

President's Perspective

by Lee Lange



A Memorable Month

We had a great picnic in October with more than 60 members and guests showing up to hear Arizona State Historian Marshall Trimble provide excellent entertainment. A number of prospective chapter members came to the event, and so far three of them have joined the chapter. We will work with the rest over the next few weeks to get them to join our group. We also

recognized three of the Bogey Boys group that does so much for our annual golf tournament. With us at the picnic were Maury Corp and his wife Jean, Jim Perron and his wife Judy, and Jim Kidwell.

Two of our members were inducted into the Arizona Veteran's Hall of Fame on October 28. Congratulations to Rob Welch and Jeanne Blaes on becoming the latest members to join the

Veterans Hall of Fame.

Past President Jim Cullison and his wife Beth made the trip to Arlington, VA, October 24-25 for MOAA's Annual Meeting and to receive our 13th consecutive 5 Star Levels of Excellence Award. Congratulations to Jim and all our members. You made this award possible.

One more note on Jim Cullison. He has been our award winning newsletter editor for the last eight years, and he deserves a break. We are looking for a new editor to take Jim's place. If you have an interest in helping the chapter, let me know and we can discuss what is involved.

Meritorious Members

We will recognize seven chapter members with the Meritorious Service Award (MSA) in November. They are Charlie Bitner, Donna Bright, Ron Green, Bruce Kosaveach, Lee Lange, Paul Schnur, and Janet Stultz. I'll have more to say about the contributions these members are making at

Arizona Chapter Calendar

Board of Directors meets at 1030 hours the first Thursday of the month unless noted otherwise

Location: National Guard Regional Training Institute, 5636 E. McDowell Rd. Show ID for entry. Members welcome.

Upcoming meetings:

- November 3
- December 1

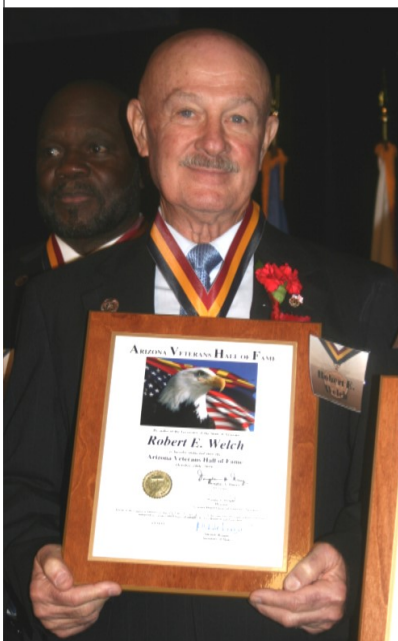
Member Meetings/ Luncheons are held on the third Saturday of the month, Social Hour at 1100, Luncheon at 1200, at McCormick Ranch Golf Club unless noted otherwise.

Upcoming meetings:

- November 19
- December 17

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Rob Welch



Jeanne Blaes

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President's Perspective...continued

the November meeting. Previous MSA winners should wear their ribbons and medallions to November's meeting.

The Nominating Committee, headed by Vice President Ron Bright, recommended, and the Board has approved, a slate for 2017 chapter leaders. The nominees are listed at right. We will hold elections for next year's leadership team as part of November's meeting.

Fundraising Progress

Our scholarship fund campaign continues to make progress with donations since our September kick-off of \$2,457. This includes over \$200 from the fundraiser at Habit Burger in September. Thank you for supporting the event. Our last fundraiser for this year is the November 12 wine tasting event at the home of member Jon Shawl. We have 46 signed up for what promises to be a great event. Thanks to all the volunteers who are making the event possible and to the members who signed up to join us.

Renew Membership Now, Save Money

Don't forget your chapter dues for next year. Renew your membership now and save 10%. This offer is good until December 31. See the details on [Page 5](#). Dues go up to the regular price after that date. We will be rolling out a new option January 1 that will introduce you to MOAA's automated dues renewal program we are implementing. This program will allow you to go online and renew your chapter membership using your credit card. The system was tested by our Treasurer, Charlie Bitner, and briefed to the Board. It is secure, and our chapter receives the full amount of your dues. Transaction charges are paid by MOAA. We'll have more details next month.

