



VOLUME XXXIX, ISSUE 5

SWEETWATER CHAPTER MILITARY OFFICERS ASSOCIATION OF AMERICA THE MARINERS LOG

MAY 2012

April Meeting

The April lunch meeting of the Sweetwater Chapter of MOAA was enjoyed by members at Anchor Catering. A reception of about 250 people was booked into Anchor Catering. We still had our room off to the side. There were two duplicate tables of food. To beat the crowd we ate earlier than usual.

San Diego Hospice was the topic for the meeting. Sherry Taylor-Englund, Community relations Specialist and Paula McMenam, Clinical Field Instructor were our speakers.



Sherry and Paula explained that no one should live in pain, no one should live in fear, no one should die feeling alone. This is what Hospice is all about. Hospice care is not just in a nursing home. It can be in your home.

San Diego Hospice was started in 1977. There are 18 hospices in San Diego and over 3000 nation wide. Medicare, insurance, and/or Medical pays 100%.

Hospice care is provided by an interdisciplinary team to alleviate or lessen pain, physical, emotional, and spiritual. They also provide medicine, equipment, beds, staff, and grief counseling.

Any one can refer or be referred if a doctor has stated that the person has six months or less to live. Call 866-688-1600. Their Web site is www.sd hospice.org

"The trouble with our liberal friends is not that they're ignorant: It's just that they know so much that isn't so." - Ronald Reagan

Future Happenings

First Monday, 7 May : Chapter Board meeting for May at 8:30 a.m. in the Bonita Golf Club Lounge, 5540 Sweetwater Rd. All members are welcome. Come have breakfast with us.

Second Wednesday, 9 May : Chapter lunch meeting at Anchor Catering (Enter off Main St. just west of I-5 in San Diego) at 11:00 a.m. Our speaker for the May meeting will be Laura Runkle, Director of Marketing and Public Relations for Paradise Village of National City. (See reservation form on page 5)

Saturday 2 June, The Sweetwater Chapter will man a recruiting booth at the Military Appreciation Retiree/Active Duty Pre-Retirement Seminar at MCRD San Diego 0830-1400 in front of the Depot Theater Bldg. 30.

Wednesday, 11 July: Chapter annual picnic at Sweetwater Summit RV Park. Stay tuned for more information.

Are You an Unfunded Liability?

It's a hurtful truth that serious budget problems all too often cause government leaders to do callous things to serve short-term needs.

<http://echo4.bluehornet.com/ct/15687137:18644105724:m:3:2002485884:A8E537C138B471B24F8D86863FFFDDEF:r>

MOAA, DoD Witnesses Clash on TRICARE Fees

MOAA News Exchange, 4/4/12

Last week, House Armed Services Military Personnel Subcommittee held a hearing on defense health care programs, which featured starkly contrasting input from DoD and MOAA witnesses. Find out what MOAA Government Relations Director Col. Steve Strobbridge, USAF-Ret., the only association witness called to testify, shared with the subcommittee.

<http://echo4.bluehornet.com/ct/15527225:18484509977:m:3:2002485884:0AE1044824871E0797021D20A75000F2:r>

2012 OFFICERS

EXECUTIVE COMMITTEE

PRESIDENT:	LCOL James Laughlin, USAF, Ret.	472-1196
1ST VICE PRESIDENT:	CWO4 Eugene Rinehart, USN, Ret.	421-1491
2ND VICE PRESIDENT:	LT William Hoyt, USN, Ret.	479-7092
	Membership Chairman	
SECRETARY:	MAJ Robert Schussler, USMC, Ret.	698-1458
TREASURER:	CWO2 Ernesto Liwag, USN, Ret.	690-2157

BOARD OF DIRECTORS

Chairman:	CWO4 Oscar Garcia, USN Ret.	482-9680
AIR FORCE:	LTCOL George Hansen, USAF, Ret.	475-7637
ARMY:	CAPT Leonard Cardoza, USA, Ret.	475-9288
COAST GUARD:	CWO4 Rody Camaisa, USN, Ret.	423-9429
MARINE:	LCDR Philip Pirofalo, USN, Ret.	475-5753
NAVY:	CAPT Bruce Johnson, USN, Ret.	479-6217
Member at Large	LCDR John McLaughlin, USN, Ret.	426-8308

