



OFFICERS CALL

ST. PETERSBURG AREA CHAPTER,
Military Officers Association of America
PO Box 7054, St. Petersburg, FL 33734



VOL XII No. IV ★★★★★ Five Star Chapter:2000, 2002-10 ★★★★★ April 2012
Winner Print Media 2006; 1st Runnerup 2010; Winner 2010 Communications Award

President's Comments:

It was an honor and privilege for Paulette and me to represent this chapter at the Groundbreaking Ceremony for the Tampa Bay USO at Tampa International airport on March 15th. The ceremony was also attended by Bill Lofgren, who did his usual outstanding job of recording the event via excellent photos. The opening in August of the first USO in twenty years is the culmination of monumental efforts by dedicated individuals including Walt Lambert, who is the Chair of the group and who described the project to us a few months back at our luncheon. I look forward to visiting the USO when it opens in August, and I would encourage you to do so also if your travel plans include departures from



Terry and Paulette breaking ground, looks like a wall?

Tampa International. Paulette posted one picture Bill took on Facebook and received several comments that Bob Hope must be smiling down on us. As we all know, through providing a place to relax while transiting airports throughout the world and providing great entertainment such as the Bob Hope shows, the USO has been instrumental in improving the morale of our uniformed service men and women for decades.

As Don Freese told us at our last luncheon, The Palm Beach Area Chapter has planned a great convention May 18 to 20 at the West Palm Beach Marriott with great food, events and speakers at a bargain rate of \$93 per night. Congressman Allen West and VADM Norb Ryan as well as currently serving Major Trish Hayden and First Sargent Ryan Fogarty headline the speakers. I hope to see many of you there. Please be mindful of the fact we have moved our May luncheon to the 11th, and it will be our memorial service.



Terry and Bill Lofgren

Do You Need a New Military ID?

A MOAA member received an unwelcome surprise recently when he tried to enter a Navy facility in Tennessee. His military retiree ID card was confiscated!

His diligent follow-up led him to request MOAA assistance, and it turns out that what happened to him could affect many of our members.

If you have a retiree ID card that was manually prepared (on a typewriter), it's time to go to the nearest RAPIDS facility (Real-Time Automated Personnel Identification System) to get a new card. How can you tell if you have a manually prepared ID card?

- If your picture was cut from photographic paper and

See Military ID Pg 4

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Officers Call



Print Media Winner- 2006

Print Media 1st Runner-Up - 2008 & 2010

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- Editor – CWO4 Jim Patton, USCG (Ret) 393-4160
- Photos – Col Bill Lofgren, USAF (Ret) 528-3946

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 Vet Liaison MAJ Ed Lillich, USA 546-2246
 Visitation LCDR Hazel McGrath, USN 545-3884

Chapter Statistics

Total Membership - 296
 Regular Members - 193
 Auxiliary Members - 103
 Inactive Members - 5

Military Services:

Army - 65 USMC - 15
 USAF - 62 USCG - 9
 Navy - 42 NOAA - 0

3/20/2012

Luncheon Meetings The 3rd Friday — mixer
 11:00 - 11:45; luncheon program 11:45 - 13:15;
 Banquet Masters, 8100 Park Blvd., Pinellas Pk.

CALENDAR

April 20th

Kelly Kowall

May 11th

Memorial Day Program

June 15th

July 20th

**** Need a ride to the luncheon?
 Call: CDR Bill Bolin 584-1595 or
 LTC Terry Carr 392-6524**

Business Meetings are on the 1st Monday of the
 month 11:30-12:30 at Perkins Restaurant on the NE
 corner of Starkey Rd. & Park Blvd., Seminole.

April 2nd Monday

May 7th Monday

June 4th Monday

ROWC

Luncheons:

- April Luncheon 10th at Banquet Masters
- May Luncheon 8th at Banquet Masters

Luncheon Reservations:

Evelyn Hamilton, 399-1272 or
 Bobbie Walters 595-4619

Membership Info:

- Barbara King 391-2464

Bridge: (1st Wednesday of the month) 10:00 AM
 Banquet Masters, 8100 Park Blvd., Pinellas Park.