Happy Thanksgiving!

Important November Dates

- Nov. 6, Daylight Savings Time ends
- 8th, Election Day
- 10th, USMC 241st Birthday
- 11th, Veterans Day
- 12th, Chapter Wine Tasting
- 13th, Sadie Hawkins Day
- 19th, Arizona Chapter Luncheon
- 27th, Thanksgiving Day

5 More Stars

Ron Perkins, left, and Jim Cullison accepted 5 Star Level of Excellence banners for their organizations at the MOAA annual meeting.



Ron accepted as president of the Arizona Council of Chapters, and Jim as Immediate Past President of the Arizona Chapter.

2017 Chapter Officer Slate

The Arizona Chapter Board approved the following slate of officers for 2017 that was presented by the Nominating Committee. Members will vote at the November luncheon.

- President: Lee Lange, USMC
- 1st Vice President: Ron Bright, USA
- 2nd Vice President: Dave Price, USN
- Immediate Past President: Jim Cullison, USAF
- Secretary: Paul Schnur, USA
- Treasurer: Charlie Bitner, USAF
- Directors: Beth Cullison, Spouse; Jim Draper, USN; Bruce Kosaveach, USN; Jon Shawl, USN; Janet Stultz, USA

Good Return on Burgers

Our chapter fundraising event at the Habit Burger Grill September 20 brought us closer to our goal of \$10,000 by September 2017.

We received a check for \$213.20, which was 20% of the total spending by our members and guests that day.

Donations to Chapter Funds

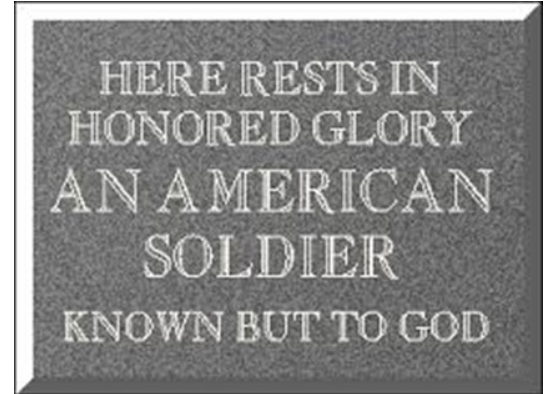
Scholarship Fund

- Charlie Bitner \$120
- Pete Berger \$100
- Gary Fredricks \$100
- Lee Lange \$100
- Rob Welch \$100
- Janet Stultz \$50
- Gene Rafanelli \$50
- Nancy Burt \$50
- Dan Germond \$29
- Ron Perkins \$10
- October 50/50 Raffle \$50

Join Us November 19 at the Arizona Chapter Luncheon

Hear the Story of the Unknown Soldier

Chapter Program Chairman Bruce Kosaveach has arranged a program that is especially appropriate for November, the month in which the nation honors all veterans who have selflessly served our country since its earliest days.



Our Guest Speaker will be Matt Scott. His presentation will focus on the **“Selection and Burial of the First Unknown Soldier in Arlington Cemetery.”** His research includes the use of a report developed by his grandfather, who was a clerk in the Cemetery Division of the Department of War and who was directed to document the details of the ceremony in France and the burial in Arlington in November of 1921.

Saturday, November 19
McCormick Ranch Golf Club
\$22 per Person

**If you plan to attend, take note:
Make your reservations, this month only, with**

**Bill Roscher
4337 E. Sands Drive
Phoenix, AZ 85050
480-948-3609
wroscher@cox.net**

**Reservations are required and must be made no later than
Tuesday, November 15**

Make checks payable to AZ Chapter MOAA

Picnic in the Park



The food was great, the weather was fine, and the entertainment was highly entertaining at the Arizona Chapter's annual picnic barbecue at McCormick Stillman Railroad Park. Following a satisfying meal, members and guests enjoyed Official State Historian Marshall Trimble's tales of Arizona, presented in his witty and informative selections of songs and stories.

