



CORONADO CHAPTER NEWSLETTER

VOLUME 36 NUMBER 1

January 2009

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PRESIDENTS NOTES

by

President Allen Rossow

We sincerely hope that all enjoyed the Holidays, time with families, time to rejoice, time to reflect, time to celebrate.

We enter the New Year with changes to better our Chapter.

- Our Chapter website is up – coronado-moaa.org. We will be adding more tabs, pages and information.
 - Thunder Mountain Activity Centre has been under going reviews and inspections. A new sound system has been installed; a new chef has been hired; a permanent manager has been appointed; and a new HVAC system is on the way. They are improving.
 - We will continue to survey on our programs and meals – your advice and comments do actually help us select menus and programs.
 - At the end of the year, we fulfilled our commitments for those worthwhile projects, including the pavers and Carillion, at the SW AZ Veteran's Memorial Cemetery.
 - Chapter dues are payable in January each year. You can enclose your check with your lunch reservation, or in a separate envelop, marked Treasurer in the address block - \$15.00 for members, \$10.00 for Auxiliary members
 - National's initiative of a cover wrap inviting National members who are not a member of a local Chapter has been successful. We received four new members in October and all joined, six more in November, and we will receive more at the end of December. Please greet and welcome the new members at our luncheon/dinner meetings.
 - We have held our elections: Terrie Gent has been re-elected for another term; Harry Bowen and
- (cont on page 4)



LEGISLATIVE AFFAIRS

by

Gene Fenstermacher, Colonel USAF (Ret)

CRDP/CRSC Open Season: Retired service members eligible for both Concurrent Retirement and

Disability Pay (CRDP) and Combat-Related Special Compensation (CRSC) may participate in the CRDP/CRSC open season to choose which payment is most beneficial to them. This year's annual open season is from 1 to 31 Jan 09. Beginning in late December, all eligible retirees should be mailed a CRDP/CRSC Open Season Election Form. The election form includes a comparison of the CRDP and CRSC entitlement amounts as well as information about the tax ramifications. You need to return the form only if making a change from CRDP to CRSC or vice versa.

If the form or your envelope is dated after 31 January, it will not be processed and the current payments will continue. Return your form quickly and your change of payment should be effective by the first business day of February 2009. Your change in pay will occur on the first business day of March if it does not occur in February, but there will be a retroactive adjustment for the payment that would have been paid on the first business day in February. If you are not receiving CRSC and think you might be eligible, contact me at **378-1471** or at fensteg@cox.net and I will put you in touch with our local 'CRSC Ambassador' (who is a MOAA member) who will help you determine whether you qualify and whether it is to your advantage to apply.

On taxes, the Retiree and Annuitant 1099R tax statements for 2008 are scheduled to be mailed by DFAS on 16 December. It's that time again to start assembling all of the documents needed to file our Federal and State Income Tax Returns.

(cont on page 7)



TREASURER'S REPORT

by
Bob Abney, Col., USA, Ret

A word from your “friendly” treasurer. As we approach the end of our fiscal year, I would like to report to you that the financial health of the chapter remains solid and we have no outstanding debts. The Board of Directors has been frugal in handling chapter money and the operations fund balance is more than \$8,000.00. The scholarship fund balance is slightly more than \$10,500.00. You awarded five \$1,000.00 scholarships this year and have committed to awarding five in 2009, so donations are always welcome. In short, our total unencumbered assets are \$287.19 more than at this point last year, so your chapter remains vibrant and solvent.

I want to thank all who have contributed to the scholarship fund. Your generosity is certainly appreciated and has benefited some of the most deserving students in area schools.

On another topic, membership fees for calendar year 2009 for those needing to renew their membership will be due on January 1, 2009 and delinquent after March 1, 2009.

Fees are \$15.00 for regular members and \$10.00 for auxiliary members. Please make checks payable to Coronado Chapter, MOAA, and mail to:

Treasurer
Coronado Chapter MOAA
P.O. Box 1685
Sierra Vista, AZ 85650

You can also pay annual dues by using the Chapter Membership Application form in the monthly Heliogram newsletter and including the form and payment with your dinner or luncheon reservations. This method saves the chapter the postage costs of repeated dues notification letters.

Thanks and best wishes for a Merry Christmas and Happy New Year.