- Reservations or Information: Evelyn Hamilton 399-1272
 or Bobbie Walters 595-4619

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Visit our Chapter Web Site =>



Minutes

Reported by **Chris Lillich**
Monthly Luncheon; 16 March 2012

Attended – 69: (74 reservations), 5 Member Guests, 2 Chapter Guests, 1 Walk in, 0 Cancel, 6 No Shows

Since the secretary was unable to attend the luncheon and formal minutes were not recorded the following is my best recollection of the meeting. EDITOR



President Terry Carr called the meeting to order at 1145 hours and called upon Chaplain George Brown to give the invocation. Terry then led the Pledge of Allegiance.

President Terry introduced First time attendees Margaret and Jim St.Pierre. Guests included; RADM Chester Hunter, guest of Roger Green, Anne Menna guest of Fran and Peter Hermann and Duke and Sally Wheeler guests of Betty and Paul Finley. Al and Irene Theriault visitors from Fredericksburg, VA.

Richard Green won the door prize and Peter Hermann and Joan Landers split the 50/50.

Council President, Don Freese, reminded everyone of the upcoming convention in West Palm Beach on 18 to 20 May. He encouraged our attendance as he will be completing his two years as Florida Council President. Don also explained MOAA's "Storming the Hill" which he will be attending on 18 April.

Terry presented the nomination of Bob Williams for Honorary Membership per the Executive Board. Nomination was approved per voice vote.

Following a lunch break, 1st Vice President Bill Lee introduced the speaker for the day, David "Mac" McLay and Dr. Warren J Brown. They are both members of the Florida Aviation Historical Society and gave a presentation on the history of aviation in the St Petersburg area. Their PowerPoint presentation included many of photos of St Petersburg to complement their discussion of the early days. The first commercial passenger and cargo flights both originated in the area. They are looking forward to 2014 when they will be celebrating 100th anniversary of these flights.

Ed Lillich gave the benediction and the meeting was adjourned.

Executive Committee Meeting 5 March 2012

The meeting was called to order by the President, Terry Carr, at 1130 hours. Chaplain George Brown gave the invocation, which was followed by the Pledge of Allegiance. Eighteen members were present including Virginia Balke, Carol Barnes, Bill Bolin, George Brown, Basil Burrell, Hardy Bryan, Terry Carr, Larry Fernald, Don Freese, Jean Jessup, Bill Lee, Chris Lillich, Bill Lofgren, Hazel McGrath, Charlie Parsons, Jim Patton, Barbara

Stakk and Joanne Taylor.

Minutes: Minutes of Previous Meeting: Hardy Bryan made a motion to accept the minutes as presented, seconded by Barbara Stakk, motion carried.

Treasurer's report: None

1st Vice President: Bill Lee reported that the guest speaker for April will be a retired Coast Guard Commander who will talk about the security during the Republican National Convention. After discussion of when to arrange for General Newton to speak to the Chapter, Larry Fernald made a motion to invite the Daedalians to hold a joint luncheon meeting with the Chapter on the Chapters normal meeting day in October of this year. Bill Lee seconded the motion and the motion passed. Larry Fernald will contact General Newton to see if this date will work with his schedule.

COMMITTEE REPORTS:

Don Freese will be going to Washington on 18 April to "storm the hill". Emphasis will be on asking Representatives to not reduce forces too heavily, not go to hybrid retirement and to continue to support active duty by not increasing Tricare fees. Don also reminded everyone to wear their MOAA pins everywhere as he is always asked about his. We have two new GMT members so far this year. The Affiliate had an article on the winners of the last GMT contest.

Hazel McGrath reported on the sick and home bound. It was noted by Larry Fernald that we have five or six inactive members and asked Hazel if she would contact them to see how they are doing and give us an update.

Bill Lofgren will make a run to Wesley Chapel to pick up supplies for the HOT program.

