



## CORONADO CHAPTER NEWSLETTER

VOLUME 36 NUMBER 7

September 2009

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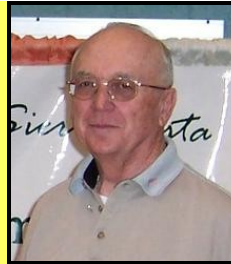
### PRESIDENTS NOTES by President Allen Rossow

“Where’s your President’s report?” I’m impressed – I had three emails on the day the Heliogram arrived and many calls later. Truth is I did not get my column submitted on time. But the questions indicated many actually read the Heliogram, and that is rewarding!

Our October program will be special – Lt Col Wolfgang Schueller, German Liaison Officer to the USA Intelligence Center and School, will describe his Germany Today. Since many of us served in the Federal Republic of Germany and with our focus and attention on East Germany, he will discuss the many changes since the Berlin Wall came down - the economy, and his army of today. And we will have our own Oktoberfest dinner with wine and music.

Your Board of Directors has been studying the most effective way to deliver the Heliogram. Most Chapters today publish an electronic version. Over the next few months, we must determine which method you desire. You will be able to read it on our website [coronadomoaa.org](http://coronadomoaa.org), or we can send it via email. For those that wish a paper copy, we will mail the paper version. The email and website options will save money for the Chapter. The website version is available today. We expect to learn that many email addresses are not current. To help maintain current contact with all members, we ask that you complete the Heliogram/Address form in this issue. I know that many of you will wonder why we want you to give the same address that you have had for the past 20

(cont on page 4)



### LEGISLATIVE AFFAIRS by Gene Fenstermacher, Colonel USAF (Ret)

Under Legislation passed last year, some TRICARE services are now free:

As of 1 September, certain TRICARE beneficiaries no longer have to pay out of pocket for immunizations, mammograms and some other preventive services. However, the new benefit does not apply to all preventive services or to Medicare-eligible beneficiaries [who are generally fully covered for such preventative measures by Medicare and TRICARE for life].

Also as of 1 September beneficiaries can request reimbursement for any of these covered preventive services that they have paid for since 14 Oct. 2008. The benefit is retroactive to that date, when it was signed into law.

Covered preventive services include screenings for colorectal cancer, breast cancer, cervical cancer and prostate cancer; immunizations; and certain physical exams, including well-child visits for children younger than 6. This means the patient has no co-payments or cost shares, even if his or her annual Tricare deductible has not been met.

Here’s how to get reimbursed:

\* No claim form is required. Beneficiaries should contact the Tricare contractor that processed their claim and request a reimbursement. Beneficiaries may call or write; written requests should include the sponsor’s Social Security number, full names and dates of birth of all dependents, and a current mailing address.

(cont on page 4)

## LEGISLATIVE AFFAIRS (cont from page 3)

\* Beneficiaries will be reimbursed directly by the contractor.

TAKE NOTE: Agent Orange has now been linked to more Diseases.

In its recent review of medical research into the long-term effects of exposure to herbicides in Vietnam, the Institute of Medicine (IOM) concluded that there is a suggestive link between exposure to Agent Orange and Ischemic Heart Disease, Parkinson's Disease and certain rare cancers.



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## PRESIDENT'S NOTES (cont from page 3)

years.... or your telephone number ....or your spouse's name....or your e-mail address! Well, many of us change telephone numbers, e-mail addresses and have other changes in our lives. But our data base is only as good as the latest information we have on file. Each month, we have Heliograms returned by the US Post Office or we try to contact a member, and learn that we do not have a current telephone number or e-mail address. If you will assist in this effort by completing the Heliogram / Address form, you can return it to the Chapter with your November Dinner Reservation form. Or you can call or email to one of you Directors – the Heliogram Update Flyer is this issue.

We will also be holding elections for vacancies on your board. If you are interested in taking an active role in your Chapter, please contact Past President Joe Gill (joegill1@cox.net) or myself.

We are working on our November dinner speaker, the meal is set. But for December, we have already scheduled our traditional Christmas program featuring the Serra Vista Community Chorus. We will also collect canned goods for the Chaplains' food locker, and small new (still packaged) toys. Please support this excellent program.

On 8-9 October, Lucinda and I will attend the AZ Council of Chapters at Luke AF Base. Then on 23-25 October, we will travel to San Diego for the MOAA President's meeting. Adm Ryan will present the flag streamers to those Chapters that achieved the coveted Four-Star and Five Star awards. Ours will be displayed at our November dinner. Also, on 30 October, in Phoenix, two of our most distinguished members and long time leaders, Ken Symmes and Gene Fenstermacher, along with Sierra Vista Herald senior reporter Bill Hess and 16 others from across the state will be inducted into the Arizona Veterans Hall of Fame for 2009! They continue to be stalwarts of our Chapter and our community, and their recognition is truly deserving.

**From the Secretary, Coronado Chapter MOAA.**

**Coronado Chapter MOAA 2009 Officer Elections**

The Coronado Chapter MOAA currently has the following positions up for re-election for 2 year terms.

The slate of officers submitted by the nominating committee is the following:

- President-** Allen Rossow (incumbent)
- 1<sup>st</sup> Vice-President-** Tom Finnegan
- 2<sup>nd</sup> Vice President-** Alex Okimoto
- Secretary-** Ronald Pflipsen (incumbent)
- Treasurer-** Robert Abney (incumbent)

There are also 5 director positions available. The following is a list of individuals currently seeking re-election for these positions.

