



CORONADO CHAPTER NEWSLETTER

VOLUME 37 NUMBER 2

February 2010

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PRESIDENTS NOTES by President Allen Rossow

With our January meeting, your new Board was sworn in and we are looking forward to another successful year. We looked for talented and dedicated members to join our Board, in a couple of key positions.

Tom Finnegan is developing new programs and menus. He has great ideas and solid contacts on Post and at the State level for this year's programs. He has selected Prime Rib for this month's dinner.

Highlights for 2010: In April, we will recognize our 2010 Scholarship winners. Tom will provide updates on the Governor's Military Affairs Commission, the focus items of the Huachuca 50, and some information on the recently established Western Region Partnership. In May, we will host the Spring meeting of the Arizona Council of Chapters. Presidents of the other Chapters will join us for dinner, and hold their meeting the following day.

Helen will continue to take your reservations. She must provide our guarantee on the preceding Monday, so have your reservation in the mail early the week before.

Alex Okimoto has the reins for our membership efforts. But the most effective recruiters are you, the members – the new neighbor, old friends, or new arrivals to our city. MOAA is the largest and most powerful voice on Capitol Hill; we do make a difference.



LEGISLATIVE AFFAIRS by Gene Fenstermacher, Colonel USAF (Ret)

We have mounted a concerted Email effort to urge our legislators to act immediately to stop the 21% cut in Medicare/TRICARE payments to doctors now scheduled to take effect on 1 March 2010, and to also raise the \$1,860 annual cap on Medicare payments for physical/speech/ occupational therapy that took effect on 1 January. Unless Congress acts before 1 March, millions of seniors and **active duty military and their families** risk having their doctors stop seeing them, and thousands of stroke/accident victims will start bumping against the therapy cap.

If you have not been a part of that effort and would like to become involved in making a difference, drop me a line at fensteg@cox.net and ask to be added to my Federal and State Legislative Updates Email list.

On Wednesday, 20 January, the House Veterans Affairs Committee welcomed MOAA and other military and veterans groups for a wide-ranging discussion on 2010 legislative priorities for veterans. MOAA Deputy Director Bob Norton, USA-Ret. testified for the Association. More than a dozen legislators participated in the session. MOAA-cited goals included:

1. VA caregiver compensation and benefits legislation.

cont on page 5



INSTALLATION OF DIRECTORS AT THE JANUARY 21, 2010 DINNER
 L to R: Front Row: Col. Allen Rossow (incumbent), Col Tom Finnegan, Col. Bob Abney, (incumbent) Col. Alexander Okimoto, Col. John Black (incumbent), Col .Ron Pflipsen (incumbent) ; L to R; Back Row, (barely visible) LTC Paul Puttkammer, LTC Earl Devine, LTC Terri Gent (all incumbent) Induction was performed by BG Kenneth Symmes, USA (Ret)

HEALTH TRENDS

Getting and Staying Healthy As You Age

As we grow older, it becomes especially important to do all we can to safeguard our health. Fortunately, achieving that goal doesn't necessarily require that you make wholesale lifestyle changes. Often, taking a few small steps can go a long way in improving your health.

Practice a Healthy Lifestyle

To stay healthy, maintain a healthy weight and eat a balanced diet. This is especially important in treating such conditions as heart disease, stroke, cancer and diabetes. A balanced diet includes five servings of fruits or vegetables a day, and food low in saturated fats and high in fiber and whole grains.

Keep Active

People of all ages benefit from physical activity. Start slowly with mild to moderate exercise. Walking is good exercise. Being active helps: weight control, keep the heart strong, lower blood pressure, decrease risk of stroke, keep bones, muscles, and joints healthy, and relieves anxiety and depression.

HEALTH TRENDS (cont)

Have Regular Checkups and Screenings

Cancer Screenings — Screenings often detect cancer at an early stage.

Breast Cancer Screenings — may start for women at age 40. If over 70 consult your health care provider for your need for continued screenings.

Colorectal cancer screening — usually start at age 50. If you are over 75, ask your primary care physician about your need for continued screening.

Abdominal Aortic aneurysm — Men who are between 65 and 74 who have smoked more than 100 cigarettes in a lifetime should be screened. Ask your primary care provider about a one time screening.

Osteoporosis: — Women aged 60 at high risk and women 65-plus at normal risk should be screened.

Immunizations — Every fall get your flu shot. Every 10 years get a Tetanus and Diphtheria booster shot.