Violet Smith reported by E-mail that Tax Service at MacDill currently has no spaces available for appointments only, but walk-ins will be accepted from 0900 - 1500 hrs Monday through Friday. Active duty will take priority. For more information contact the tax office at 813-828-0248 or the retiree office at 813-828-4555. The contract with Walgreens expired on 1 January 2012. Tricare beneficiaries changing to another pharmacy in the new network of pharmacies can take their prescription bottle to the new pharmacy. To find a pharmacy within the network contact Express Scripts at 877-885-6313 or by web at www.tricare.mil/walgreens/. Marie Lorence will be at Bay Pines VA Hospital for some time and if you wish to call her you can reach her at 727-319-1788.

NEW BUSINESS:

Nomination for Honorary Membership: Bill Lofgren presented the name of Bob Williams as a candidate for Honorary Membership. During the 60's Bob served in the navy during the Vietnam war and after 35 years in business he decided it was time to give something back to the military. Bob gathers and sends care packages to the military all over the globe, 17 countries to date. Bob has been most supportive of our Chapter's HOT program by donating food and comfort items for repack-

See Minutes Pg 4



Military ID from Pg 1

pasted on the card before lamination, leaving a raised-photo on the card;

- If there are no bar codes on the reverse; or
- If the card stock is a version prior to Oct 93 (printed at lower left on reverse)

then you have a manually prepared card, and should get a new one. In these days of heightened security, the manually prepared card just can't meet today's tighter standards.

The military stopped issuing manually prepared ID cards in 1993. A base commander has discretion to bar access to a military facility of any retirees with these manually prepared cards. If you attempt to access that facility, your card may be confiscated. It may be returned to you, but the card will be invalidated, usually with a hole punched through the Social Security Number (SSN). You will need to get a new ID issued. Spouses aren't affected by this issue, because until recently, their ID cards needed to be renewed every four years.

The modern ID card has some distinct advantages. It will mask your SSN for one thing. It will also enable electronic scanning at military facilities for another, making your identification quicker and less prone to errors.

You can make an appointment at a RAPIDS facility to get a new card issued to you. Visit <http://www.dmdc.osd.mil/rsl/appj/site?execution=e1s1> or type *RAPIDS Site Locator* into your internet search engine. Once on the RAPIDS page, enter your zip code and RAPIDS will serve up the ID card facilities in your geographic area. Call ahead to the ID Card issuing facility for any special requirements. Remember that you will need two forms of ID to receive a new card. Your old ID and a passport or state-issued driver's license is usually sufficient.

Plan ahead, and don't have your next base visit interrupted before it begins.

Minutes from Pg 3

aging by Anita Harrow and her committee. In 2011 Bill Lofgren made four trips to Wesley Chapel for items Bob Williams shared with us for our program. Bob represents all of the goals and objectives of MOAA as an organization and makes the job of our Chapter in its HOT outreach so much easier. Larry Fernald made a motion to submit this nomination for Honorary Membership to the Chapter members at the March luncheon meeting. Hardy Bryan seconded the motion and the motion carried.

Convention Ad: Larry Fernald submitted a proposed combined Chapter/HOT ad to be inserted in the Palm Beach Convention booklet. Motion was made and seconded that the combined ad be submitted.

Change of Meeting Day: Due to the fact that the Florida convention will be held beginning May 18, 2012 and many of our members are planning to attend the convention in West Palm Beach a motion was made by Larry Fernald, seconded by Bill

Lee that our May meeting be scheduled for **May 11, 2012**. Motion carried. Please adjust your calendar to reflect the change of date for our May luncheon.

ANNOUNCEMENTS:

Don Freese announced that his son Marc is home from Afghanistan.

The Victory Ship docked by the Tampa Aquarium will be available for tours all day long on March 24. Bill Lofgren will arrange to have a video playing prior to the luncheon this month.

There being no further business Chaplain Brown gave the benediction and the meeting was adjourned.

MOAA/ DoD Witnesses Clash on TRICARE Fees

Wednesday's (3/21/12) House Armed Services Military Personnel Subcommittee hearing on defense health programs featured starkly contrasting inputs from DoD and MOAA witnesses.

MOAA Government Relations Director Col. Steve Strobridge (USAF-Ret) was the only association witness called to testify, and he sat on the same panel with Assistant Secretary of Defense (Health Affairs) Dr. Jonathon Woodson and the Army, Navy and Air Force Surgeons General.