- John Black
- Joan Connor
- Gene Fenstermacher

Below is a ballot to vote for the candidate of your choice. Deadline for receipt of ballots will be the beginning of the October 2009 general membership meeting.

**Ballot: Coronado Chapter MOAA 2009 elections**

**Please vote for one candidate for of the following position:**

- President:** Allen Rossow
- 1<sup>st</sup> Vice-President:** Tom Finnegan
- 2<sup>nd</sup> Vice-President:** Alex Okimoto
- Secretary:** Ronald Pflipsen
- Treasurer:** Robert Abney

**Please vote for 5 of the following for director positions:**

- John Black
- Gene Fenstermacher
- Joan Connor

\*Ballots may be sent to MOAA, Box 1685, Attn:Election, Sierra Vista, AZ 85635-1685 prior to 14 Oct



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| Gene Fenstermacher | Stanley Gillette |
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| Casey Jones        | Gene Manring     |
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| Rick Mueller       | Charles Narburgh |
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| Betty Olson        | Alex Okimoto     |
| Yukio Otsuka I     | Ron Pflipsen     |
| Larry Portouw      | Allen Rossow     |
| Sam Rumore         | Bernie Stahlmann |
| Fred Stahl         | Bob Strain       |
| Susan Struck       | Bill Waynick     |
| Howard Weckel      | Richard White    |
| Archie Woodin      | Brigitte Woods   |



## MOAA Birthdays by Joan Connor

We want to say Happy Birthday to our members. They say it is O. K. to get older, but don't get "old".

**OCTOBER:1:** Milda Dambrauska; 4: Daniel Baird; 7: Cecil Carlile; Rosemary Howard; 8: Barbara Bowen, Arlene Cravens; 9: Michael Joiner; 10: Debra Cerami; 11: Audrey Moulton; 13: Rosita Howe, Jack Isler, Billie Stockl; 14: Gary Phillips; 17: Dennis Hodsdon, Norman Ruitter; 18: Sandra Hannsz, Mary Bartalsky; 19: Sonja Schmidt; 21: Midge Grieshop; 22: Joseph Gill; 23: Sandie Davies, Patricia Phillips; 24: Robert Daggett; 26: Nobuko Otsuka; 29: Tom Fail, Lanny Kope

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**UPDATING PERSONAL INFORMATION**

Here is a reminder for those who may have forgotten what DEERS is all about. The acronym stands for **Defense Enrollment Eligibility Reporting System**, and you should update your record in DEERS whenever you experience any of the following life events:

- Change in sponsor’s status
- Getting married or divorced (for retirees either could be a calamity!)
- Having a baby or adopting a child.
- Moving to a new location.
- Becoming entitled to MEDICARE (either sponsor or family member)
- Death of sponsor or family member

For those enrolled in a TRICARE plan be sure you report your address change to your regional contractor or TRICARE Area Office.

One of the most important reasons to update personal information is to understand that the network retail pharmacies check TRICARE eligibility

through DEERS and prescriptions can only be filled for those beneficiaries who are listed as eligible. For those just becoming eligible for MEDICARE by reason of age this really needs to be understood.

Methods of updating DEERS information are as follows:

- Visit nearest ID card issuing facility.
- Call the Defense Manpower Data Center Support Office at (800) 538-9552 to update your address, e-mail address and phone numbers.
- FAX information to the same Center at ((831) 655-8317.
- Mail updates to the same Center Attn: COA, 400 Gigling Road, Seaside, CA 93955-6771.
- Online to the DEERS website or the Beneficiary Web Enrollment Web site which is linked directly to the DEERS database. This also updates your regional contractor.

**DON’T FORGET, DEERS IS THE KEY TO USING YOUR TRICARE BENEFITS !!**

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 | <a href="mailto:Alrossow@cox.net">Alrossow@cox.net</a>       | 439-4144 |
| D through G | Duane | <a href="mailto:brabec@cox.net">brabec@cox.net</a>           | 378-2732 |
| H through L | Ron   | <a href="mailto:pflip1@mac.com">pflip1@mac.com</a>           | 417-0175 |
| M through Q | Bill  | <a href="mailto:colbergw@cox.net">colbergw@cox.net</a>       | 439-3960 |
| R through T | Paul  | <a href="mailto:pputt@earthlink.net">pputt@earthlink.net</a> | 803-0255 |
| W through Z | Bob   | <a href="mailto:roabney@cox.net">roabney@cox.net</a>         | 378-0131 |

**Or enclose with your Dinner reservation:**

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

**THURSDAY, OCTOBER 15, 2009 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 mail your check prior to October 1, 2009**

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

**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](mailto: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

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Coronado Chapter

P. O. Box 1685

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Applicant Signature and Date \_\_\_\_\_

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## FUTURE MEETING DATES

**BOD MEETING — 11:30 October 14th**

**OCTOBER 15 — Dinner Meeting**  
**Cocktails—1800, Dinner — 1900**

**MENU: German Octoberfest Buffet**  
**Salad Bar**  
**Schnitzel and bratwurst**  
**Fried potatoes**  
**Red cabbage**  
**Assorted Desert Table**  
**Red and White wine on the table**

## SPECIAL PROGRAM:


**Lt. Col Wolfgang Schueller,**  
**German Liaison Officer**  
**“Germany Today”**

**BOD MEETING — 11:30 November 18th**

**NOVEMBER 19 — Dinner Meeting**

**MENU: Pork San Jacques of Apple Stuffing**  
**Mixed Green Salad w/choice of dressing**  
**Whipped Potatoes w/roasted garlic**  
**Asparagus with Red Peppers**  
**Tiramisu**

**PROGRAM: TBA**



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