciously gives me a little extra time, stroking my ego with, “your columns are worth the wait!” And again I procrastinate thinking I have nothing to share that is worth

your time and that I am thoroughly unprepared. Except this time Scott has given me something compelling to write about. This is Scott’s last issue as the Defender’s editor.

I’m not sure how long Scott has been doing this. I’m not even sure how long I’ve been doing it...my records aren’t that good (I’m sure Scott’s are!). Here’s what I know: 1) Scott’s good at it; 2) he’s been trying to find himself a replacement for months; 3) no one has stepped up; and 4) someone will as soon as Scott’s really done.

In routine human affairs, voids seem to fill themselves, either by someone meeting the need or the apparent need disappearing. We know this and yet often have trouble letting go and moving on, even when we really don’t want to do the job or be in the situation anymore. Spiritually this tendency is a mixed bag. It indicates we feel ownership, connectedness, duty and responsibility, all indicators of spiritual maturity. On the flip side of the infinitely multi-sided coin of humanness it also suggests a sense of indispensability that is incompatible with humility, a necessary virtue to counter the deadly sin of pride.

Pride interferes with peaceful relationships and seeing one’s self clearly. Its handmaiden is fear, usually fear of what unattractive things we might discover about ourselves if we put down the shields of pride, rightness (as opposed to the idea that we just might be wrong), “nobody will do it as well as I do it” and other bits of psychic armor. Antidotes to pride include worship and praise...when we remember through actions, thoughts and words that there is a power greater than ourselves we increase in humility. Other simple actions are praising others for jobs well done, taking suggestions and advice from colleagues, family and friends, studying things we think we already know well,



**A greeter welcomes attendees to the recent Florida Council of Chapters annual convention in Sarasota. Meet next year’s greeters by attending the convention in St Petersburg.**

# Legislative Musings

By Bill Van Hoesen

For those of you who have joined the 21st Century and have access to the Internet, I hope you recognize the above masthead, The MOAA Legislative Alert. It is a recurring effort on the part of MOAA National to keep its members up-to-date on the status of congressional bills of interest to its members. One very important purpose of the Alerts is to provide you with the opportunity to contact your Congressman and register your likes/dislikes of selected, important bills before Congress. This is, arguably, the most important responsibility you have as a member of MOAA; take advantage of it. You can use the suggested letter provided by MOAA, ready for your signature, or you can elect to edit the letter and personalize it to your liking. By being a member of MOAA and the Military Coalition, you have a significant opportunity to make your voice heard and be counted. Let them know what you think.defender



Bill Van Hoesen



## Did You Know?

By Jeff Watson

The Florida Tax Holidays are August 2-4, 2013. The sales tax exemption applies no matter how many items are sold on one invoice to a customer! The sales tax exemption is for clothing, footwear, and “certain” school supplies, school accessories, computers and “certain” computer accessories. There is a \$75 maximum purchase price on the clothing, shoes and certain accessories; \$15 for school supplies, and \$750 for the computer. So, if you want \$100 popular brand jeans for your children or grandchildren--forget it! If you want your student to be the fastest runner on the track team with \$100 track shoes--forget it! But, if your student will wear the \$50 jeans and the 2nd place \$74.99 running shoes--you are golden! The rules get tricky so before you buy, know how the exemption works. For more details, go to: <http://dor.myflorida.com/dor/tips/pdf/tip13a01-04.pdf>

## What? No Food? (One more time)

Yup. It happened at our last Bayview Club 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.

For our first meeting at Westwood, our breakfast coordinator fortunately went out on a limb and increased the count by a third above the reservation number. It was dicey but we made it--thank you Bill!

**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.



First breakfast meeting at Westwood.

### Pun for Fun

There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

## President's Message (cont.)

Continued from page 2

If you have not been watching or reading the news but noticed that some of your benefits have been curtailed at the bases recently, it may be due to sequestration or the furloughs affecting the Department of Defense at the end of this fiscal year.

We will be convening a nominating committee soon to start a search for next year's officers. If you are curious or would like to know more about either let any of the board members or me know.

