



The Sentinel

Arizona's First Chapter



The Arizona Chapter

42420 N. Anthem Creek Drive

Anthem, AZ 85068

APRIL 2013

CHARTERED 1956

56 YEARS OF SERVICE TO COUNTRY

EDITOR: JIM CULLISON

President's Perspective

by Rob Welch



Congressman to visit

Congressman David Schweikert, Arizona 5th District, will be our guest speaker at our April 20 breakfast meeting. Please come and hear how what's happening in Washington might affect you and your family. Reserve early as we expect a big turnout.

The cost for the breakfast is only \$15. The social time starts at 8 a.m. with breakfast served at 8:30.

More information on his visit can be found in this publication and on our chapter website:

www.azmoaa.org.

New PIO

Please welcome on board our new Public Information Officer, Mark Day, LCDR USN (Frm). Mark has an impressive resume, including being the Public Affairs Officer for the Chief of Naval Operations. For you non-Navy types, CNO is the highest position in the Navy that a sailor can aspire to. See Page 4 for more information on Mark.

New Membership Chair

Board member Dave Fleming will be taking over as our Membership Chairman effective the end of April. Thanks, Dave, for stepping up and giving Ron Perkins a well-deserved rest from this very important job.

Chaplain Search

We still have a vacancy for a chaplain to serve our chapter. If you know of anyone who might be interested, please contact me.

National Cemetery Donation

We are looking into the possibility of making a donation to the National Cemetery in North Phoenix. Immediate Past President John Ady, is researching the costs of either donating a golf cart to take disabled family members to visit gravesites or buying heat resistant benches for family members to rest during their visits to the cemetery.

If you would like to

donate to this effort, or know of any company that might be interested in helping, please contact John.

Water for Vets

Ron Green reports that he delivered 516 cases of water last year to the Madison Street Veterans Association Mana House to be distributed to homeless veterans.

This program was a joint effort funded by our chapter and Ron's church in Carefree. See Page 2 for more details.

Arizona StandDown

The StandDown for homeless veterans once again set a new national standard, thanks to you and other volunteers. The event, held on the weekend of 8-10 March, hosted 1,510 homeless or needy veterans, including 132 female veterans.

If you volunteered for the StandDown, please let me know how many hours you worked by calling me or sending an email to:

president@azmoaa.org.



Arizona Chapter Calendar

Board of Directors meets at 1030 hours the first Thursday of the month.

Location: National Guard Distance Learning Center, 5636 E. McDowell Rd. Show ID for entry. Members are invited to attend.

Upcoming meetings:

- April 4
- May 2

Member Meetings/ Luncheons are held on the third Saturday of the month, Social Hour at 1100, Luncheon at 1200, at McCormick Ranch Golf Club, unless noted otherwise.

Upcoming meetings:

- April 20, Breakfast meeting, 0830
 - May 18
- Chapter Golf Tourney**
April 18

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March Speaker

ADVS Director Describes Department's Wide-Ranging Activities

Veterans' issues such as jobs, education, financial needs, veteran homes and cemeteries in the state were among the subjects discussed by Joey Strickland, Arizona Department of Veterans Services Director, as our guest speaker in March.



Jobs, Education and Family Relief

He said jobs is the Number 1 issue facing veterans. ADVS has joined other agencies to engage employers in finding jobs for veterans. A retired Marine colonel is coming on board to work with government and the private sector to put veterans in jobs, and to address education issues facing veterans on campus.

The Military Family Relief Fund has awarded more than \$1.2 million to over 230 Arizona military families in fiscal distress since 2008, including \$66,231 already this year.

Veterans Homes

The Phoenix Veteran Home is financially solvent and self-sufficient. It passed its annual survey with no nursing care deficiencies or health care issues. The home has received an "A" rating from the federal VA.

The new Tucson home also has met all health care standards and is considered a model for the nation.

However, these two homes are not enough to meet the needs of Arizona's increasingly ageing veterans population, so Director Strickland has developed a long-term plan to build more homes and cemeteries. "We do not want elderly widows and families driving more than an hour to visit the grave site of a veteran or visit their veteran in a home," he said.

