



THE DEFENDER

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

Vol. 17 No. 8 Serving All Branches of The Uniformed Services AUGUST 2011

Breakfast Meeting & Discussion

When: Wed. 3 August 2011
Time: Open: 0700; Bkst: 0715;
 Meeting: 0800-0900
Place: Eglin AFB Club
Program: Mr Dino J. Villani,
 Okaloosa Cty Public Safety
 Director
Eglin Club Breakfast

- Please:
- Make a reservation
 - Wear a name tag
 - Bring proper change.
 \$7.00 for 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: 1stVP@nwfmoa.org if you are attending.

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Fourteenth Amendment

All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside....No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws....Representatives shall be apportioned among the several States according to their respective numbers, counting the whole number of persons in each State....The validity of the public debt of the United States, authorized by law, including debts incurred for payment of pensions and bounties for services in suppressing insurrection or rebellion, shall not be questioned.

Your Safety is OUR Business

By Dan Cobbs, First Vice President

This month Dino J. Villani, Public Safety Director for Okaloosa County, joins us and will provide an update on the new 911 Emergency Operations Center at Northwest Florida State College and the county's Emergency Management Program.



Dino J. Villani

Mr. Villani is the Director of the Okaloosa County Public Safety Department which provides Emergency Medical Services (EMS), Emergency Management, Fire and EMS Dispatch, the County's 911 System, and Beach Safety. He has over 31 years of experience in the Public Safety/EMS field and prior to this position headed the Florida EMS Program and Trauma System as the State EMS Director for the Florida Department of Health.

Mr. Villani has been involved with and served with numerous

professional organizations such as the Florida Association of County Emergency Medical Services, the National Emergency Medical Services for Children Program, the National Association of State EMS Directors, the National Fire Protection Association, the National Highway and Traffic Safety Administration, the State of Florida Governor's Panel for the Study of End-of-Life Care, and locally on the Board of Directors for the American Heart Association.

His undergraduate work is in Management and Public Safety and his Masters Degree is in Public Administration. He is also a Florida Certified Paramedic.



President's Corner

MEMBERSHIP By Gayle Norgaard

SEMPER PARATUS

By Ken Wright



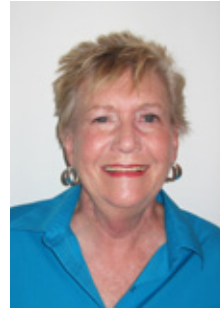
Ken Wright

Officer's Call, Officer's Call, First Call to Officer's Call!

Yes, we have scheduled an Officer's Call on August 26, 2011 from 1730 – 1930 Hrs at the Compass Rose in Valparaiso. This will be an opportunity for all officers, active, retired, and former to meet and have a refreshment or two with their peers to share stories, network, and good old friendship. We encourage you to bring your spouses or significant others to share in this event. We also encourage you to share the news with fellow officers in hopes they join us and become members. The leadership has recently felt this type of event should be done on a quarterly basis in order to help build a sense of fellowship between us all. **Oh yea, did I tell you the first drink is on us?** So I hope to see you there.

Okay folks, you need to put December 8, 2011, on your calendars. The 2011 Northwest Florida Military Officers Association Ball is being planned at the Emerald Grande in our own Destin, FL. The night will be filled with official military traditions, great food, a night of dancing, an auction to remember, and much more. We do this all in an effort to raise funds for the Northwest Florida Military Officers Association Scholarship Fund and to bring this great organization together to share the holiday season. So, I hope you find it possible to attend this function and support this worthy cause. Details on this event will be forthcoming.

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Gayle Norgaard

The Chapter continues to depend on our membership to promote awareness of advantages to becoming a member. Extra Defenders are always available at the First Wednesday Monthly Breakfast Meeting. What better way to get the word out. You can give them to your friends, take them to organization meetings, or leave them in offices where you know potential members may frequent. Applications are on the back of the Defender. If you bring a possible new member to a breakfast meeting, please do a follow up and encourage them to join. It is already July and we only have eight new members.

A Note to New Members: If you have not arranged for a name tag, contact Bill Mann the next time you attend. Cost is \$9.00 for the magnetic back and \$6.50 for the pin on. Indicate if you are a Life Member of the National Organization.