Stop smoking and limit alcohol intake.

Courtesy of So. AZ VA Health Care System

THE TECH SECTOR

by Capt Bill Colberg, USAR (Ret)

Ever notice when you go to the PX or BX that they give you a flyer? And in the flyer are all the latest, greatest electronic things you can buy. I always turn to the TV or video sector. This section shows what people are buying today. In fact I look at this and I'm wondering what a blue ray player is. Do I need one? I don't know if I am missing out on something. I turn the page where speakers are, but I cannot imagine what they do for \$1600.

I remember though, when I was in Vietnam I could not wait to buy a camera or a 10 inch reel to reel tape deck. I think it's out in the garage somewhere today. So what are kids buying today? I'm looking at this flyer and it says Xbox 360 Military Appreciation Hardware Bundle. Okay now that I'm in my 60s, I'm not sure what to do with the 360 Xbox, I see this is right next to the WII machine which Intrigues me. It looks like it runs exercises on a TV. Now this Seems like a reasonable idea to me. I do watch TV. But this other stuff is kind of beyond me. I don't know where we are beginning to get carried away. Of course I am dictating article by just talking to my computer on software. So is all this stuff gone beyond realty today? I'm still not sure if we have gone too far. After all we now have your TV wrist watches that Dick Tracy was talking about many years ago, for those of us who know about that stuff.

Please take the time to look at our website. www.CoronadoMooa.org. We try to make changes every week. We get updates on the legislation and other updates too. There are new articles we post, we have links that are very important and I am adding new things every month. See you at the top!

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LEGISLATIVE AFFAIRS (cont from page 3)

2. Readjustment of wounded warriors - 'seamless transition', with priority attention for veterans with PTSD/TBI, women veterans and those at risk of becoming homeless. A separate joint DoD-VA agency should be created to oversee multiple initiatives.
3. Overhaul of the VA claims system. MOAA recommends moving to a paperless, integrated system as quickly as possible to address a backlog expected to approach a million claims.
4. Survivors' benefits upgrades, including increased dependency and indemnity compensation (DIC), allowing DIC retention for survivors who remarry after age 55, and creating a housing allowance for survivors who use survivor educational benefits.
5. GI Bill Upgrades, including coverage for full-time National Guard service members on state active duty orders, allowing NOAA and USPHS officers to transfer benefits to family members, and streamline the rate mechanism for the cost of attending a public college

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SCHOLARSHIP NOTES
By Col John Black, USA (Ret)

Based on the generosity of our members the Chapter will be awarding a total of seven \$1,000 scholarships to high school seniors in the surrounding area for the 2009—2010 school year. Scholarships can be used at a community college, a four year college or university, or a service academy.

One scholarship will be awarded to the best qualified Junior Reserve Officer Training Corps student at Buena High School. This \$1,000 scholarship was donated by Helen Wege in memory of her loving husband, LTC Hans Wege.

Additional scholarships will be awarded to the best qualified graduating seniors whose parents, grandparents, or legal guardian are on active duty,

SCHOLARSHIP NOTES (cont)

active reserve in a drill status, National Guard, or Retired from a uniformed service.

All local high schools have been notified of our scholarship requirements and timelines. Applications will be due in March, 2010, and our Scholarship Dinner Meeting will be in April.

If you know of any qualifying graduating seniors that might be interested in applying for one of our scholarships, please contact me at 378-0209, or johnandjoanblack@cox.net.

Thanks again for the outstanding support for our Chapter Scholarship Program.

Heliogram / Address Updates

- I would like to receive my *Heliogram* via coronadomoaa.org website _____
- I would like to receive my *Heliogram* via email _____
- My current email address is _____
- I would like to receive my *Heliogram* through the US Post Office _____

I know that I have provided this in the past; but I would like to insure my information is current:

- Name: _____
- Address: _____
- E-mail: _____
- Telephone: _____

Any other changes – I've changed my birthday, spouse, or some other thing: _____

How do I submit this? Call or email ==

A through C	Allen	Alrossow@cox.net	439-4144
D through G	Duane	brabec@cox.net	378-2732
H through L	Ron	pflip1@mac.com	417-0175
M through Q	Bill	colbergw@cox.net	439-3960
R through T	Paul	pputt@earthlink.net	803-0255
W through Z	Bob	roabney@cox.net	378-0131

Or enclose with your Dinner reservation:

Coronado Chapter, MOAA
 Post Office Box 1685
 Sierra Vista, AZ 85636-1685

SCHOLARSHIP DONORS 2010

SIGNIFICANT DONORS (\$100 or More)

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Jane Gonseth	William Hicks
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Jeffrey Stolrow	David Waldman
Richard R White	Archie Woodin



MOAA BIRTHDAYS
by Joan Connor

We want to wish Happy Birthday to our members. The only things kids wear out faster than shoes is grandparents.