The Department's plan calls for a third veteran home at Camp Navajo to serve Northern Arizona, and smaller homes and cemeteries for the Yuma area and eastern Arizona. The Department is working with the Navajo Tribe on a planned Tribal Veteran Home in Chinle to be owned and operated by the tribal government.

Veterans Cemeteries

The master plan is complete for an Arizona Veterans Memorial Cemetery at Camp Navajo, with construction expected to begin this year. In addition a private citizen is donating land for a cemetery in Marana to serve the Tucson area. Other plans include upgrading and expanding the Sierra Vista cemetery and building tribal cemeteries on the Navajo and San Carlos reservations.

The Department also is working on projects to assist homeless veterans, speed up VA claims and honor Vietnam veterans.

Join Us For Breakfast

Rep. Schweikert Coming in April



Congressman David Schweikert, 5th District, will be guest speaker at our April 20 meeting, which will be a breakfast meeting to accommodate McCormick Ranch Golf Club, which has a large golf tourney that day.

Rep. Schweikert will discuss topical legislative events. He serves on the House Financial Services Committee and is a leading proponent of curbing debt, reigning in spending, reforming the tax code and reducing the size of government.

The meeting starts with social time at 8 a.m. and breakfast at 8:30. The price is only \$15 per person.

Homeless Vet Water Project Continues

Chapter Director Ron Green is again leading a project to deliver bottled water to the homeless veterans, as he did last year. Ron makes weekly deliveries of 34-84 cases in the hot weather.

Members can help by making a donation to offset the cost of the water. Checks should be made out to Desert Foothills Lutheran Church with "H2O for Vets" written in the memo line. All checks or cash should be sent to Ron at 6303 E. Mesquite Rd., Cave Creek, AZ 85331. A donation box also is set up at each luncheon.

Although donations to date are less than expenses, Ron has already delivered 74 cases of water to the Veterans Outreach Center.

Join Us for Golf at the Chapter Spring Tournament

Dust off your clubs and mark your calendar for Thursday, April 18, the date of the chapter's spring golf tournament. Then fill out the form below and send it to Pat Dale to secure your place in the field.

Have Fun & Do a Good Deed at the Same Time

This is a no-pressure event, so you don't have to be a scratch golfer or anything near that to win something, as there are many prizes and a 50/50 drawing for cash. The atmosphere is relaxed and geared toward fun.

Plus, and most important, the tournament is a major fundraiser for the chapter's Scholarship Fund, which helps send top level JROTC cadets from area high schools to college. So just by enjoying a morning of golf on a beautiful course, you are helping out that worthy cause. All mulligan money, half the 50/50 drawing and half of skin game collections, plus other donations and hole sponsor fees go to the Fund.

Here Are the Details:

When: Thursday, April 18

Where: Starfire Golf Club, 11500 N. Hayden Rd., Scottsdale

How much: Tournament fee is \$70, which covers handouts, prizes (including a \$1,000 Hole-in-One prize on a short hole), cart and a BBQ lunch afterward, followed by prize awards.

What time: Check-in from 6:30 to 7:30 a.m., with shotgun start at 8:00

Dress: collared shirts required, soft spikes on golf shoes, sneakers are permitted

Registration deadline: Entry form (below) with registration fee must be received by tournament chairman Pat Dale **no later than April 11.**

***Tell your friends.
They're welcome to play, too!!***

Don't Play Golf? You Can Still Help

Even if you're not a golfer or can't play that day, you can support the tournament and the Scholarship Fund by sponsoring a hole. With a **\$30** donation, your name will be prominently displayed at a tee as a sponsor and supporter of scholarships. Just fill out and send the form below to Pat.

Non-Golfers, Join Us for Lunch! Don't golf? You can still join the group for lunch. Just send a check for **\$12** to Pat and note that it's for lunch.