SPECIAL OFFICES

AUXILIARY REP.	Mrs. Jane Clark	589-6419
CHAPLAIN:	Mrs. Marvelyn Hoyt	479-7092
JROTC COORDINATOR:	CAPT Leonard Cardoza, USA Ret.	475-9288
LEGISLATIVE REP:	LT Robert Dunn, USN, Ret.	421-2057
NEWS LETTER EDITOR:	Mr. Paul Lee	858-278-9552
PERSONAL AFFAIRS:	CDR. George Kost, USN, Ret.	265-6506
PERSONAL AFFAIRS ASST:	CDR James Monaghan USN Ret	420-8513
SUNSHINE COORDINATOR:	Mrs. Marvelyn Hoyt	479-7092
EMAIL CONTACT:	CMDR Dudley Cass, USN, Ret	dudcass@aol.com

The Mariners Log is published monthly by the Sweetwater Chapter of the Military Officers Association of America.

Copyright (c) 2011, Military Officers Association of America., all rights reserved.

Anything published in this newsletter, "The Mariners Log", does not necessarily reflect the opinions or views of MOAA, the Sweetwater Chapter of MOAA, their officers, nor their members.

The Editor's Note Pad

Would you believe that I've been editor of "The Mariners Log" for ten years? I'm not sure I do. Jim Monahan was president. Dough Poutree was the editor and passed the task to me. Shortly thereafter I was elected to Honorary Membership. So far so good. Thank you for letting me serve you.

So you know anyone who would be eligible for membership in this chapter? Talk to them. Ask them to join.

MOAA reminds us to keep sending the post cards that are attached to the *Military Officer* magazine to your representatives in Washington. Our benefits are under attack.

Again, Sorry for the long MOAA URL's

Artificial intelligence is no match for natural stupidity.

MOAA Storms The Hill for You

MOAA Legislative Update 4/20/2012

MOAA Council and Chapter Presidents from the 50 states and Puerto Rico, accompanied by members of the national Board of Directors and headquarters staff, plus members of MOAA's active duty, Guard, Reserve, spouse and auxiliary advisory committees swarmed Capitol Hill on April 18 to visit nearly all 535 representatives and senators in support of key legislative priorities.

This year, the "Hill-stormers" met with their legislators to ask them to:

- * Reject disproportional TRICARE fee hikes
- * Protect against accelerated force cuts that would worsen "dwell time" between deployments
- * Resist efforts to "fast-track" military retirement changes

MOAA Hill-stormers received very positive feedback from most legislators. Our hope is that this will translate to support for these goals as the House and Senate Armed Services Committees begin drafting the FY2013 Defense Authorization Bill in the coming weeks.

The Hill-stormers personal efforts were buttressed by MOAA-sponsored full-page ads in The Hill newspaper on Wednesday and Friday.

We're also gratified at members' response to the special alert we sent out Monday asking you to support this effort by emailing your legislators to oppose "taxing military people first." You sent more than 41,000 messages to Capitol Hill, and many legislators and staffers referenced the messages during their meetings with the MOAA stormers.

If you haven't already done so, it's not too late to add your voice to this important campaign.

<http://capwiz.com/moaa/issues/alert/?alertid=61188311&PROCESS=Take+Action>

Check for detailed Storming the Hill coverage.
<http://www.moaa.org/storming/>

*When half of the people get the idea that they do not have to work because the other half is going to take care of them; and when the other half gets the idea that it does no good to work, because somebody else is going to get what they work for, that is the beginning of the end of any nation.
(Are we there yet? - Ed.)*

PLEASE HELP!

It's time again to collect, edit, and submit information for our annual Levels of Excellence Award scoring.

This is a rather detailed task telling MOAA what a fantastic chapter we have and what dedicated people we are. I am presently compiling information concerning CY 2011. An important part of the submission is a narration of the programs and projects that enhanced the image of the chapter and MOAA.