After the Defense witnesses outlined plans for military health programs, including the proposed dramatic increases in TRICARE fees, Strobridge strongly challenged the fee hikes.

Noting defense leaders' pledge not to impose retirement changes for currently serving people, he asserted, "If keeping faith means no changes for today's troops on retirement, it's breaking faith to raise their retirement health fees by \$2,000. It's the same as a \$2,000 retired pay cut. And if it's breaking faith to change the rules for someone with 1 year of service, it's doubly so for those who already completed 20 or 30."

Addressing why military fees are lower than most civilians pay, Strobridge said, "When someone gives me that argument, I ask, 'If the military deal is so great, are you willing to pay what they did to earn it? Would you sign up to spend the next 20 years being deployed to Iraq, Afghanistan or any other garden spot the government wants to send you to?' Military people already pay far steeper premiums for health coverage than any civilian ever has or ever will."

He called the proposed plan to means-test TRICARE fees based on the beneficiary's retired pay patently discriminatory against the military. "No other federal retiree has health benefits means-tested, and it's rare in the civilian world," he said. "Under that perverse system, the longer and more successfully you serve, the lower your health benefit."

Strobridge also challenged Pentagon leaders for failing in their own responsibility to reform the stove-piped military healthcare delivery system to make it more efficient. He said the Defense Department's recent review made minimal changes, in part because the decision process gave heavy weight to how hard a change would be. "So the first choice was to make retirees pay more, because it was easier."

See MOAA/DoD Page 8



MOAA Legislative Update

Edited by **Jim Patton**

From MOAA and other sources

When our MOAA team Storms the Hill on 18 April, one of the items that they will be discussing with our representatives is **“Disproportional Cost-Shifting to Military Beneficiaries.”** Following is a copy of their talking point on this issue.



Issue: The FY2013 DoD budget would shift \$33 billion in costs to military beneficiaries over 10 years by:

- Raising annual fees by as much as \$1,500 or more for retired families under age 65.
- Establishing new annual enrollment fees of up to \$950 for retired couples age 65 and older.
- Imposing means-testing of military retiree health benefits – which no other federal retirees endure.
- Dramatically increasing pharmacy copays to approach or surpass the median of civilian plans
- Tying future annual increases to an unspecified health cost index (est. 6.5% per year annual growth)

Background: DoD proposed similar fee increases in 2007 and 2008. Congress rejected them, saying:

- Pentagon leaders need to do more to more effectively manage costs before penalizing beneficiaries
- Achieving savings by driving beneficiaries away from using their earned benefits is inappropriate

Last year, DoD proposed a more modest 14% increase in TRICARE Prime fees and \$2-\$3 increases in pharmacy copays. MOAA did not object to these more reasonable increases, and Congress allowed them to take effect. Congress also concurred with MOAA in indexing future annual Prime fee hikes to the percentage increase in retired pay COLAs (rather than the DoD-proposed health cost index).

The new proposal is a return to earlier plans, which envisioned significant savings by causing many military retirees in second careers to use civilian employer plans rather than pay large military fees.

MOAA Position: DoD fee plan is a “bait and switch” breach of faith. Defense leaders talk of grandfathering retirement for current troops, but would cut their future health benefits by up to \$2,000 a year. And if breaking faith with the currently serving is wrong, so is changing the rules on those who already completed 20-30-year careers after being induced by promises of the current benefits.

Proposed increases are out of line with changes authorized by Congress. Proposed increases would far outstrip annual retired pay increases and greatly erode retired compensation

value. The FY2012 Defense Authorization Act established that annual fee increases should not exceed the percentage growth in military retired pay. Congress specified in 2001 that no enrollment fee beyond Medicare Part B should be required for beneficiaries over 65, recognizing their lengthy service as their premium.

Proposed health fee schedules discriminate against military retirees. No other federal employee or retiree pays income-based fees for service-earned health coverage, and it’s rare in the private sector. Congress has rejected far smaller VA fee increases for nondisabled veterans who had served as few as two years. Fee hikes of up to \$2,000 a year for those who served decades are far more inappropriate.