Upcoming events: tour of Fisher House on September 13 at 11:00. Tentatively planning a tour of the 33rd Fighter Wing, Air Education and Training Command, Eglin AFB, for a Friday in August. The date, time, and location are to be announced.

Please contact me if you plan on attending the Fisher House Tour and/or if you are interested in the 33rd tour. There will also be sign-up sheets at the August 3rd Breakfast Meeting. You can reach me at 850-259-1155 or gayleret@cox.net.

Go Ambassadors, Go!!! Let's continue to recruit new members!!!!!!!!!!

PUBLIC RECORD

IN MEMORIAM: Col James M. Glenn, USAF (Ret), 6/24/2011. Col Glenn was a life member of our chapter; CWO4 George E. Rongner, USCG (Ret), 2/15/2011; Mrs. Patricia B. Brewer, AUX, 5/1/2010.

?

? 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. ?

We all have important documents. Are yours organized? Can they be retrieved when needed? Do yourself and your loved ones a favor and get these papers in order. Here are some suggestions:

To enable you or a family member to gain quick access when necessary, store one set of your important papers at home in a fireproof lockbox or safe. You might want to store a second set in a safe-deposit box at your financial institution and give a copy to your attorney. The executor of your will should have a copy of your will, the trustee and successor trustee of your trust should have copies of the trust, and the person named in your durable power of attorney should have a copy of that document.

Update your documents from time to time as needed:

1. Upon the death of a family member, particularly the loss of a spouse, revisit your documents, and make sure they're up-to-date.
2. If you move, wills tend to be pretty portable from state to state, but probate procedures might vary. A living trust might make sense in some states but not in others. To find out, contact an attorney.
3. As time goes by, perhaps the person who accepted your power of attorney is no longer able to carry out the duty or has moved or passed away. Make sure your family members know not only that your documents are in a home safe or a financial institution safe-deposit box but also know who has the combination to the safe or the key and authorization to the safe-deposit box. Keep in mind tax and estate laws change, so review your documents at least annually. They might require an update. Discard old documents that no longer are needed or are invalid.

You'll gain a sense of relief from knowing everything is in order and in the right place if your family members need to access your documents. (Source: MOAA)

So I Said.....

Change is inevitable, except from a vending machine.



Bill Van Hoesen

Don't stay silent! Call your members of Congress today. You may have seen it in the news: as part of the big budget agreement, leaders in Washington are considering altering the way cost-of-living adjustments (COLAs) are calculated in Social Security.

But what you may not know is that a similar change could affect YOU and your federal retirement annuity. If Congress changes the way COLAs are calculated, it could cost you hundreds each year and make it harder to get by in tough times.

Don't stay silent! Call your members of Congress today. It's easy and only takes a few minutes. Use the toll-free numbers and follow the simple instructions below:

Step 1: Dial 1-866-220-0044 for the Capitol. Ask the operator to connect you to your representative's office or supply your ZIP code.

Step 2: Tell the staff person who answers the telephone next where you live so he or she knows you are a constituent, then say:

"I am a retired/active (military department and rank)."

"I am calling because I want to voice my opposition to any attempt to change the way cost-of-living adjustments in the federal retirement program are calculated."

"IF RETIREE – A COLA change would squeeze millions of middle-class military retirees like me – cutting our already-thin fixed income – and potentially forcing seniors to choose between paying health-care premiums and buying groceries and gas."

"IF ACTIVE DUTY – A COLA change would hurt millions of retired military members who protected America and it would drive qualified, talented personnel out of military service."

"We serve (or have served) our country proudly and shouldn't be unfairly singled out to bear the burden of fixing a budget problem we didn't create. Thank you."

Step 3: Hang up, call 1-866-220-0044 again, and ask for one of your Senator's offices, and repeat the script above. Then, call your other Senator.

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Greetings!

As I write this, the rain gutters on my house are overflowing during a torrential downpour which has been going on for some time. The temperature is in the mid 70s but the national news is showing us as part of an overall heat wave that's breaking the record books. I can only assume the people who wrote this report are related to the ones who always predict that THIS hurricane season will be the worst on record and set new levels for property damage. Methinks they also own stock in Lowe's, Home Depot, and bottled water companies.....Thanks for reading that. I'm wanted to vent on that for some time.



