



NOW HEAR THIS!

SPOKANE CHAPTER

MILITARY OFFICERS ASSOCIATION OF AMERICA



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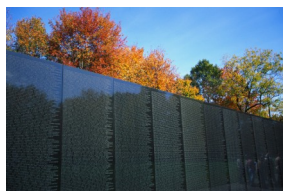
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Volume XXIII Number 4



September 2013



5 Star Chapter President's Message

By Rufus Hoefer

What a tremendous experience it was to man the Spokane Chapter's MOAA display at the recent visit of the **Traveling Vietnam Memorial Wall** in Coeur d'Alene in August. Six of our board members represented the chapter by taking various shifts for three days. We had a number of veterans, widows, kids and civilian attendees visit our booth. We were very lucky and thankful to have **DAV Ft. Sherman Chapter 9 in Coeur d'Alene** share their tent and refreshments with us. It was hot and the shade was welcomed. It was extremely rewarding to see people of all ages visiting the Wall. I especially found it inspiring to see grandfathers and grandchildren, hand-in-hand, reading names on the Wall

Let me switch gears and let you all know how much I echo MOAA's recent rebuttal to DOD staffers who claim military personnel costs are eating the DOD budget alive! This stance cannot be ignored. The MOAA contact person is **Colonel Mike Hayden, USAF (Ret.)** at **(800) 234-6622, ext. 103 or mikeh@moaa.org**. Please go the MOAA web site (www.moaa.org) and read the full rebuttal. Also I encourage you to fill out a message to your Congressman or Senator. According to the MOAA message, over the past 50 years the defense budget has consumed a progressively smaller share of federal outlays. In 1962 it was 47% and is projected to fall to 12.5% by 2017. This is unacceptable, so please let your elected legislators know exactly how you feel.

MOAA has selected us as a **5 Star Chapter for the eighth consecutive year!** Thank you for all your hard work on behalf of our chapter and congratulations to all who made it possible! This means we've achieved the highest level of excellence.

We changed the location of our upcoming picnic to **Greenacres Park**. Please mark **22 September on your calendar** and mail the reservation coupon ASAP. This event will be catered by **O'Doherty's**, so the food will be mouth-watering and plentiful! Read the article at the top of page 3 for all the scrumptious details. See you there!



Bring Something to the 22 September Social for SUPPORT THE TROOPS

2013 Chapter Social dates

17 Mar Northern Quest Casino
28 Apr Mukogawa Ft. Wright
23 Jun Twigs North (cancelled)
22 Sep Greenacres Park
27 Oct Coeur d'Alene Resort
8 Dec Mukogawa Ft. Wright

2013 Chapter Wives & Widows Club Meeting Dates



8 Jan Downriver Grill
5 Feb Rusty Moose (Prospectors)
5 Mar The Onion
2 Apr Bonsai Bistro
7 May Black Angus Steakhouse
4 Jun Anthony's at Spokane Falls
2 Jul PF Chang's China Bistro
6 Aug The Boathouse Seafood
3 Sep Darcy's Restaurant
1 Oct MAX Restaurant at Mirabeau Pk.
5 Nov Clinkerdaggers Restaurant
3 Dec Beverly's, Coeur d'Alene Resort

Now Hear This!



Welcome New Members



LT Kevin Arnold, USN (Ret.) & wife Carolyn, Spokane
MAJ Frank Condefer, USAF (Ret.) & wife Carol, Spokane
Ann Holmberg, Auxiliary
Rosalie King, Auxiliary
Jan Munson, Auxiliary

TAPS



Kathleen (Kate) Brennan, wife of COL Philip Brennan,
USAF (Ret.) (8/2/13)
Wayne Geissler, CDR, USN (Ret.) (8/11/13)
Harry Holmberg, COL, USMC (Ret.) (5/31/13)
James W. King, Jr., LCDR, USN (Ret.) (6/3/13)

Our Hat Is Off To:

Member Recruiters	Chapter 2013	MOAA 2013
Marilyn Hunt	2	5
Bob Imle		6
Betty Krafft	1	
Dick Oates		1
Ralph Shrigley		1
Candace Smallfoot	2	
Barbara Thornbrugh	3	
TOTALS	8	13

CHAPTER SCOREBOARD 2013

JROTC Scholarship Funds on hand: \$511.00



Legislative Letters, Postcards & Emails: 806 as of 26 Aug 2013

Raffle Donations: MAR \$180 JROTC Scholarships. APR \$175 Ladies & Gent. of the WA State Cemetery; SEP MOAA Scholarship Fund; OCT Spokane Veterans Home, DEC ROTC/JROTC Unit Support. Total 2013 donations: \$355.