Many of you have participated in such programs as Meals on Wheels, civilian law enforcement, Navy Relief, and a myriad of other worthy causes. Please send me an e-mail outlining your efforts for CY 2011. I'd like the names of the charity or organization, your tasks, and the approximate number of hours you contributed. I'll do the rest. Please help me document these efforts, and in so doing, gain recognition for our chapter.

BOB Schussler, Maj. USMC (Ret), Chapter Secretary

Last Chance! Bob Schussler is putting together the final draft of our awards petition for CY 2010. He can use any input from the members on charitable or volunteer efforts you may have performed during 2010. Please send your inputs to schus1@cox.net. Thank you-lets try for another five star year.

Mayonnaise Jar & Two Beers

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 Beers.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full.

They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full.

They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full.

The students responded with a unanimous 'yes.'

The professor then produced two Beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand.

The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life.'

The golf balls are the important things---your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car. The sand is everything else---the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life.'

If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take your spouse out to dinner. Play another 18. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the Beer represented.

The professor smiled and said, 'I'm glad you asked.'

The Beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend.

LIFE ISN'T ABOUT WAITING FOR THE STORM TO
PASS.
IT'S LEARNING HOW TO DANCE IN THE RAIN

"To those who cite the First Amendment as reason for excluding God from more and more of our institutions every day, I say: The First Amendment of the Constitution was not written to protect the people of this country from religious values; it was written to protect religious values from government tyranny." --Ronald Reagan

APRIL BOARD MEETING MINUTES

The April 2012 Board of Directors meeting of the Sweetwater Chapter, MOAA, was held at the Bonita Golf Course, April 2, 2012. President Jim Laughlin called the meeting to order at 0855. He then led the Pledge of Allegiance.

Attendees present were: Jim Laughlin, Bob Dunn, Bruce Johnson, Paul Lee, Bill Hoyt, Phil Pirofalo, Bob Johnson, Dudley Cass, Len Cordoza, Jim Monaghan, Oscar Garcia, and Gene Rinehart.

Secretary Report. Bob Schussler on travel. Gene Rinehart presented the minutes, which were published in the newsletter. The board approved the minutes.

Treasurer Report. Ernie Liwag on travel. Gene Rinehart relayed the treasurers report received by email from Ernie. After a beginning balance of \$6,327.62, receipts were 649.00 and expenses of -491.60, which left a current balance on March 31, 2012 of \$6,485.02. The Board approved the report.

President Report. President Jim Laughlin and his wife Jean will be on travel beginning April 13, 2012 for a cruise in Europe and will return May, 4, 2011. Jim requested an update on the JROTC presentations.

Len Cardoza stated that the Mar Vista date is still pending and that medals and certificates are in hand for all schools. Presenters are currently being finalized. Len stated that one check from last year has yet to be cashed.

Jim asked that all members begin to prepare their input of 2011 accomplishments and submit to Bob Schussler, who will consolidate the report for submission to National MOAA in May.

Chairman Report. Oscar Garcia. Oscar submitted a "Proposed Funeral Home Ceremony" procedure for consideration by the Chapter when desired for selected services for members. After a brief discussion, the President recommended perusal by the board for future consideration and that the proposal be tabled for a future review.

1st VP, Programs, Gene Rinehart. The confirmed speaker for the April 11, 2012 luncheon meeting will be Sherry Taylor-Englund and an assistant, from the San Diego Hospice Organization. They will address the current hospice procedures and how they can assist patients in need. In addition, they will present new information for military. In May, Ms. Laura Runkle, Director of Marketing and Public Relations for Paradise Village of National City will speak about Senior

Assisted Living and their new modern facility.

2nd VP, Membership. Bill Hoyt. Membership count: 51 Regular; 14 Auxiliary and 11 Associates. Contacts were made to encourage renewals, however, several members are out of the area. Under the new "GiveMe 10" rules, former members may renew for two years for \$30.00. It was recommended that a sign be placed outside the meeting area to possibly attract new members.

Legislative. Bob Dunn. Much action and discussion has been taking place back in Washington concerning personnel reductions, Medicare cuts, TRICare fees and BRAC type base closure reviews, among other things. Members will have to be alert and send in their cards and letters to representatives to voice their concerns.

Newsletter. Paul Lee. Paul has coupons to help reduce mailing costs for next months newsletter.