Scott Berry

Note that Gayle Norgaard has made an initial cut on a quick reference guide elsewhere in this issue. We welcome your input. In fact, this would make a great service opportunity for a chapter member to add to and keep current. Any takers? You can work from the comfort of your home and get *paid* the same as *the President*.....of the chapter.

For those of you who are going hungry on Sunday mornings, try a pleasant and relaxing brunch at our Officers' Club, err, the All Ranks Club, no wait, the *Eglin Club*. I grilled a member who's seen it on a regular basis before and after the remodeling and he confessed that it's as good as before. Doors are open from 9:30 until 1 and members still get a \$1 discount. Sparkling bubbly is offered with the brunch option and you can sip it while enjoying the beautiful vista. So I encourage you to take advantage of this great opportunity. It's also a visible means of supporting your club. See you there!

Berry "OUT"

Here are some tips on how you can reduce the amount of money you spend on gas:

Lose weight. Not you — the car. You can save 1 to 2 percent of your fuel by getting rid of an extra 100 pounds.

Keep your speed down. Most vehicles have their best efficiency at 40 to 50 miles an hour. Every 10 miles an hour above those speeds you lose four miles a gallon. If you can take a rural road with few or no traffic lights, your gas tank is better off than being on a high-speed freeway.

Do all your errands in one trip. You'll save if you group them together rather than doing one in the morning and another in the evening. It takes a lot of gas to start a cold engine and get it running at peak efficiency. That's not to say you need to sprint into a store and out lest your engine lose its heat. You can do a leisurely shop; it takes a couple hours for your engine to cool down.

Avoid idling. In 2009, a senior consumer advice editor at Edmunds.com found in tests drivers who cut idling to no more than one minute typically make their gas last 19 percent longer.

Carpool. Sure, we've heard this a million times, but you can cut your transportation costs by half or more. So ask or make a friend in the neighborhood and arrange to carpool when you need to run errands. You'll win in two ways: you've saved money and you've got a new friend.

Accessorize carefully. The iPod plugged into your cigarette lighter is no big deal, but windshield wipers and the defroster shouldn't be overused. Individually, these devices don't use up all that much gas.

Go easy on the A/C. Don't turn it off if you're baking — whatever you'll save isn't worth it — and keep in mind that rolling down the windows on the freeway won't gain you much: The drag from the air rushing into the car cancels out whatever gas savings you're achieving by going A/C-less. The A/C compressor is a huge drag on gasoline efficiency, so if you're driving around town at less than top speeds and you can stand it, lower those windows, or at least set the air conditioner on low.

Check those gas-saving websites. Before you leave the house, check websites that tell you what stations in your area have the cheapest gas. You can try Gasbuddy.com or FuelMeUp.com. There's also the MapQuest gas prices site. It shows what stations have the cheapest gas — and how to get there.

Golf Truism

When you look up, causing an awful shot, you will always look down again at exactly the moment when you ought to start watching the ball if you ever want to see it again.

Chaplain's Column

PERSONAL AFFAIRS

By Gayle Norgaard, Committee Chairperson



Chaplain Shirley

Lessons From Afghanistan, Part One

By Sarah A. Shirley, Ch, Maj, USAF

If you open your Defender as soon as you receive it and read it from cover-to-cover (I know the thought of that makes our editor blossom with pride!),

you are reading this as I am getting my act together for my last couple of weeks in Afghanistan. As I write, I am a month out from departure, so I've been here for one year. As a matter of fact, after our unit chapel service the other night a fellow Floridian organized a little one-year anniversary party for me! We had smoked trout, smoked oysters, cream cheese, lovely flatbreads and water crackers, Bulgarian feta, and a thick curried lentil soup. Life in a warzone is not always as our family and friends imagine.

We called it a "one-year" anniversary rather than a "first" anniversary, because the nature of military deployments does not tend toward multiple years in one location. Indeed, it is a rare individual who is deployed continuously for longer than a year. But still, it was an anniversary. Anniversaries, like birthdays, are suitable occasions for house cleaning – for taking emotional, physical, financial, and emotional inventory, giving thanks for that which is redemptive, and resolving to change that which is not helpful in our lives. And so I began making a list of the things I have learned during my "first" year in Afghanistan, and I want to share what I have so far with you.