CARILLON DONATIONS — \$333.00

Donations of more than \$100.00

White, Bob

Louis Mathern

Donors

Abney, Bob

Montagne, Ernest

Berkshire, Harry

Newcomer, Don

Grombacher, Ellen

Patterson, David

Haynes, Harvey

Pflipsen, Ron

Holcomb, Edward

Rossow, Allen

Kirmse, George

Rumore, Sam

Marlow, John

Symmes, Ken

Chun, Merton

Puttkammer, Paul

PRESIDENTS NOTES (cont from page 3)

Phil Cerami have joined as Directors and Carl Bromund has returned to the Board. These returning and new members will be sworn in at the January luncheon. Again please welcome them to our Board.

To George, Susan, and Paul, we offer a sincere Thank You for your contributions to our Chapter and your continued service to our Community.

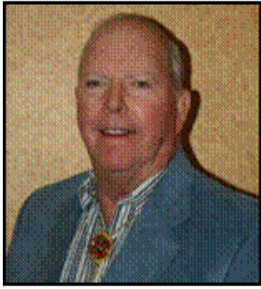
With donations from our December dinner we have completed our commitments for the SAVMC Pavers and the Carillon projects. CONGRATULATIONS TO ALL.

2009 promises to be an exciting new year for our Chapter, with new initiatives and projects. Each of us are recruiters – invite the new neighbor or acquaintance to attend a luncheon or dinner meeting to join our Chapter. There are many in our area who are not members or even aware of our Chapter. We are growing and still earning the 5-Star recognition bestowed on the Chapter. Let’s keep up the good work.



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PERSONAL AFFAIRS
by
Col Bob White USMC (Ret)

The following pamphlets pertaining to personal affairs are available FREE from MOAA Headquarters.

- ** PERSONAL AFFAIRS HANDBOOK
- ** SURVIVOR'S CHECKLIST

In order to obtain either or both of them a member or survivor needs to call MOAA Benefits Information at (800) 234-6622 and ask to receive the following MOAA publications:

Either publication can be ordered on line or by phone at the above listed numbers.

Note: Be sure to have your MOAA membership number handy when you contact them.

Our Chapter website is up and running, (www.coronadomoaa.org). You will find a Personal Affairs link or tab which will address most information a Chapter member or survivor would need to know regarding needs, resources, and any assistance which might be available.



HEALTH MATTERS
by
Susan Struck, LtCol, USAFR, Ret

Now that the holidays are a fading, hopefully wonderful memory, a lot of us

need to look at what our eating of delicious foods and imbibing of celebratory drinks have done to our precious bodies!

Dieting alone is not very effective for most people, and not much fun either. Weight loss ideas I found from Brian Wansink's and Dr. George Blackburn's diet disconnects on www.healthandwellnessclub.com.

These are just a few of their ideas:

- 1) When you are eating, don't do anything else. Multitasking while munching leads to more calories ingested. (Think movie watching and eating giant popcorn.) Watching TV, talking on the phone, reading while eating, etc. disconnects us from our being able to watch how much we eat.
- 2) Eat alone when possible. You can keep better track of calories this way. The sociability of eating with friends and even family tends to make us eat the same as our possibly overweight friends. "People who eat together gain weight together", tends to be true according to research studies.
- 3) Do not have unreasonable weight loss goals. This tends to lead to self-imposed failures. Set a 10% weight loss goal instead of 20-25% weight loss as most dieters want to do.
- 4) Make very small changes in calorie restrictions. Cutting back on the 100-200 calorie snacks, soft drinks, extra evening martini, every day can make a big dietary fix. Another idea is to leave 1/8 of our meal on our plate.
- 5) Don't use exercise as a way to lose weight. (Wow, different concept, huh?) Exercise tends to make us hungry, and we tend to think exercise for 1/2 hour gives us 200 more calories to eat. This is counter-productive. Instead, use exercise for overall health and fitness, but not as a weight-loss technique.
- 6) Limit variety of foods we eat at one meal. Eating a large variety tends to entice our tastebuds more than eating a few different foods, so we eat more. At a buffet, for example, limit our plates to only a few items at a time.





MOAA Birthdays by Joan Connor

"Growing old is mandatory; growing up is optional." Here's some very happy birthday greetings to those celebrating their youth this month. May we always be young at heart. Happy Birthday!

