



THE DEFENDER

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

Vol. 17 No. 11 Serving All Branches of The Uniformed Services NOVEMBER 2011

Breakfast Meeting & Discussion

When: Wed. 2 November 2011

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

Place: Westwood Retirement Resort

Program: Overview of Westwood services

Westwood Breakfast

Please:

- Make a reservation
- Wear a name tag
- Breakfast is complimentary courtesy of our Westwood hosts

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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Seventeenth Amendment

The Senate of the United States shall be composed of two Senators from each State, elected by the people thereof, for six years; and each Senator shall have one vote. The electors in each State shall have the qualifications requisite for electors of the most numerous branch of the State legislatures. When vacancies happen in the representation of any State in the Senate, the executive authority of such State shall issue writs of election to fill such vacancies: Provided, that the legislature of any State may empower the executive thereof to make temporary appointments until the people fill the vacancies by election as the legislature may direct.

Helping You to Help Yourself

By Ken Wright

Okay folks, as you know, Westwood Retirement Resort and Westwood Healthcare Center located in Fort Walton Beach, Florida, will be hosting and will be our guest Speaker at our November Meeting. The Westwood Retirement Resort has been a great friend to our organization and their facilities are top notch. Their facilities are located just five minutes from beautiful white sand beaches and the Gulf of Mexico. Only ten minutes from Eglin Air Force Base, the Westwood Retirement Resort is situated in the neighborhood with the Fort Walton Beach Medical Center, easily accessible to many professional services, shopping centers, a municipal golf course, tennis courts, the YMCA, and churches. Whether perfecting your stroke on the atrium's putting green, taking in a game of pool with friends, enjoying an impromptu concert around

the baby grand piano, or just enjoying the company of friends, Westwood has something for everyone. Westwood's atrium, where we will be having our Breakfast, is the center for resident activity but it is also the scene of many local community and cultural events such as art shows, flower shows, concerts and bazaars. Whether you are looking to simplify your life, or give up the burdens of home ownership, Westwood is the ideal place to call home. At Westwood, residents have endless opportunities to be active, healthy, experience new things, and make new friends – enjoying life to its fullest. Oh, did I tell you the Breakfast is FREE. Make sure you make your reservations, early. In closing, I recommend you attend our monthly meetings. *You never know what you might miss.*

As a courtesy to our Westwood hosts and to ensure the right amount of food is prepared, please make an RSVP if you plan to attend and then show up if you've made one. Westwood Retirement Resort is located at 1001 Mar Walt Dr. in Fort Walton Beach.

President's Corner

“Semper Paratus” By Ken Wright



Ken Wright

Our Annual Military Ball is upon us and I hope you have placed this event on your calendar. Emerald Grande is very excited in hosting this event with a great menu to choose from. You will have three entrée choices, some great music, and a dance floor awaiting your moves. Let's not forget, this is one of the biggest fundraisers for the Scholarship Fund and I expect we will have some great prizes to bid on. So get those wallets out and start buying those tickets. Also, we need your help in soliciting sponsors for the event. With a \$150.00 donation, we will allow them to put a small flyer/brochure on the tables, their name in the Military Ball's program, and of course a formal recognition from the podium by the President of the organization for their support. So, I hope December 8, 2011, is on your calendar and you get your Ticket Request Form mailed in soon. We only have 200 seats, so it will be first come first serve on the tickets. Let's also not forget, the Emerald Grande is offering a Two Bedroom Suite at \$139.00 that night to all the Military Ball attendees. Call the Emerald Grande at 850-424-0669 for details. If you have questions about our Military Ball, give me a call at 850-582-6442 or Dan Cobbs at 850-685-9415.

The New Member Reward Program is alive and well. As we noted at our meeting, all members who bring a visitor who becomes a NWFMOA member will get their next breakfast FREE.

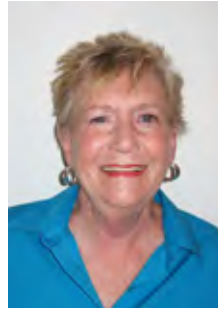
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PUBLIC RECORD

IN MEMORIAM: Lt Col Kenneth T. Lengfield, USAF (Ret), 10/7/2011.

NEW MEMBER: Lt Col Daniel F. Brown III, USAF (Ret).