Support the Troops (STT): FEB: 2 boxes 10M, 5W Djibouti (USMC); 4 boxes 170M, 40W Afghanistan (USMC); 2 boxes 15M, 5W Afghanistan (Army), 2 boxes 20M, 6W Afghanistan (USN). MAY-all Afghanistan: 2 boxes 5M (Army); 3 boxes 30M, 5W (USAF); 2 boxes 10M, 5W (USMC); 6 boxes 75M (USMC), 2 boxes 24M (USMC).

2013 STT Total: 25 boxes, 242# to 359M, 66W in Djibouti & Afghan.

Widows & Wives: \$92 & 55 lbs. food to Spokane Food Bank. \$121 for 19 pr. wheelchair gloves. Sewing supplies, hygiene/cosmetic items, socks, bird houses, board games, puzzles, Xmas decorations, painting supplies, towels, blankets, kitchen items, & writing/coloring materials to Spokane Veterans Home. \$150 to Cowgirls & Women Warriors Group.



Spokane Chapter, MOAA

**2012 First Prize Winner
Best Legislative Coverage for
Website
Fifth Consecutive Year!**

Website: 1st Runner UP

WIVES & WIDOWS CLUB

By Pat Connell



Our Wives and Widows luncheon in August was held at the "Boathouse," located on Hayden Lake. It was a beautiful setting with terrific food, great conversations and a

chance to relax and enjoy the views and motions of the incoming waves. We saw the fun that so many families were having getting into a boat and going out onto the beautiful lake for their adventures. An athletic member of our group gave serious thought to kayaking from her home to the restaurant that day. We all told her that we expected her to do that very thing next year.

It was announced that special gloves for residents at the Spokane Veterans Home who have to use wheel chairs were very much needed, so a collection was immediately taken up at our tables and we contributed \$121.00 (enough to provide 19 pair of gloves). BRAVO to beautiful ladies with hearts of gold! Our ongoing gifts to the Spokane Veterans Home and VA Hospital, the Veterans Cemetery and several food banks continue to be very special to our members.

Our 3 September luncheon will be held at DARCY'S RESTUR-ANT, 10502 E Sprague Ave., University City Mall right next to Rosauer's. If you need to call Darcy's for directions, their phone number is (509) 891-0773. You can park in the Rosauer's parking lot. However, to make your reservations, please call DIANE GORTON at (509) 467-6138.

We invite all Wives and Widows to join us at our luncheons to meet, have fun and socialize with some very special women. Please note that you do not need to be a dues paying member of the Wives and Widows Club to come to our luncheons. We are a group of ladies who may have been active duty wives or ones who married our veteran after his service years. We are part of the military family now and that is what counts. Even though our name implies female members, we do accept male spouses and will consider a name change should one venture into our realm.

Happy Fall....hope to see many of you at our luncheon.



Now Hear This!

Picnic at Greenacres Park Pavilion Sunday, 22 Sep 2013



Our **Sunday, 22 September** social will be a picnic at the **Greenacres Park Pavilion**, 1311 N. Long Road in Spokane Valley. It will be catered by O'Doherty's and will include **smoked pulled pork, smoked turkey breast, pork ribs, honey corn bread, potato salad, macaroni salad, BBQ beans, spicy peanut coleslaw, iced tea and lemonade**. It's enough to make you drool. Cost is \$16.50.

O'Doherty's is extremely generous and the food is fabulous, so no one will go home hungry. Greenacres Pavilion is .easy to get to, has plenty of parking, paved walkways, convenient restrooms and is **VERY HANDICAP ACCESSIBLE**—even for wheelchairs! **On top of that, we will have Chris Johnson from the Spokane Sheriff's Office who will talk to us about Home Security and Scams**. He is very knowledgeable and will be happy to answer your questions. We look forward to seeing you there. **We need to receive your reservation coupon by Saturday, 14 September**. Driving instructions are on page 5.

Estate Planning for Survivors

By Kathy Prout, Auxiliary Member Advisory Committee

While nobody wants to think about his or her own death, the truth is we all will die someday. If you are widowed, you already know one of the most important gifts you can leave your spouse, children, or any other beneficiary is your final instructions. This includes a will and a trust, plus a myriad of other items that are necessary, which most of us never take the time to write down anywhere.

To help you out, MOAA has created an informative booklet called *Family Matters: A Personal Inventory for Peace of Mind*, which is available for download on the MOAA Web Base at www.moaa.org/infoexchange. This booklet is an excellent guideline for what you need to provide in case something happens to you. Please fill it out in pencil and put it with your important papers. Update it as necessary as circumstances change.

Survivors should consider making out a new will and designating a new power of attorney and a new durable medical power of attorney in the event you are unable make decisions for yourself. You will need to assign a new estate executor if your previous one was your spouse. Whom do you wish to make decisions for you? Do you wish to be buried or cremated, and where do you wish to be laid to rest? Your family needs to know.