Comparison with civilian/corporate cash fees is inappropriate. Military retirement and medical benefits are the primary offsets for enduring decades of extraordinarily arduous service conditions. Military retirees pre-pay huge “up front” health premiums through 20-30 years of service and sacrifice.

DoD leaders should be held accountable to fix program inefficiencies. Multiple studies have shown the gross inefficiency of redundant and competing DoD healthcare delivery programs. DoD cost-management programs have proven unauditible. The far less costly mail-order pharmacy has been under-promoted. Much more can be done to save money through chronic disease management.

Recommendation: Reject disproportional DoD fee hike proposals for FY13. Limit annual fee increases to the percentage growth in military retired pay. Fix inefficiencies rather than raise fees

We Set a New Record

Recently, MOAA sent out alerts urging members to contact their legislators about the Administration’s new proposal to impose very large healthcare fee hikes on the military community.

In response, MOAA members smashed a record by generating more than 110,000 messages to Capitol Hill in little more than a week.

We’re grateful for your support, and we ask you continue sending MOAA-suggest messages and asking your friends to do the same.

Some members have asked why we send multiple alerts, and whether it does any good for them to send the suggested message more than once.

As much as we would like to think members open and read every message we send them, we know our members are busy, and that doesn’t happen. In addition, some subscribe to the legislative update, but not the MOAA News Exchange, or vice versa.

See Legislature Page 8



Terry Carr presenting Dr Brown chapter gift



Guest Speakers, left Dr. Warren Brown and right David "Mac" McLay



Terry Carr presenting "Mac" McLay chapter gift



New member Roger Green



RADM Charles Hunter guest of Roger Green



Chaplain George Brown gives the invocation



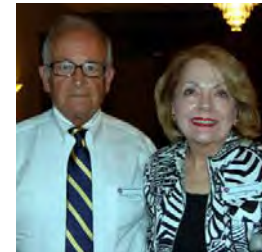
Dot Plummer



Susan and Mike Vision



Guests Duke and Sally Wheeler and Betty and Paul Finley



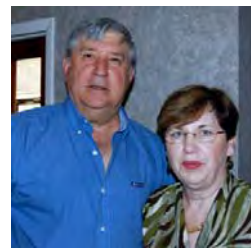
Tony and Alice Quattromani



First time attendees Margaret and Jim St. Pierre



Charlie Parsons



Visitors Al and Irene Theriault, Fredericksburg, VA



Meredith Crook



Don Freese, Jim Patton and Ed Lillich



Fran and Peter Hermann and guest Anne Menna



Larry and Barb Fernald



Jean Jessup

Photos by Bill Lofgren and others



Joan Landers





Dottie and CJ Brauner



Cal Imboden



Christa Harrison



Dick Koch



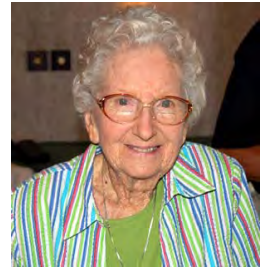
Sherry and Don Freese



Penny and Bill Eisenhart



Bill Beal



Hazel McGrath



Laurie Lanier



Karen Star



Bill Lee



Anita Harrow and Anne Isley



Margaret and Earl Peck



Carl Bowley



Margaret and Bill Lewis



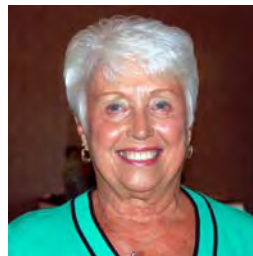
Margaret Peck and Basil Burrell



Maureen and John Talbitzer



Sherry Freese and Joanne Taylor



Yvonne Hughes



Fred Schlager



Bill and Lynn Bolin



Richard Green



George Stenehem

If you would like a copy of your monthly luncheon photo taken by Bill Lofgren, please notify Larry Fernald of your correct email address at the following email address: LarryFern246@tampabay.rr.com



Legislature from Pg 5

By putting the alert in more than one message and delivering it in more than one venue, we dramatically improve our ability to get the word to more members and maximize the volume of messages to Capitol Hill.