MEMBERSHIP By Gayle Norgaard



Gayle Norgaard

Ambassadors: Remember to pick up extra Defenders at the Wednesday Breakfast Meeting to use when recruiting new members. The membership has an impact on our community and those in the military yesterday, today, and tomorrow. Breakfast meetings are held the first Wednesday of each month featuring speakers representing the military and the community. Here's what NWFMOA does:

- Throughout the year special programs and tours are organized for members.
- Sponsors local ROTC and JR ROTC units and recognizes outstanding cadets.
- Provides assistance to members and their families in time of need.
- Supports state and national legislation that benefits members.
- Publishes a monthly informative Newsletter with updated local, state, and national issues.

Discover the many benefits that are available as a member. Help another join today!!!

Recruit a new member and receive a free breakfast.

And last but CERTAINLY not least: Welcome to our new member, Daniel F. Brown III, Lt Col, USAF (Ret). We look forward to his involvement in our Chapter.

Member Spotlight



Marguerite Godbold

Chaplain's Column

By Sarah A. Shirley, Ch, Maj, FLANG

Appreciative Living

Being a creature of habit and tradition, each November I write about gratitude, the quality or feeling of being grateful or thankful. This year the word "appreciation" has been on my mind. I'll grant you that both "gratitude" and "thankful recognition" are synonymous with appreciation, but I still believe the word merits some individual consideration during this season of thanksgiving. Appreciation has several definitions that extend beyond gratitude, and they all involve movement. Gratitude must be expressed; appreciation is already active. Gratitude is all about thankfulness and can be self-contained; appreciation is about thankfulness, value, and relationship.

In their book, *A Positive Revolution in Change: Appreciative Inquiry*, David L. Cooperrider and Diana Whitney define it this way: Ap-pre'ci-ate, v., 1. valuing; the act of recognizing the best in people or the world around us; affirming past and present strengths, successes, and potentials; to perceive those things that give life (health, vitality, excellence) to living systems 2. to increase in value, e.g. the economy has appreciated in value. Synonyms: VALUING, PRIZING, ESTEEMING, and HONORING.

Appreciative Inquiry is a strength-based organizational development model that asks, "what works here?" rather than "what fails here?" It is a corporate version of what our grandmothers taught us in aphorisms such as, "you catch more flies with honey than with vinegar," and, "if you can't say something nice, don't say anything at all."

For decades now I've heard that workers value appreciation in the workplace over money bonuses or pay increases. I had my suspicions that such studies were fabricated to support underpayment of labor! In my military life I often wish we would spend more time producing and less time building morale, writing awards packages, and crafting letters of appreciation. When recognized myself, I quietly wish they would pay me more and keep their ribbon, certificate, or plaque. All of this proves, I think, just how ignorant and inconsistent I am!



Chaplain Shirley

Dump the Drugs at Eglin

Contributed by Wayne Cheatum, Chapter Member

Prescription drug abuse is the fastest-growing drug problem in the U.S, killing more people than car crashes in more than one-third of the states. Federal officials reported that 70% of people in the U.S who abuse prescription drugs such as narcotic painkillers get their supply from friends and family members. According to the Centers for Disease Control and Prevention, prescription drug abuse is an epidemic. Approximately one person died every 19 minutes as a result of an unintentional drug overdose, primarily involving prescription drugs. Eglin AFB Pharmacy, in partnership with the Security Forces and the DEA, will collect expired, unused, and unwanted prescription and over-the-counter drugs on October 29th 2011. From 10 am to 2 pm, police officials will be available to collect unwanted medications at the Satellite Pharmacy in the parking lot.

The rates of prescription drug abuse in the U.S. are increasing at an alarming rate. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away.

Eglin AFB Pharmacy, Security Forces, and the DEA are committed to reducing the supply of unwanted medications in the local community, especially those medications with a strong potential for misuse or abuse. Security Forces will offer this program, free of cost, and with no questions asked. Please note: ALL injectable medications and needles (ex: diabetic supplies, EpiPen, Lovenox, i.e.) will NOT be accepted during the take-back event. For more information, contact Capt Quan Tram @ 850-883-8000.

(Editor's note: Edited for space reasons. Capt Tram is aware we are publishing this article.)

Say What?

Beelzebug (n.): Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.