Special thanks to Donna Bright for coordinating the many parts involved in setting up the barbecue.



The Fountain Hills Bogey Boys, the group of golfers who support our golf tournament with players and volunteers, got a big chapter thank you at the picnic. Certificates of Appreciation were presented to, from left below, Jim Perron, Maury Haup and Jim Kidwell.



Several guests attended the picnic and were welcomed by our members. Frank Hoak, above left, chatted with guests Marie and Carl Propp prior to the meal. Carl joined the chapter, as did two other guests.



Personal Affairs

By Lee Lange
Personal Affairs Officer

Seven Factors That Affect Heart Health

The following article was adapted from a piece written by MOAA contributing editor Marylyn Pribus. Cardiovascular or heart health has been the focus of considerable research as a way to improve public health. Heart disease remains a leading cause of death for Americans. Through research, scientists are finding ways to treat the disease and to find ways to prevent the problem in the first place.

Between 2000 and 2010, the American Heart Association (AHA) focused on reducing the death rate from heart attack and stroke. The goal was a 25% reduction during the decade, and they achieved more than a 30% reduction through better control of risk factors and better medical care.

The AHA formed a team charged with establishing new goals for the decade from 2010 to 2020. The team did a careful, science-based review of people with good cardiovascular health and came up with seven factors. They are:

- Blood pressure
- Cholesterol levels

- Blood sugar
- Smoking status
- Weight
- Physical activity
- Healthy diet

All seven factors can be impacted by personal behaviors. If a person can make an improvement in just one area, it can have a profound impact. For people with ideal levels of all seven factors, it's a big plus to their health. They live longer, and they live healthier, with a better quality of life at older ages. Health care costs for this group are reduced, and they will likely have fewer instances of cancer, depression, and other chronic conditions like arthritis.

To help determine your own heart health, take the short, interactive *My Life Check* survey (www.heart.org/mylifecheck), which asks for information about the seven factors as they relate to you. I took the survey and came up with a score and a listing of the factors that were OK and those needing improvement.

Each of the factors has an icon in the survey that you can click on to find out more about how to improve in those areas. The content is very good and can help you come up with an actionable plan. A small change can make a big difference. Take a few minutes and check it out.

It's That Time Again!

**Your Arizona Chapter Membership Renewal for 2017
Is Due by December 31, 2016**

Early Bird Renewal Is in Effect Again

If you renew by December 31, you save 10%
Regular Members pay \$18, Surviving Spouses pay \$9
After December 31, Regular Member Annual Dues are \$20
Surviving Spouse Annual Dues are \$10

Online Renewal is coming.

But for now make your renewal check out to AZ Chapter MOAA and send it to:

Charlie Bitner, Treasurer
134 E. Northview Ave.
Phoenix, AZ 85020



National Legislative Update

by Lee Lange
Legislation Chairman

Still Waiting For a Final Defense Bill

We'll likely have to wait at least another three weeks before Congress makes final decisions on the force levels, active duty pay raise, TRICARE fees and other changes proposed in the FY 2017 Defense Authorization Act. But we can be pretty sure of at least some of the new changes because they were included in both versions of the bills passed by the House and Senate.

Here is what MOAA expects the new defense bill will require.