Send checks, made out to **AZ Chapter MOAA**, for entry fees, hole sponsor or lunch to:

Pat Dale, Tournament Chairman

12633 E. Kalil Dr.

Scottsdale, AZ 85259

Questions? Contact Pat at:

Phone: 480-661-5204, E-mail: golf@azmoaa.org

----- Clip and Mail with Check -----

Arizona Chapter MOAA Golf Tournament

HERE IS MY REGISTRATION SLIP AND ENTRY FEE.

Name: _____

Phone No: _____

E-mail Address: _____
(Please Print)

I would like to be partnered with: [names] _____

Check for \$ _____ included for _____ players (\$70 each).

I can't play, but I want to sponsor a hole or have lunch
Enclosed is my check for \$ _____ (\$30 per hole, \$12 for lunch)

Member's Spotlight

Dan's Unique Sailing Experience

Dan Conway took members on a trip back in time when he described his experience on a Coast Guard sailing ship as our Spotlight speaker at the March luncheon.

As a Coast Guard Academy cadet, Dan had the unique opportunity to sail as a crewman on the USCG Barque Eagle, a three-masted sailing ship.



His experience was part of the training for Coast Guard cadets, and he spent a total of six months aboard the ship on four separate cruises between 1947 and 1951.

"Each class had a short cruise to Boston and a long cruise to Europe as underclassmen and upperclassmen," he said. The Barque Eagle sailed from the

Academy in New London, Connecticut. He also spent one afternoon a week on the ship doing "practical work."

The ship's officers were all Academy graduates and instructors, but the cadets operated and navigated the ship. "The purpose was not as much to learn to sail the ship but to learn from the ship," he said. "We learned seamanship and teamwork, to follow commands and later to give commands. We learned to respect our seniors and how to earn the respect of our juniors."

The cadets were under constant surveillance by the ship's officers. "You knew you were doing okay the first time the ship's officer who was Senior Officer of the Deck notified you he was leaving you in charge and going below, with instructions to call him if you needed him."

Dan said the Eagle experience was no fun at the time, "and not something any of us would volunteer for again." But he is pleased he did have the experience.

The sleek Barque Eagle was Dan Conway's home away from home as a Coast Guard Academy cadet.



Chapter PIO Selected

Mark Day, spouse of Arrangements Chair Arlene Day, is the chapter's Public Information Officer, a newly created position. He will write news releases to promote chapter and members' involvement in community activities.

Mark was commissioned through NROTC. His duties included special assistant for Public Affairs to the Chief of Naval Operations. In civilian life he had public relations positions with two major defense contractors and now is a defense industry communications consultant.

TAPS

We recently learned of the passing of three of our members:

Jo Ann Thompson, Auxiliary
February 10, 1932-February 25, 2013
Chapter Board of Directors 2005-07

Robert "Bob" Rutherford, LTC USA (Ret)
February 21, 1919-March 21, 2013
Chapter President 1974
Past Personal Affairs Director
Past Chapter Chaplain

Guy A.B. Grafius III, CAPT USN (Ret)
February 4, 1933-March 1, 2013

We extend heartfelt condolences to the families.

Donations to Scholarship Fund

Newcomers Club of Scottsdale \$105
Gary & Marie Fredricks \$50
In Memory of Jo Ann Thompson

Dan Germond \$29
In Memory of his Wife, Lynda Lee Germond

Eleanor Pickett \$25
Priscilla McNally \$10
In Memory of Helen Derouin by her son **\$10**

The Chapter transfers \$50 from the General Fund in memory of each Chapter member who dies. The following recently deceased members are so memorialized.

Jo Ann Thompson
Guy Grafius
Robert Rutherford



Personal Affairs
by Dan Conway
Personal Affairs Officer

Types of Elder Care

As we age, many of us at some time will require care which we are unable to provide for ourselves. Rather than wait for that day to arrive, it is prudent that we learn what levels of care are available so that good decisions can be made when such care is required. Various types of care are available for the elderly.