In this age of technology, provide a list of your usernames and passwords for your online accounts, email accounts, cellphone, tablet devices, computer, etcetera. Photocopy the fronts and backs of all of your credit cards, military identification card, and Social Security card and put them with your important documents in a safe place. Important documents include service records, birth certificates, marriage certificates, death certificates, deeds, life insurance policies, safe deposit box keys, tax records, etcetera. Make sure a family member or your estate executor has access to your safe deposit box and knows where your papers are located.

Life insurance is mostly for income replacement and is expensive. You might consider canceling or reducing the amount of life insurance you hold. For most of us, all we need is enough life insurance to cover final expenses. Consult a professional before making any changes.

Simple wills and powers of attorneys may be drawn up at your local military base judge advocate general office at no cost. For more information or assistance, call MOAA's Member Service Center at (800) 234-6622 and ask to speak with a benefits expert in MOAA's Transition Center, or email beninfo@moaa.org.



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Now Hear This!

Veterans Service Officer School

By Marilyn Hunt



Bob and I again attended the annual Veterans Service Officer School that's sponsored by the Idaho Department of Veterans Services. Most of what we learned there applies to veterans in both Idaho and Washington, and some of the more important things are listed below. We will both be at the picnic on 22 September, so if you want to talk about anything that's the place to be. Bob is a Service Officer for DAV Ft. Sherman Chapter 9 and he

routinely talks to veterans about whether they should file for VA disability.

TRICARE PRIME

Some people have been removed from Tricare Prime because they do not live in a specified zip code. However, if your physician is in one of the specified zip codes, you can still receive care from that doctor if two things happen:

1. You sign a waiver saying that you are willing to travel to the zip code he or she is in to receive care
2. The doctor accepts you as a new patient. (Although you've been receiving care from him or her, you will technically be a new patient if you sign this waiver).

PRESUMPTIVE CONDITIONS

Normally, you would have to show proof of a relationship between your military service and the condition being claimed in order to draw VA disability. However, a presumptive condition means the VA presumes the relationship between certain conditions and your military service. You only need to meet the criteria for the condition and prove you were IN the military, or in the military and at a certain location (this varies by condition).

Examples:

- **Diabetes Mellitus (Type II).** If you developed diabetes mellitus (type II) and were exposed to Agent Orange or other herbicides during military service in Vietnam, you do **not** have to prove a connection between the disease and your military service to be eligible to receive VA disability compensation, provided you meet the criteria set forth by the VA. Go to this link to see what they are: http://www.benefits.va.gov/compensation/claims-postservice-agent_orange-diabetes.asp#eligibility
- **Lou Gehrig's Disease.** If you were stationed anywhere in the military and you have Amyotrophic Lateral Sclerosis (ALS – Lou Gehrig's Disease), it is presumed that you got it as a result of your military service.

100% INDIVIDUAL UNEMPLOYABILITY

If a veteran has a VA 100% Individual Unemployability (IU) disability rating, this means he cannot have meaningful employment. The VA recently determined that a certain veteran who was working 40 hours per week as a full-time volunteer had meaningful employment *even though he was not getting paid*, so they canceled his VA disability pay! As they used to say on Hill Street Blues, "Be careful out there..." (continued on p. 6)



Legislative Contacts

President Barack Obama

The White House
1600 Pennsylvania Ave.
Washington DC 20500

Washington

Senator Patty Murray

United States Senate
10 North Post St, Suite 600
Spokane WA 99201
509-624-9515
Fax 509-624-9561

Senator Maria Cantwell

United States Senate
920 W. Riverside,
Suite 697
Spokane WA 99201
509-353-2507
Fax 509-353-2547

Representative Cathy

McMorris Rodgers

United States House of
Representatives
10 N. Post St, 6th floor
Spokane WA 99201
509-353-2374
Fax 509-352-2412

Idaho

Senator Mike Crapo

United States Senate
610 W. Hubbard
Suite 209
Coeur d'Alene ID 83814
208-664-5490
Fax 208-664-0889

Senator Jim Risch

United States Senate
610 W. Hubbard, Suite 213
Coeur d'Alene ID 83814
208-667-6130
Fax 208-765-1743

Representative Raul

Labrador, United States

House of Representatives
1250 Ironwood Dr.
Suite 243
Coeur d'Alene ID 83814
208-667-0127
Fax 208-667-0310

Now Hear This!



Spokane Chapter, MOAA
P.O. Box 466
Veradale WA 99037

Sunday, 22 September Greenacres Park Pavilion
1311 N. Long Road, Spokane Valley
12:30 Social time, Meeting 1:00, 1:15 Buffet begins

Guest Speaker: Officer Chris Johnson, Spokane County Sheriff's Office

Chris will address Home Security and Scams, and will respond to your questions.