Being kind is always the better way. How many times have I learned that in my life? In my iPod I keep a note that reads, "Be polite. Don't take the bait." That's about helping me remember to be kind. Or moreover, about giving me the strength and the space to be kind, especially when I'm feeling hurt, angry, or afraid. Kindness is never inappropriate. It is a way of being, a way of comportment and human relations, even when holding very firm boundaries that include declining others' requests or demands. Exhibiting kindness leaves us with self-respect, tends not to create new problems to compound those already in our path, and sometimes opens the door for reconciliation. So, lesson one is definitely, being kind is always the better way.

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Important Phone Numbers to have available:

Casualty Assistance

- Eglin AFB Casualty Assistance- 850-882-4028
- Hurlburt Field Casualty Assistance- 850-884-5280
- Army Casualty Assistance-334-255-9124
- Navy/Marines Casualty Assistance-850-452-5996
- Civil Service-850-882-2720

National Cemeteries:

- Arlington National Cemetery-703-695-3250/3255
- Barrancas National Cemetery-850-453-4846/4108

Misc. Numbers:

- Social Security-800-772-1213
- VA Regional Office-800-827-1000
- American Red Cross-850-882-5848
- TRICARE at Eglin-850-883-8246
- Eglin Legal Office-850-882-4611 ext. 101
- AF Times Obituaries Fax Number-703-750-8601

(Editor's note: This is work-in-progress. We solicit member input to expand or correct the list. Please send your input to defender.editor@cox.net. Ensure you include area code and a short but clear description of the listing.)

Cheapskate's Guide to Living Longer

By incorporating these four items into your diet and daily practice, you can work toward turning back the clock and looking forward to a healthful future. Boost your immunity, prevent disease, and combat the wear and tear of everyday stress with the help of important antioxidants, essential omega fatty acids and a little bit of meditation.

Budget Longevity Booster #1: Black Tea. It's basic, old-fashioned and no frills, but black tea is a great source of flavonoids, a potent heart disease and cancer fighter. Don't dilute its healthful properties by adding too much cream or sugar; sip it straight. A 100 count package is less than \$5.

Budget Longevity Booster #2: Ground Flax Seed. Ground flax is a great source of heart- and brain-protecting Omega-3s. It's easy to incorporate ground flax

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Lightning Sighted at Eglin

The 33rd Fighter Wing at Eglin AFB, Fla., on July 14th welcomed the arrival of AF-9, the first production-model F-35A strike fighter to join the F-35 joint schoolhouse there. The aircraft touched down after a ferry flight from Fort Worth, TX. The wing will utilize AF-9, which is in the Air Force's conventional takeoff configuration, to help train F-35 pilots and maintainers who will begin coursework at Eglin's integrated training center this fall. "The exceptional capabilities of this fifth generation fighter are now in the very capable hands of the men and women of the 33rd Fighter Wing who are ushering in a new era of F-35 training," said Larry Lawson, F-35 program general manager for prime contractor Lockheed Martin, in the company's release. At full strength, 59 F-35s will call Eglin home for training purposes, including Marine Corps F-35Bs and Navy F-35Cs. (Source: Air Force-Magazine.Com) *(Editor's note: minor editing for clarification)*

President's Corner (cont.)

Continued from page 2

Goals of our organization, as outlined by the Military Officers Association of America are: (1) To promote the social welfare of the community, (2) To conduct programs for charitable, scientific, or educational purposes, (3) To sponsor or participate in activities of a patriotic nature, and (4) To provide social and recreational activities for its members. If you have any ideas to further these goals, please share them with the leadership. Your input is greatly appreciated and encouraged.

In closing, I thank you for your support as we continue to serve you and our country. Thanks and God Bless.

Legislative Musings (cont.)

Continued from page 3

Step 4: Call the White House at 1-888-225-8418 – Repeat the above script. Four calls can take less than 10 minutes, so call today! It's easy and only takes a few minutes.

Accept the fact that some days you're the pigeon, but most days you're the statue!

Chaplain's Column (cont.)