Elder care is a general term given to assistance provided for seniors who require help with daily living activities such as eating, bathing and walking. Medicare typically does not cover the cost of elder care. Typically, state-sponsored welfare health insurance called Medicaid, long-term care insurance proceeds or personal savings are used to finance the cost. When choosing care for yourself or a loved one, a variety of types are available, each with its own defining characteristics and benefits.

Skilled Nursing Homes. A skilled nursing home is a residential facility intended for seniors who have a medical condition that requires close observation by medical professionals. These conditions are typically chronic or unstable in nature, meaning they will continue over a long period of time and do not require daily care from a doctor like seniors would receive in a hospital. Since they provide the highest degree of medical care, skilled nursing homes are typically the most expensive types of elder care.

Assisted Living Homes. In an assisted living, or personal care home, seniors receive help with daily living activities such as toileting and eating. Patients live in the facility around the clock and receive care primarily from workers who are not trained medical professionals. Seniors in assisted living homes may need to take medicines or have other minor medical concerns. Overall, however, their medical conditions do not require constant supervision from nurses. Assisted living homes often organize social activities for residents such as outings, Bingo games and musical performances.

Home Health Care. Home health care services provide elder care on-site in the personal residences of seniors in an effort to allow them to stay in their homes for as long as possible. With these services, trained medical workers such as nursing assistants and registered nurses perform tasks that include changing bandages and catheters, administering treatments such as kidney dialysis and monitoring vital signs. Some services also employ licensed professionals who give physical, respiratory, occupational or speech therapy in patients' homes. Home health care services typically assess an hourly rate. Depending on their condition, seniors receiving home health care service might require visits just one hour per week or have professionals visit daily for more than one hour at a time.

Adult Day Care. Adult day care services provide care for seniors during daylight hours, while the patient's family or other caregivers work, run errands or complete other tasks. Seniors who receive care from adult day care services typically live in their own residences and require assistance performing tasks such as walking. Typically, seniors in adult day care do not require medical treatment during the course of the day, besides routine care such as taking pills. Adult day care services organize activities for seniors like crafts and games and provide meals.

Many of those who require elder care rely on family members. This can sometimes be a good decision. However, in many cases the family, whether a son or daughter or a spouse, is overwhelmed by the task. It is most often best for all concerned for the seniors to be under the care of professional caregivers.

Please consider me as a resource and don't hesitate to call with your Personal Affairs questions and concerns at 480-368-1427.

Daniel M. Conway

Welcome Our Newest Member

Stephen J. Wallach, M.D., LCDR USN (Ret)
 And his wife Vicki, Scottsdale
 Please meet and greet our new member.



Legislative Update

by Gary Fredricks, Legislative Chair

2013: An Interesting Year So Far

It's been an interesting year for legislative matters so far. Among other things, we seem to have gotten by the "fiscal cliff", "sequester" and the end of the "FY2013 continuing resolution" without causing the crises they once were reported to be.

One of the last acts by Congress before beginning a two-week vacation on March 23 was to extend the continuing resolution that, in the absence of any appropriations bills for this fiscal year, funds government operations essentially at prior year budget levels with consideration for sequestration requirements. The continuing resolution now extends all the way to the end of this fiscal year on September 30, thereby paving the way for never having passed any appropriations bills for FY2013.

DOD Gets Some Sequester "Wiggle Room"

MOAA reports that as a part of extending the continuing resolution, Congress also gave DOD some wiggle room as to how to implement the \$43 billion in sequester cuts required for this fiscal year. The new resolution lets DOD shift up to \$10 billion of it between accounts to avoid cutting readiness, albeit with no additional funds to do it with. Also, the bill contained a provision that allowed the services to continue funding their tuition assistance programs.

The very last act by Congress before it began that two-week vacation was the Senate passing their version of the FY2014 budget resolution to go along with the FY2014 budget resolution passed earlier in the month by the House. This marked the first time in four years that the Senate had actually passed a budget resolution. As has been reported by MOAA and in the press, the two budget resolutions are miles apart, as we expected them to be.