Continued on page 5

Do you know Thomas? No, not that one, this one: THOMAS, as in the spirit of Thomas Jefferson, the legislative information site of the Library of Congress, <http://thomas.loc.gov/home/thomas.php>. THOMAS was launched in January 1995 at the inception of the 104th Congress. The leadership of the 104th Congress directed the Library of Congress to make federal legislative information freely available to the public. Since that time THOMAS has expanded the scope of its offerings to include the following features and content:



Bill Van Hoesen

- Bills, Resolutions
- Activity in Congress
- Congressional Record
- Schedules, Calendars
- Committee Information
- Presidential Nominations
- Treaties
- Government Resources
- For Teachers
- Help and Contact

PRESIDENT'S OFFICERS CALL

By Ken Wright

Since the August Officers Call was such a great success, I'm hosting one at the Inn at the Destin Harbor, 402 Harbor Boulevard (Hwy 98), Destin, FL (Adjacent to Marina Café) on Thursday, November 10, 2011 from 5:30 – 7:30 PM. The Inn sits on the Destin harbor with a wonderful view. This will be a great opportunity for all officers--active, retired, and former--to meet and have a refreshment or two with their peers and share stories, network, and good old friendship. I encourage you to bring your spouses or significant others to share in this event. I also encourage you to share the news with fellow officers in hopes they join us and become members. Oh, did I tell you, your first two drinks to members are free while tickets last. So I hope to see you there.

By Patricia Bergquist, Auxiliary Member Advisory Committee, MOAA

The Survivor Benefit Plan (SBP) is an annuity with voluntary participation offered to service members upon retirement. SBP offers retirees a means of continuing a portion of their monthly retired pay for a surviving spouse. The maximum coverage that can be elected is 55 percent of retired pay. Without SBP, many surviving spouses would have insufficient income for their needs. Usually, all SBP costs are recovered in benefits paid to the beneficiary within three years of a retiree's death. Retirees pay the premiums from pretax dollars, which makes the annuity fully taxable to survivors. Any premiums refunded upon award of VA Dependency and Indemnity Compensation (DIC) also are fully taxable to the surviving spouse. A survivor may not receive both SBP and DIC because current law prohibits this. (MOAA is working to change that law.) SBP is payable for the surviving spouse's lifetime unless he or she remarries before age 55.

The VA pays DIC to a surviving spouse when a service member's death occurs on active duty or because of service-connected causes. DIC is tax-free, does not have an earnings test, and is payable regardless of other income. A surviving spouse awarded DIC receives compensation for his or her lifetime unless he or she remarries before age 57 or cohabitates as defined by the VA (living together as a married couple, owning property together, having a joint bank or financial accounts, introducing each other as husband and wife, et cetera). Chapter 12, page 99 of VA Federal Benefits for Veterans, Dependents, & Survivors states, "Surviving spouses lose eligibility if they remarry before age 57 or are living with another person who has been held out publicly as their spouse. They can regain their eligibility if their remarriage ends by death or divorce or if they cease living with the person." Check out Auxiliary Corner in the November 2011 issue of *The Affiliate* for the second installment of In the Know.

Tempus Fugit

Don't forget to turn your clocks back by one hour on Sunday, November 6th, at 2 AM.

Ticket Order Form for the NWFMOA

Annual Military Ball To benefit the Scholarship Fund

- 8 December, 2011, 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 the Tall Cotton Band

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 \$42.00 = \$ _____ 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, 2011.

MEMORIALIZATION

Jean Dutton has made a donation to our Scholarship Fund in memory of:

Col Richard A. (Dick) Dutton, USAF (Ret)

Chaplain’s Column (cont.)

Continued from page 3

While denigrating appreciation as less valuable than money, I continued to call gratitude my “first line of spiritual defense.” *The Five Languages of Appreciation in the Workplace* by Gary Chapman and Paul White takes Chapman’s popular Five Love Languages model and demonstrates how appreciating others in ways that are meaningful to them can transform entire organizations. While I might prefer money, ribbons and trophies and plaques and public recognition are more meaningful to others. Still others value time more than money or recognition, and so extra time off is how they feel appreciated and valued. This brings to mind traditional images of bringing mom breakfast in bed for Mother’s Day, or giving dad the day off from chores so he can play golf on Father’s Day. Okay, I know it’s sexist, but those are my images from growing up with June and Ward Cleaver. June really did make breakfast every day for the family, and Ward cheerfully completed the “honey-do” list, so giving them a break was a way of showing appreciation for the ways they served the family.