JANUARY 2009: 1: Francis Ivey, Janet Richards; 2: Susan Schneider; 6: Robert Doak; 8: Ellie Caulfield; 10: Gerald Richey, Al Davies; 11: Anne Carter, Joyce Warren, Anthony Wisniewski; 13: Helen Cassidy; 14: Gary Munroe, Patrick Bell; 15: Kay Zoller; 16: Charles Anderson; 17: Charles Hughes, David Waldmann; 18: Rachel Anderson; 19: William Hicks; 20: Karen Culp; 23: Melissa Sturgeon; 24: Stephen Lindblom; 25: Kenneth Ballenger Mary Burke; 26: Roy Kindred; 27: Kathleen Kinder, Roy Zeagler; 28: Arlene Price, Thomas Dingwall; 30: Francis McMunigle, Norman Patton, Jason Schmidt; 31: Harry Bowen

SCHOLARSHIP DONORS

SIGNIFICANT DONORS (\$100 or More)

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Ron Saeger

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Rick Mueller Narburgh, Charles
Don Newcomer Todd Newell
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Current Membership (as of September 20, 2008)
257
Regular Members —227
Auxiliary Members —30

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www.nancyrea.com

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Legislative Affairs (cont from page 3)

Remember, you have until 31 December to mail your Military Family Relief Fund (MFRF) Arizona Tax Credit donation to the address shown below, with a slip of paper showing your name and mailing address and the last four digits in your Social Security number. Donors doing so will be mailed a receipt for tax purposes.

Mail your donation made out to ‘**Military Family Relief Fund**’ to:

MFRF
c/o Arizona Department of Veterans’ Services 3839
N. 3rd St., Ste. 200
Phoenix, AZ 85012

Remember, the full amount of this worthy donation up to \$200 per individual (\$400 on a joint return) is fully deductible from what you owe in AZ Income Taxes (as reported on the new 2008 Arizona **Form 340**). This tax credit can be taken in addition to all (if any) other tax credit deductions where the total of all such deductions does not exceed your total 2008 tax liability. So like Qualified Charities, Public School and Private School Tuition Organization donations (as reported on Arizona Tax **Forms 321, 322, and 323** respectively), **it in effect costs you nothing to make a MFRF donation**. If you have any questions, give me a call at **378-1471**.

Or for more information you can contact AZ Dept. of Veterans’ Services (AZDVS) **MFRF Outreach Coordinator** [Diane E. D’Angelo](#) at (602) 263-1837.

Sierra Vista Regional Health Center Programs
conducted at
the Wellness Depot at the Mall at Sierra Vista

Wednesday, Jan 7, 2009 at 10:00 AM & 3:00PM
“Homeopathy: An introduction to the Other Remedies”

Tuesday, Jan 13, 2009 at 4:00 PM to 5:00 PM
“Staying Healthy during Cold and Flu Season”

Every Wednesday Morning 8:30 to 9:30
A Chair Yoga Class

Historical Soldiers Relocation Project
Coronado Chapter Paver



PAVER DONORS

Significant Donors

Gene Fenstermacher Allen Rossow
Bob White

Donors

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465 E. Fry Blvd. Sierra Vista, AZ 85635

JANUARY 15, 2009 LUNCHEON RESERVATION FORM
Thunder Mountain Activity Center — Buffet Line opens at 11:30

My Name _____
Guest Name(s) _____

Check Information

Amount for meal @ \$25 each _____
Amount for Operating Fund _____
Amount for Scholarship Fund _____
Amount donated for AMVETS Memorial Carillon Project _____

Check total _____

Reservations MUST be received no later than January 5, 2009

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)

NOTICE

Should the chapter go to all evening monthly dinner meetings? **Please circle one of the following:** Continue alternating monthly evening dinners and luncheon meetings or Go to all monthly evening meetings

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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cbromund@powerc.net..... 366-0502
2nd Vice President LTC Ernest Montagne, USA (Ret.)
ernie.montagne@cox.net.....378-4601
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tom.day@US.army.mil.....533-4748

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connectdiver@cox.net.....459-5170

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Note: (*) To be sworn in at January meeting.

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FUTURE MEETING DATES

BOD MEETING — 11:30 Jan 14

BOD MEETING — 11:30 FEB 18

JANUARY 15 — LUNCHEON BUFFET MEETING


MENU: Taste of Italy: Meatballs, Chicken Parmesan, Build your own pasta (cheese tortellini, penne, marinara, alfredo; Italian vegetable medley, tosses salad, Chef's choice dessert.

PROGRAM : LtCol Rebecca Sarsfield, Chief, Preventative Medicine, RW Bliss Health Center

FEBRUARY 19TH — DINNER MEETING

MENU: Pork Roast layered over apple almond stuffing, w/port wine sauce, Green bean almondine, parsley new potatoes, salad, Chef's choice dessert.

PROGRAM: MG Susan S Lawrence, CG Net-com/9th Signal Comd (Army) (pending)



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High Desert Dentristry
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Sierra Vista, AZ 85635
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www.highdesertdentristry.com