And because volume counts, it is indeed helpful for the same member to send the message more than once. Consider it a “foot stomp” to let your legislators know this is an issue that’s extra important to you.

Don’t forget that there are lots of high-powered corporate lobbyists out there investing a lot of money, especially in these difficult times, to preserve or increase their share of the budget at your expense.

The military community makes up only a tiny fragment of the constituent population, and if your voice is going to be heard, we need to maximize its volume.

For the same reason, if you get alerts from more than one association on this topic, we encourage you to participate in all of them. It increases your personal clout as well as the cumulative clout of the organizations you belong to.

In addition to emailing your legislators, MOAA urges your use of two additional grassroots tools we provide.

1. If you haven’t already done so please sign, seal, and mail the four tear-out letters in the February issue of Military Officer magazine to the leaders of the House and Senate Budget committees that will set this year’s budget agenda. If your MOAA record has data on your spouse, we’ve included four additional letters for him or her to sign.

2. Your March magazine cover provided pre-printed postcards to your three legislators. Again, if we have your spouse’s contact information on file, we’ll include three extra postcards so that both spouse and member can participate.

MOAA/DoD from Page 4

Finally, he expressed MOAA’s and The Military Coalition’s strong objection to the proposal to index TRICARE fees to some measure of health cost growth. “We believe the percentage increase in any year should not exceed the percentage growth in military retired pay,” Strobridge said.

Subcommittee members gave every appearance of sharing MOAA’s view.

Subcommittee Chairman Joe Wilson (R-SC) called the Pentagon fee plan “wrong-headed”, and noted the unfairness of having an E-7 with 28 years of service pay more for healthcare than an E-7 with 20 years of service.

“Last year, GAO put out a report indicating there’s \$200 billion to \$300 billion spent on redundant and duplicative government programs,” observed Rep. Allen West (R-FL). “Why don’t we look at that before we start penalizing people who have given a lifetime of service to this country?” Speaking to Dr. Woodson,

Financial Report Summary for the Month of February 2012

Officers Call Booster

..... Balance, Beginning of Month	\$ (340.44)
..... Donations	\$ 415.00
..... Ads	\$ 240.00
..... Postage & Printing Expenses	\$ (371.51)
..... Balance, End of Month	\$ (56.95)

HOT Fund

..... Balance, Beginning of Month	\$ 2,566.47
..... Donations	\$ 550.00
..... 50/50	\$ 40.00
..... Memorials	\$ 30.00
..... Expenses	\$ (412.91)
..... Balance, End of Month	\$ 3,186.47

Scholarship Fund

..... Balance, Beginning of Month	\$ 170.00
..... Donations	\$ 765.00
..... Expended	\$ 0.00
..... Balance, End of Month	\$ 935.00

Operating Account

..... Balance, Beginning of Month	\$ 9,134.02
..... Installation Banquet	\$ 2,434.00
..... Dues/Give Me 10	\$ 0.00
..... Misc Income	\$ 0.00
..... Interest Earned	\$ 1.43
..... Luncheon Expense	\$ (2661.90)
..... VA/JROTC	\$ 0.00
..... Supplies	\$ (188.00)
..... Printing	\$ (104.00)
..... Post Office	\$ 0.00
..... Memorial to HOT	\$ 0.00
..... Other Organizations	\$ 0.00
..... Miscellaneous Expense	\$ 0.00
..... Balance, End of Month	\$ 10,345.80

West said, “You’ve got to tell [Defense] Secretary Panetta, this is FUBAR.”

Editor - Just another example of how MOAA's members are being represented and our voice is being heard by our representatives.

You might be an Airborne Soldier if...