President's Budget Expected Soon

The President is expected to unveil his proposal for the FY2014 budget on April 8, the same day the Congress returns from vacation. This is the budget that the President normally submits in mid-February and the one MOAA

normally keys on to see what the DOD is proposing in order to determine what two or three items to "Storm the Hill" on.

Topics for "Storming the Hill"

This year, I will be teamed for "Storming the Hill" with Al Rossow, the current Arizona Council of Chapters President, who is from Sierra Vista. Al is finalizing our visit schedule with our state's Senators and Representatives that will occur on April 17. In the absence of any information on what DOD may be proposing, MOAA has elected to "storm" on the following two more general topics this year:

- Convincing our legislators that military personnel and health costs are not "exploding out of control", and that rather than shifting costs and benefit cuts to beneficiaries, DOD leaders should address inefficiency, disorganization and poor management.
- Continuing to press for correcting remaining inequities to include expanded coverage for concurrent receipt, elimination of the DIC offset to SBP and fixing how active duty time is credited to retirement for our guard and reserve.

SB1287 Gets New Life in Arizona

SB1287, which would double the military retired pay exclusion from state income taxes from \$2,500 to \$5,000, passed the State Senate, but was not heard by the House Ways and Means Committee by the deadline for hearings and appeared to be dead. But Sen. Gail Griffin inserted the bill's text into HB2243 as a "strike everything" bill, and it was approved by the Senate Appropriations Committee on March 26. It now goes up for a full Senate vote and then can be forwarded to the House for a full vote without requiring a committee hearing.

Two other bills of interest are among the 13 involving military/veteran issues that still remain in play. They are:

- HB2076 which would grant credit to separating service members for their military education, experience and training in meeting requirements of a state license or registration.
- HB2484 which would provide a tax credit of up to \$4,000 for taxpayers who hire an honorably discharged unemployed veteran.

JROTC Medal Presentations to Begin

Chapter members will present leadership medals to JROTC cadets during April and May at the 17 high schools the chapter supports in the metropolitan area.

April Breakfast Meeting

WHEN: April 20, 2013
8:00 a.m. Social Hour
8:30 Breakfast

WHERE: McCormick Ranch Golf Club
Scottsdale, Arizona

COST: \$15 Per Person

DRESS: Business Casual

MENU: Farm fresh scrambled eggs, country style breakfast potatoes, hickory smoked bacon and link sausage, assorted breads and butter, orange juice, regular and decaf coffee.

Please contact Arlene Day (arlenebday@gmail.com or [480-353-6400](tel:480-353-6400)) if you have any allergy or dietary restriction issues with the menu.

PROGRAM: Arizona 5th District Congressman David Schweikert will discuss current issues and activities on Capitol Hill.

Reservations must be received by 4 p.m. on Tuesday, April 16. Use the reservation form below. Cancellations must be received the same day to receive your money back.

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CHAPTER FINANCIAL PARTICIPATION

If you would like to make a donation to one or more of the AZ Chapter Funds, include your check identified with the appropriate fund and mail to: **Bill Roscher, 4337 E. Sands Dr., Phoenix, AZ 85050.**

General Fund: \$ _____

Scholarship Fund: \$ _____ **[a 501(c)(3) charitable fund]**

Name of Donor : _____ Identify me as a donor in the next newsletter. YES ___ NO ___

MEAL / MEETING RESERVATION FORM

Please reserve _____ meals for (Name) _____

Enclosed is my check for \$ _____ (**\$15.00 per person**) for **April 20, 2013**

Make check payable to: **AZ Chapter MOAA** **Received No Later Than April 16, 2013**

Send to: **Bill Roscher, 4337 E. Sands Dr., Phoenix, AZ 85050.** wroscher@cox.net

Events for April 2013

April 5: Patriotic Day Celebration honoring veterans, 9:30 a.m., Akimel Middle School, 2720 E. Liberty Ln., Phoenix (Ahwatukee), free.

April 17: MOAA Storming the Hill, Washington, D.C.

April 18: Arizona Chapter Golf Tournament, Starfire Golf Club, Scottsdale.



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