TRICARE:

- TRICARE Standard will have a new name (possibly TRICARE Preferred) and be reconstituted as a preferred provider network (PPO), which means some charges will be higher for visits with doctors who aren't in the new TRICARE network.
- The new version of TRICARE Standard/Preferred will have an annual enrollment requirement. If you're under 65 and in TRICARE Standard now, you've never had to explicitly enroll. If you didn't enroll in the HMO-style TRICARE Prime, you were automatically covered under Standard. No more. **Important:** starting in 2017, retirees and family members under 65 will have to sign a document to enroll in either Standard/Preferred or TRICARE Prime. If you don't actively enroll in one or the other, you and your family won't be covered by TRICARE. So you'll need to pay attention to notices about the annual enrollment period, starting next year.
- No later than January 2020, retired enrollees in the new version of TRICARE Standard/Preferred will have an annual enrollment fee. Again, this will be new, as Standard currently has no enrollment fee. If the House plan prevails in the final bill, the annual enrollment fee for 2020 will be \$100/\$200 for single/family. There is a possibility it could be more, depending on continuing negotiations between the House and Senate.
- Military medical facilities will be

implementing a variety of initiatives to improve access to and quality of care, including a standardized appointment system, more use of telehealth services, adoption of common quality/performance measures, and displays of emergency room wait times.

SBP-DIC Survivors:

MOAA fully expects the current Special Survivor Indemnity Allowance (SSIA) - \$310 per month - won't be allowed to expire next year. It will be extended for at least one year, which gives MOAA another shot at seeking a further extension and continued increases in the SSIA amount to make more progress toward eliminating the SBP-DIC offset, which is the ultimate goal.

Commissaries:

The commissary system will be testing "house brands" and a variable pricing system. This means shoppers at some locations might see increases and others might see decreases, although Congress still requires commissaries to maintain the same overall levels of beneficiary savings and satisfaction.

COLA Announced

While not part of the Defense Bill discussion, the cost-of-living adjustment (COLA) for next year has been announced. On Oct. 18, the Bureau of Labor Statistics announced the September Consumer Price Index (CPI), the final piece of information needed to determine the COLA for military retired pay, Social Security, Survivor Benefit Plan and VA disability compensation payments. The increase will be a minuscule 0.3 percent COLA for 2017. The increase will be effective Dec. 1 and will appear in the January 2017 retired pay checks.

Support Building to Raise State Military Pension Exemption

On the state side, several groups have been discussing legislation for the next session of the Arizona State Legislature that would raise the amount of the state military pension tax exemption.

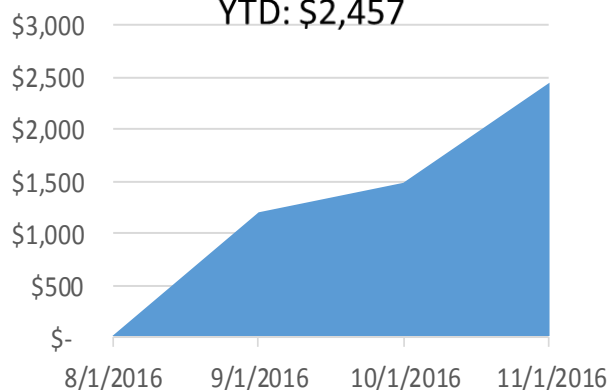
MOAA's Arizona Council of Chapters supports introducing legislation to increase the exemption amount from its current \$2,500. The Unified

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Scholarship Fundraising Campaign

Goal: \$10,000

YTD: \$2,457



Free Meals on Veterans Day

November 11 is Veterans Day, and many restaurants offer free or discounted meals to veterans — active, formerly serving and retired — that day as a thank you to our service.

Some of the participating establishments include Applebee's, Olive Garden, Chili's, Denny's, Outback Steakhouse, Red Robin, IHOP, Golden Corral (November 14 only), Mimi's (free meal on the 11th, \$5.99 meal Nov. 12 & 13), and California Pizza Kitchen.

You also can get a free donut and coffee at Krispy Kreme and a free coffee at Starbucks.

Be sure to take a military ID or other proof of service. Enjoy your treat.

VETERANS DAY

November Luncheon

WHEN: November 19, 2016
11:00 a.m., Meet & Greet Social Hour
11:45, Lunch

WHERE: McCormick-Stillman Railroad Park,
Scottsdale

COST: \$22 Per Person

DRESS: Business Casual

MENU: Turkey with mashed potatoes, sage dressing and gravy, and pumpkin pie.