For now, that is all. Keep yourselves safe and enjoy Florida. I am as I kayaked for the first time in the bay. It was fun enough to do it again. Maybe I'll try fishing from a kayak next time. Until next time, we are Adjourned!

## Auxiliary Corner (cont.)

Continued from page 3

use MOAA's direct line to the congressional switchboard: (800) 272-6622. Then, ask the operator to connect you with your legislator's office, and ask to speak with the legislator's legislative assistant or military legislative assistant. For a recap of this and other Storming the Hill events, visit [www.moaa.org/storming](http://www.moaa.org/storming). (Source: *MOAA The Affiliate*.)

## It Lasts A Lifetime

By Dottie Conner

You can get a free Lifetime Military Entrance Pass to all Florida State parks. It's issued by the Department of Environmental Protection. All you have to do is call the Florida State Parks Information Center at 850-245-2157 Mon--Fri between 8 AM and 5 PM (EDT) and request the Lifetime Military Entrance Pass forms, or request them at the entrance station for any Florida State Park.

### So I Said.....

Some cause happiness wherever they go.  
Others whenever they go.

## "A" is for August (cont.)

Continued from page 1

Mary Beth is married to Len Jackson, and they have a blended family of five children. She also has two grandchildren and is expecting a third. Len, Mary Beth, and all five children are products of the Okaloosa School System. Len and Mary Beth live on Len's family farm and enjoy outdoor activities and time with family.

So, if you want to hear more, make plans to have breakfast with us on August 7th at our membership meeting. Remember, we will meet at Westwood Retirement Resort. See you then!

## Welcome! You've Been Scammed!

At last month's meeting, Rick Anderson highlighted recent emails which attempted to get password/account information and threatened to shutdown his Cox account. **RULE #1: DON'T RESPOND.** The senders are frequently from Cox accounts which have been compromised. Here's the recommendation:

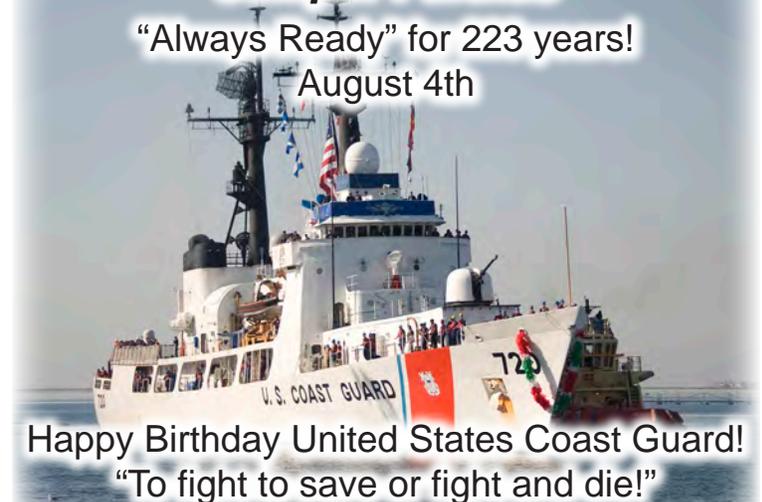
If originator is **NOT** a Cox account: Forward as an attachment to [spamreport@cox.net](mailto:spamreport@cox.net).

If originator **IS** a Cox account: Forward as an attachment to [phishingreport@cox.net](mailto:phishingreport@cox.net).

More guidelines are available from the Cox Communications home page.

### "Semper Paratus"

"Always Ready" for 223 years!  
August 4th



Continued from page 4

acknowledging our shortcomings and apologizing when we're wrong.

A bigger deal is making room for someone else to do a job that we've done well. It's easy to think we're the bomb, the be all and end all, the best that will ever be. Sometimes that's even accurate! Even so, volunteer and paid service positions are not just about getting the job done. They're also about opportunities. They afford us a chance to develop new relationships and skills, and to challenge ourselves in new ways.

So here's to Scott for a job well done and a job left well. May we each heed the call to serve and to create space for others to serve.

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 If you have a story about having a hard time saying goodbye and the unexpected good that came from finally do so, I'd love to hear it!

Email chaplain@chaplainshirley.com.

# DONATION FORM

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

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Gift is tax deductible to the extent allowable by law.

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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 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