Event will be catered by O'Doherty's and will include Smoked Pulled Pork, Smoked Turkey, Breast, Pork Ribs, honey corn bread, potato salad, macaroni salad, BBQ beans and spicy coleslaw. Beverages: Iced Tea & Lemonade. There will be plenty of food! Cost is \$16.50 per person.

Mail your reservation early; we must receive it by Saturday, 14 September. No late reservations or walk-ins. If you need to cancel a reservation, contact Ralph Shrigley (208) 623-2671 or Barbara Thornbrugh (509) 466-2108 NLT Sunday 15 September for refund. No refund after food is ordered.

Please reserve ____ places for the Sunday 22 SEP picnic at Greenacres Park Pavilion. My check in the amount of \$ ____ is enclosed (\$16.50 x ____). Make check payable to "Spokane Chapter MOAA." Mail to chapter mailbox above.

Name: _____ member/guest Name: _____ member/guest

Name: _____ member/guest Name: _____ member/guest

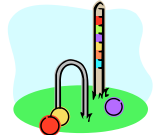
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Sunday 22 SEP 2013 Greenacres Pavilion Picnic 12:30 p.m. at 1311 N. Long Road, Spokane Valley

DIRECTIONS: From I-90, take Barker Road Exit 293 and go north. Turn left onto E. Mission Ave., then take the third left onto N. Long Road. Greenacres Park is on the right, just past E. Maxwell Ave. Paved walkways, plenty of parking, convenient restrooms. Very Wheel Chair Friendly. Frisbee Golf Course (bring own Frisbee) & croquet. Questions? Call Barb Thornbrugh, 509-466-2108.

Please bring:

- **\$1.00 and 3 return address labels per person for PRE-STAMPED legislative POSTCARDS**
- **Something for the raffle which will support the MOAA Scholarship Program**
- **Something for our troops serving in harm's way and/or for Homeless Veterans program.**
(Cash donations help pay for additional items and postage).



Membership Chair/Committee
Spokane Chapter, MOAA
P.O. Box 466
Veradale WA 99037

**EMAIL REQUEST, CHANGE OF ADDRESS or PHONE, or
TEMPORARILY AWAY:**

Clip and complete this form and send it to the
address on the left so we can update our database. Thank you.

NOTE: We do not send junk email or spam. Also, we do not give away, sell or trade your email address.

Member name: _____
(Please print clearly)

- [] I would like to be added to the chapter email list. I specifically request to (check all that apply):
- [] Receive the chapter newsletter by email
 - [] Receive important information in a timely manner.

[] My email address is _____
(Please print clearly)

[] My mailing address, email address, and/or phone number has changed to:

- [] I will be temporarily away starting _____ and returning _____. I do / do not (circle one)
wish to receive the newsletter while I'm away. If "do" please send it to:

Signed: _____

WE'RE ON THE WEB!
WWW.SPOKANEMOAA.ORG



Spokane Chapter
Military Officers Association of America
P.O. BOX 466
Veradale WA 99037

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Need a Ride to a Chapter Social? Call Anyone Listed Below

WASHINGTON

Clif Collier 509-443-6490
Clinton Piper 509-747-9305

Floyd Geiger 509-328-4483



Richard Oates 208-777-2671
Ralph Shrigley 208-623-2671

IDAHO



Veterans Service Officer School (cont. from page 4)

The name of the Spokane VAMC has been changed to Mann-Grandstaff Medical Center.

Those who obtain care at any VA Medical Center and receive transportation pay to and from their home will now be paid by direct deposit to a bank account. They will not receive the money at the medical center. The VA is sending letters telling people that they need to provide the information for their bank account so this can happen.

There are two websites that you should consider signing up with:

- **My HealtheVet.** (<https://www.myhealth.va.gov/index.html>). This site is VA's online personal health record for veterans, active duty service members, their dependents and caregivers. It helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care.
- **eBenefits** (www.ebenefits.va.gov). This site is a joint VA/DoD portal that provides self-service capabilities to Veterans, Service members, their families and caregivers. You can access such things as your service record and VA home loan certificate of eligibility.

Casualty Assistance Officer: Bernie Fritz is the casualty assistance officer for Fairchild AFB and surrounding area. He is in Bldg. 240 at 7 W. Arnold St., 509-247-4488. If you leave a message, he will call you back.

FAFB Retiree Activities Office

Bldg. 240, 7 W. Arnold St., 509-247-4029

The Retired Affairs Office needs volunteers. Serving at the RAO is a perfect excuse to travel out to the base and visit the exchange/commissary at the same time. Call them!