PROGRAM: Matt Scott will tell the story behind the selection of the Unknown Soldier entombed at Arlington National Cemetery.

Welcome Our New Members

Phil Roos, CAPT USN (Act)
and Spouse Shar of Scottsdale
Phil is CO of Navy ROTC at ASU

Mike Rogers, CDR USN (Ret)
and Spouse Diane of Glendale

Carl Propp, LTC USA (Ret)
and Spouse Marie of Fountain Hills

Please meet and greet our new members.

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: **Charlie Bitner, 134 E. Northview Ave., Phoenix, AZ 85020, 602-943-0028, charles.bitner@gmail.com.**

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/RESERVATION FORM

Please reserve ___ meals for (name): _____

Enclosed is my check for \$ _____ (\$22.00/person) for the November 2016 luncheon

Make check payable to: **AZ Chapter MOAA**

Send check to: **Bill Roscher, 4337 E. Sands Dr. Phoenix, AZ 85050, 480-948-3609, wroscher@cox.net**

Member reservations or call-ins WILL NOT be accepted after November 15.

Cancellations after November 15 will be charged and not refunded.

...Legislative Report, cont.

Arizona Veterans (UAV) supports similar legislation. What hasn't been agreed on is what the new amount should be. Both groups are testing the waters with state legislators and other state government officials.

The November election has put more serious

discussions on hold as there will be numerous changes in legislators, and new leadership will very likely be named.

Soon after the elections, the groups will be meeting with key figures in state government to gauge support and to find champions in the State House and Senate for proposed legislation. Stay tuned for more news on this important issue.

The Arizona Chapter MOAA - 2016 Board of Directors and Committee Chairs

PRESIDENT Col Lee Lange, USMC 703-232-3609	NEWSLETTER EDITOR Lt Col Jim Cullison USAF 602-482-3838	CHAPLAIN Vacant
FIRST VICE PRESIDENT LTC Ron Bright, USA 480-614-9463	ADVERTISING Lt Col Jim Cullison USAF 602-482-3838	PERSONAL AFFAIRS Col Lee Lange USMC 703-232-3609
SECOND VICE PRESIDENT CAPT Bruce Kosaveach, USN 602-501-9876	ELECTRONIC COMMUNICATIONS Lt Col Jim Cullison, USAF 602-482-3838	PROGRAMS CAPT Bruce Kosaveach, Chair 602-501-9876 Col Lee Lange, vice chair
SECRETARY CPT Paul Schnur, USA 480-443-8201	HISTORIAN / PHOTOGRAPHER Lt Col Jim Cullison USAF 602-482-3838	ARRANGEMENTS LTJG Donna Bright, USN 480-614-9463
TREASURER Col Charles Bitner, USAF 602-943-0028	JROTC AWARDS LCDR Terry Tassin USN 623-931-1546	SCHOLARSHIPS CAPT Jon Shawl, USN 602-999-8253
IMMEDIATE PAST PRESIDENT Lt Col Jim Cullison, USAF 602-482-3838	LEGISLATION Col Lee Lange, USMC 703-232-3609	TRANSITION LIAISON CDR Jim Draper USN 480-483-7769
DIRECTORS: CDR Jim Draper USN; MAJ Janet Stultz, USA; LTJG Donna Bright, USN; CAPT Dave Price,, USN, Beth Cullison, Spouse	MEMBERSHIP CAPT David Price, USN 480-965-7404	WEBMASTER COL Rob Welch USA 480-207-6446
	SURVIVING SPOUSES Susan Farrell, Surviving Spouse 602-993-8556	SHARE A RIDE CAPT Frank Hoak III, USN 480-664-0047

Access Arizona Chapter's Internet Web Site at: azmoaa.org

Arizona Chapter
Military Officers Association of America
13819 N. 51st Street
Scottsdale, AZ 85254



azmoaa.org



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