This Thanksgiving I’m asking you to do more than make a gratitude list. This year I’m asking you to make a decision to adopt an appreciation lifestyle . . . make appreciative living your year-round goal. Learn more about your family, friends, neighbors, and coworkers. Find out what makes them feel valued. At the same time, if you are feeling unappreciated, learn more about yourself. What would help you feel more valued? When you have identified those things, let those close to you know how they could help you feel more appreciated. In some cases, you may have to adjust yourself to circumstances and be willing to recognize appreciation as it is offered, since the world doesn’t often change to suit our preferences. However, that is no reason not to reap the benefits of looking for things to value in every person, place, or circumstance, and expressing appreciation whenever, wherever, and however we can.

I think the military is going to keep giving me ribbons rather than a bonus check. Time for me to start appreciating them!

loveliness out of the ugliness that sometimes is the human condition; these are the activities that bring us closer to God.

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Secretary's Scrawl By Scott Berry



Scott Berry

Greetings!

I'm a "cup half full" kinda guy. And from that perspective, I've seen a lot of good things happen in our chapter over the last 3-4 months which made me look back even further on some of our achievements.

First, the POW/MIA White Table, a concept that began when Jack Dale was president, has finally come to fruition. It now stands in a very open and dignified place surrounded by people who are painfully aware of its significance. For more on that see its photo in this issue. Second, the Scholarship Fund now has an endowment of over \$100,000. That amount was our initial goal but the financial plague we've seen over the past several years has made us rethink that. Third, we have our own web site which is a treasure trove of information. With that we graduated into the 21st century. Fourth, the chapter is sponsoring tours to educate our members (who are responding with enthusiasm) about what's out there—and also educate those out there about us. Fifth, we're reaching out to help our less fortunate veterans by giving of our time and material possessions via the Homeless Vet program. And sixth, we have chapter members who want to make a difference—maybe not as many as some of us would like—but we still have our head above water. The dissolution of the local DAV stands as a reminder of what can happen when people just stop wanting to care.

Like Rome, none of these came about in a day. There were speed bumps, road blocks (some self-inflicted), and backtracking from rabbit trails that led nowhere. But in the end it all came out positive.

While we are always seeking volunteers to take us to the next higher level, we're now at a time where members can officially raise their hand—2012 chapter officer nominations and elections. You don't need to be a rocket scientist. The accomplishments I've listed above were done by people who put their pants on one leg at a time and some of whom define "forte" as an Old West stockade manned by the cavalry. If you're not sure, call Ken Wright and talk to him.

One last thought. You'll notice an article about an upcoming President's Officers Call. This is a great opportunity to trade war stories and the one that got away

and recruit new members. To enhance attendance, there will be **FREE—GRATUS—NO CHARGE—FREEBIE** beverages while supplies last. I will speak only for myself: Ken Wright's money spends a lot better than mine and I'm always looking for "financial efficiency." Get my drift?

Berry "OUT"



NWFMOA's White Table is displayed in the 7 SFG (A)'s dining facility prior to its October 14th Open House

Chaplain's Column (cont.)

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As election season gears up and it is so easy to criticize and condemn, I invite you to seek loveliness in all things, especially in those individuals with whom you passionately disagree. As economic troubles afflict so many of us, seek ways to be generous. If you are able to find something lovely in people or places or situations that you hitherto found unbearable, you have brought grace and beauty and healing to the world, if only for a moment. Thanks be to God!

Readers, if you accept my invitation, please tell me about it! Did seeking loveliness change you, your situation, your perspective, or your feelings? Write to me at sarahshirley@gmail.com.

President's Corner (cont.)

Continued from page 2

Are you looking to serve our Great Organization? Do you want to make a difference in the lives of our local and national servicemen and women? Do you have ideas to make our organization better? If your answer is yes to anyone of these questions, give me a call at 850-582-6442. Our nomination period has begun for the 2012 Executive Committee and we have Officers and Board of Directors positions available. Thanks in advance for your willingness to serve.

I must always close with, you are the membership and we need you to continue our organization's goals to (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.

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 _____

Your 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

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

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.

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

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

Life Membership Dues**

<u>Age</u>	<u>Dues</u>	<u>Age</u>	<u>Dues</u>
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