The first thing you do in the morning is put in a dip
Your favorite beer is someone else’s
Your cologne smells suspiciously like bug juice
You think a spit shine means to spit on your boots and wipe them on the back of your pant legs





TAPS

- ◆ Bonnett, Franklin, LTC, USA (Ret), 1 Feb 2012
- ◆ Bonnett, Alice, Mrs., AuxMbr-Army, 27 Feb 2012

Sick List

Your cards, prayers, and thoughts are welcome.
(Contact LCDR Hazel McGrath, 545-3884)

- ◆ Lt Col John Milford, USAF (Ret)
- ◆ CDR Alda Haley, USN (Ret)
- ◆ Mrs. Clarada Pribble, AuxMbr-MC
- ◆ Lt Col Sky Crowell, USAF (Ret)
- ◆ Col Mildred “Gene” Butler, USAF (Ret)
- ◆ Mrs. Margaret Mattson, AuxMbr-CG
- ◆ COL Anse “Ed” Spears, USA (Ret)
- ◆ LTC Marie Lorence, USA (Ret)



Welcome Our New Members!

- ◆ Dr. Bernice Ripson, AuxMbr-AF, 2170 Americus Blvd N. #38, Clearwater, FL 33763; 727-474-7269

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Stephen E. Fisherkeller



April Birthdays (64 to 91 years)

Day	LName	FName	Rank	SVC
25	Beal	William	CAPT	USCG (Ret)
09	Bowley	Carl	Col	USAF (Ret)
16	Brink	Charles	LCDR	USN (Ret)
17	Dawson	Linda	1Lt	USAF (Fmr)
22	Gaugh	Jane	Mrs.	AuxMbr-N
09	Gilchrist	Gary	Lt Col	USAF (Ret)
01	Green	Richard	CWO4	USA (Ret)
14	Gudmundson	Brent	LTC	USA (Ret)
21	Hermann	Peter	Col	USAF (Ret)
28	Holecek	John	LTC	USA (Ret)
16	Johnson	Marjorie	Mrs.	AuxMbr-AF
09	Keene	Bernice	Mrs.	AuxMbr-A
07	Koch	Richard	Lt Col	USAF (Ret)
16	McCormick	James	Lt Col	USAF (Ret)
18	Newton, Jr.	Richard	Col	USAF (Ret)
17	Piercy	James	COL	USA (Ret)
19	Reilly	Anne	Mrs.	AuxMbr-N
20	Rubeck	Roger	Capt	USMC (Ret)
07	Sartorio	Salvatore	Maj	USAF (Ret)
07	Shields	Roger	COL	USA (Ret)
09	Wall	Theodore	LtCol	USMC (Ret)

Getting in Shape for Basic Training

I'm often asked for the best method of getting in shape for military basic training.

For those who have spent their teenage years in front of the TV, here is a little secret for building arm and shoulder muscles. Three days a week works well.

Begin by standing outside behind the house, and with a 5-LB. potato sack in each hand ... extend your arms straight out to your sides and hold them there as long as you can.

After a few weeks, move up to 10-LB. potato sacks and then 50-LB potato sacks, and finally get to where you can lift a 100 lb. potato sack in each hand and hold your arms straight for more than a full minute.

Next...start putting a few potatoes in the sacks, but be careful not to overdo it.



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 Fernald, Larry Lt Col
 Freese, Don CAPT
 Gioe, Shirley Mrs.
 Isley, Anne Mrs.
 Lee, Bill LCDR
 Lofgren, Bill Col
 Love, H. B. COL
 Misuraca, A. J. 1st Lt
 Nelson, Landy Col
 Neville, Johnnie Mrs.
 Palmer, Stew Col

Member donations ONLY:
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 Schoeppner, John Maj Gen
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 Talbitzer, John LT

••SILVER –

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 Sartorio, Sal Maj
 Shine, Jack Col
 Tondreau, Herb CWO4

••BRONZE –

DeArment, Hal COL
 McGrath, Hazel LCDR
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If you wish to donate to one of our funds, please send the check to SPA-MOAA, PO Box 7054, St. Petersburg, FL, 33734 or better yet bring it to the next luncheon.