February: 2: Judy McCrum, Jackie Pflipsen, Carole Brown; 3: Lucy Fenstermacher, Maryann Newcomer, Gene Fenstermacher; 4: Kay McCleary; 5: Susan Day; 7: Elsie Woodin; 9: Ellen Grombacher, Timothy Quinn; 10: Dorothy Dietz; 10: Janet Bobar, Candy Walther; 11: Suzanne Mekkelson; 12: Terrie Gent; 14: Neva Chun; 17: Jane Gonseth; 20: Carolyn Walters; 21: Linda Didonato, Nancy Rea, Peter Mekkelson, Michael McGurk; 22: Georgia Page, Roy Strom, Harry Brown; 24: Lindy Puttkammer; 27: Pat Ross.

MEMBERSHIP STATUS:

Regular Members 211
Auxiliary Members 29

TOTAL 240

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THURSDAY, FEBRUARY 18, 2010 DINNER RESERVATION FORM
Thunder Mountain Activity Center — Social Hour 1800 — Dinner 1900

My Name _____
Guest Name(s) _____

Check Information

Amount for meal @ \$25 each _____
Amount for Operating Fund _____
Amount for Scholarship Fund _____
Check total _____

Please make your reservation prior to February 8, 2010

Contact person for reservations is Helen Patterson, phone 458-2032, email: hdpatterson.2006@yahoo.com

Make check payable to Coronado Chapter, MOAA and mail to: **Reservations, Coronado Chapter, MOAA, P. O. Box 1685, Sierra Vista, AZ. 85636-1685.** (Note on envelope Dinner Reservation or Luncheon Reservation)

*Please change the following information for me: Address _____
Phone: _____ Email: _____*

CHAPTER MEMBERSHIP APPLICATION

1. First fill out the form below.
2. If you already belong to National MOAA, then **your first calendar year of chapter membership is free.**
Regular members - \$15.00 per year after the 1st year
Associate members - \$10.00 per year
3. If you do not belong to National MOAA or have any questions, contact Allen Rossow at 439-4144 or alrossow@cox.net for details

Last Name _____ First Name _____ MI _____ Spouse First Name _____
Rank _____ Service _____ National MOAA Number _____

Street Address _____ City _____ State _____ Zip _____ - _____

Home Phone Number _____ Work Phone Number _____

Please circle as appropriate: ARMY---AIR FORCE---NAVY---MARINE CORPS---COAST GUARD---NOAA---PUBLIC HEALTH SERVICE

Please circle all that apply: REGULAR--- RESERVE--- NATIONAL GUARD--- FORMER OFFICER---ACTIVE--- RETIRED---

MALE--- FEMALE---WIDOW___ WIDOWER ___

Member Date of Birth: MM ___ / DD ___ / YYYY ___ Spouse Date of Birth: MM ___ / DD ___ / YYYY ___

E-mail Address _____

I am currently a member in good standing with MOAA.

Please mail this form to

Military Officers Association of America

Coronado Chapter

P. O. Box 1685

Sierra Vista, AZ. 85636-1685

Applicant Signature and Date _____

SPONSOR _____

OFFICERS

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FUTURE MEETING DATES

BOD MEETING — 11:30 February 17

February 18 — Dinner Meeting
Cocktails — 1800 Dinner — 1900

MENU: Prime Rob w/ horse radish & au jus
Mixed Green Salad w’ dressing
Cauliflower/Broccoli/ Carrots
Oven Roasted Red Potatoes w/herbs
Dinner rolls & butter
Dessert: Assorted Mousse

PROGRAM: Colonel Timothy Faulkner, USA
Commander, Fort Huachuca Garrison.
“State of Fort Huachuca”

BOD MEETING — 11:30 March 17th

March 18, 2010 — Dinner Meeting
Cocktails — 1800 Dinner — 1900

MENU: TBA

PROGRAM ; TBA

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