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"Act as if" really works if you do it long enough. When I was a child I was taught that I didn't have to feel a particular way to act a particular way. I was to act as if I wanted to go to school whether I wanted to or not. Perhaps that is why I ended up loving school. "Act as if" is different from being dishonest. "Fake it 'til you make it" doesn't mean becoming a fake or a fraud; it means practicing a skill or a behavior or a character trait until it becomes natural (or, when it comes to loving our enemies and hard stuff like that, at least a little less uncomfortable). The rub with this lesson is that it required continuous effort, and rarely works after only a few tries. Faking it takes over slowly, gradually, sort of magically. One day you're pretending to like the difficult boss (having done so since she arrived over three months ago!), and the next day you find yourself having a genuinely warm exchange with the (former) witch. Here in Afghanistan you can tell who has learned this lesson as well. Every day they enjoy being here. Every day they tell themselves and their colleagues in a genuine way how happy they are to be here. And they act accordingly. "Act as if" really works, even in Afghanistan, if you do it long enough.

There's never enough time, but there's always time enough. Ask anyone . . . I'm chronically behind. My eyes are bigger than my schedule. And now that I'm way past middle-age, it's pretty clear that I won't accomplish or experience everything I've ever wanted to. It's just not possible short of a few miracles. Perhaps you can relate. There are also so many places to experience and so many friends to visit and so many adventures to be had, and not nearly enough time or money. And so we make choices, and sometimes life makes choices for us. Illnesses, deaths, accidents, broken hearts, wars, and natural disasters reorganize our priorities, clear our schedules, and make everything else stop. Suddenly we have time to pay attention. Thankfully, surprise parties, new babies, falling in love, or a relative arriving in your deployed location also create blank spaces in our calendars where before there was only ink. Try telling that tornado you've got an appointment, or stopping your best friend's labor pains, or not having time to meet your cousin at the passenger terminal when she's on her way to a remote combat outpost. It just won't work! So the hurried schedule clears, and time miraculously expands. On the other hand, there's still a boatload

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Cheapskate's Guide (cont.)

Continued from page 5

into your diet. You can add it to yogurt, cereals, baked goods, smoothies, and much more thanks to its smooth, nutty flavor. It's very important to eat only ground flax; the body cannot digest or absorb the nutrients from whole seeds. A standard bag of ground flax is just \$4.

Budget Longevity Booster #3: Japanese Mushrooms. Whatever variety you choose - enoki, shitake or oyster - rest assured that Japanese mushrooms are a great immunity booster. They are also loaded with ergothioneine, a powerful antioxidant that does not get destroyed during the cooking process. You can get a carton of each kind all for under \$10.

Budget Immunity Booster #4: Chinese Harmony Balls. Stress management is an important step in adding years to your life. Stress is the #1 ager of the body and its effects can be beyond destructive. It's important to get a handle on stress; one way to achieve this is through meditation. Chinese harmony balls are a good way to Zen out. They target acupressure points that stimulate the release of healthy energy, the rhythmic motion can be relaxing, and they produce a gentle vibration and soothing sound. You can find them at Asian specialty stores or online for about \$9. (Source: DrOz.com)

Chaplain's Column (cont.)

Continued from page 6

of work to be done, people to see, and, of course, parties to attend! But time and space are very fluid and flexible when we allow them to be. So, lesson number three, but no less important than the first two, there's always time enough even though there's never enough time.

Is this all I've learned in more than a year in Afghanistan? Surely not! Besides, I knew all of these things before when I was lounging around in DC! But every time and place and context teaches us things in new and different ways. And some lessons have to be learned over and over again. For today, I'm going to focus on being kind, acting like I'm the person I want to be, and taking time to pay attention to other people. Stay tuned . . . in next month's column I'll let you know if it was worth it!

(Editor's note: Upon her return, Chaplain Shirley will take a sabbatical and do a year of Clinical Pastoral Education at the VA hospital in Murfreesboro TN.)

Quotable Quotes

"Until I was thirteen, I thought my name was SHUT UP."

Joe Namath

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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Membership Application/Renewal

New members joining this year receive membership through December 31, next year for \$34.00.

Membership Renewal

1 yr - \$34.00, 2 yr - \$65.00, 3 yr - \$85.00

Life Membership Dues**

Age	Dues	Age	Dues
101+	Free	71-75	342.00
96 - 99	57.00	66-70	398.00
91 - 95	94.00	61-65	448.00
86 - 90	152.00	56-60	489.00
81 - 85	214.00	51-55	519.00
76 - 80	281.00	-50	549.00

Auxiliary Members

Pay one half of the above rates

Last Name First Name Initial Spouse

Address City State & Zip Phone

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.**