2012 Scholarship Fund Donors
(Includes donations to National MOAA)

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 Schoeppner, John Maj Gen
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••SILVER –

Burrell, Basil CWO4
 Carr, Terry LTC

••BRONZE –

Hermann, Peter Col
 Green, Richard CWO4
 Mahan, Allen Lt Col
 McGrath, Hazel LCDR
 Tondreau, Herb CWO4

HOT Candy

HOT Candies will no longer be made and brought to the monthly luncheons in hopes for a sale. However, candies are still available by special order. Contact Bill Lofgren at 727-742-0181, or email lofgrenlepc@earthlink.net, giving your name and phone number and the type of assorted tin you would like to have. The tins will be specially made to your personal tastes. Orders must be received by Wednesday preceding the next Friday meeting. Price will remain the same, \$15 with all proceeds going to the HOT program.

Scholarship donations have permitted us to complete our first \$25,000 scholarship, we began a second scholarship at the beginning of 2009 (to be completed by 2014). Each of these scholarships, managed by MOAA, will provide a \$500 grant and a \$5,000 interest free loan.

2012 Officers Call Booster Donors

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Burrell, Basil CWO4
 Carr, Terry LTC
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 Isley, Anne Mrs.
 Lee, Bill LCDR
 Lofgren, Bill Col
 Love, H. B. COL
 Nelson, Landy Col
 Neville, Johnnie Mrs.
 Palmer, Stew Col
 Patton, Jim CWO4
 Peck, Earl Maj Gen

Schoeppner, John Maj Gen
 Sims, Bob Maj
 Smith, Violet Mrs.
 Speairs, Thomas 2LT
 Talbitzer, John LT

••SILVER –

Green, Richard CWO4
 Tondreau, Herb CWO4

••BRONZE –

Lanier, Laurie Maj
 McGrath, Hazel LCDR

Member donations ONLY:
 \$1,080 as of 3/20/2012

Quote of the Week

"A nation that cannot support its veterans and survivors is not only a nation that is economically broke, but [it] is also morally broke." (Rep. Tim Walz (D-MN) at a joint House and Senate Veterans Affairs Committee hearing)

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Thru June 2012



St Petersburg Area Chapter, MOAA

Monthly Luncheon

Friday
20 April 2012

Banquet Masters
8100 Park Blvd
Pinellas Park, FL

11:45 AM to 1:15 PM
Social Hour from 11:00 to 11:45
Program Begins at 11:45

Guest Speakers:
Kelly Kowall

Project Corregidor

Kelly Kowall is one of those rare individuals capable of turning tragedy into a wide-reaching good. As the mother of an active-duty soldier in Afghanistan, Kelly was aware of the possibility of losing her son, but no doubt that foreknowledge did not make the news that her son, Army Spc. Corey Kowall, had been killed on September 2009, any easier to bear.



While such a loss is enough to break many people, Kelly sought to find a way to honor her son's memory and provide a way to help others deal with their grief.

Kelly became a ICF certified Life Coach in 2002 and then in 2010 completed TAPS Peer Mentoring Training becoming an extremely effective peer mentor for other Gold Star Mothers.

Kelly is president and founder of FAVE Boating Experience a 501(c) (19) non-profit endeavor providing boating excursion to Veterans, Soldiers and Families who have endured the loss of a fallen warrior. In 2011 she founded a dba of FAVE called Eyes on the Sky's – Project Corregidor. This 501 (c)(3) endeavor is a Peer Mentoring Program for Soldiers and Veterans.

Kelly is also a writer, speaker and trainer and has over 20 years experience in sales, marketing and management.

MONTHLY LUNCHEON

11:45 AM - 1:15 PM, April 20th 2012

Banquet Masters

8100 Park Blvd, Pinellas Park, FL

• **Reservations MUST be in by Wed, April 18th**

Name: _____

Each reservation \$12:

Ham: _____

Tilapia Piccata: _____

Cobb Salad : _____

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LTC Terry Carr 459-4026



April

- 7: Passover begins at Sundown
- 8: Easter
- 14: Titanic strikes an iceberg
- 18: Paul Revere's Ride 1775
- 26: Hug a Friend Day

The Florida Convention

The convention will be held 18 to 20 May at the West Palm Beach Marriott Hotel. For a video preview of this years convention copy and paste or type the following link into your browser.

<http://www.moaaf.org/Convention>