Sunshine Report. Bill Hoyt reports that Ernie Liwags wife had a heart procedure done in Palm Springs with a stent inserted to prevent blockages. They returned to San Diego and she is resting comfortably at home. George Hansen was taken to the hospital over the weekend where he had to have oral surgery before being released. George Kost is out of rehab and is now back at Sunrise.

Public Affairs. Jim Monaghan. No report.

New Business. Jim Monaghan reported that the Navy publication "Shift Colors" is now available on line.

Gene Rinehart discussed the various directives and emails that have been released concerning Agent Orange exposure to personnel serving on Navy and Coast Guard ships (Blue Water) in and around Viet Nam.

Bill Hoyt announced that MCRD will be hosting a retirement seminar in June at MCRD auditorium. He will work with Bob Schussler to set up a booth to recruit new members. In addition, Paradise Village in National City will "Celebrate Seniors" at a Community Health and Resource Fair at their facility on Friday, April 20, 2012, from 10:00am -1:30pm. Bill will set up a MOAA booth to recruit.

Meeting adjourned at 0955.

Gene Rinehart, for Bob Schussler, Secretary.

Now look what you can do with Alka Seltzer.....

Clean a toilet.

Drop in two Alka Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.

LUNCH MEETING MAY

MAY MEETING

WHERE: Anchor Catering,
32nd Street Naval Station
(Enter off Main St. just west of
I-5 in San Diego.)

WHEN: Wednesday 9 May 2012

TIME: Registration 1100 Hrs.

MENU: Prime Rib, & Chicken, Vegetables,
potatoes, salad bar, iced tea, coffee, and rolls.

If you need transportation to the meeting and re-
turn call Oscar Garcia at 619-482-9680.

Tech Tactics

Truth Testing on the Internet

Do you ever wonder whether what you read on
the Internet is true? Since everyone online can play
expert and the pressure to break genuine news often
leaves little time for fact-checking, use these sites to
dispel rumors and get answers.

[http://echo4.bluehornet.com/
ct/15527226:18484509977:m:3:2002485884:0AE10448
24871E0797021D20A75000F2:r](http://echo4.bluehornet.com/ct/15527226:18484509977:m:3:2002485884:0AE1044824871E0797021D20A75000F2:r)

*(Beware though. Snoops is supported by George So-
ros. I have found Snoops in error. Editor)*

MAY BIRTHDAYS

- Randy Bogle
- Donald Capie
- Dudley Cass
- Robert Johnson
- Shirley Kahl
- James Laughlin
- Ernesto Liwag
- Mark Maneclang
- Winnie Maneclang
- Sidney Morris
- Angela Rhamy
- Cary Wright

Happy Birthday to you all!

**MONTHLY MEETING RESERVATION FORM
SWEETWATER CHAPTER, MOAA**

Lunch Date: Wednesday 9 May 2012

Main Course: Prim rib & Chicken
Lunch Charge: **\$17.00**

Member's Name: _____

Guest's Name: _____

Check No.: _____ Amount: _____

Please mail reservations so that they will be
received by **5 May 2012** to allow time to notify
the restaurant. If mailed late please contact
Ernie Liwag at 619-690-2157 to confirm your
attendance. Cancellations received after **7
May 2012** are not refundable.

Mail reservations to:
Sweetwater Chapter, MOAA
PO Box 268
Chula Vista, CA 91912-0268

Helpful Hints

Whenever I purchase a box of S.O.S Pads , I
immediately take a pair of scissors and cut each pad
into halves. After years of having to throw away
rusted and unused and smelly pads, I finally decided
that this would be much more economical. Now a box
of S.O.S pads last me indefinitely! In fact, I have no-
ticed that the scissors get "sharpened" this way!

Use Empty toilet paper roll to store appliance
cords . It keeps them neat and you can write on the
roll what appliance it belongs to.

MAY ANNIVERSARIES

Ronald & Bonnie Foster

Congratulations!



SWEETWATER CHAPTER

MILITARY OFFICERS ASSOCIATION OF AMERICA
POST OFFICE BOX 268
CHULA VISTA, CA. 91912-0268

First Class

MEETING ANNOUNCEMENT
Time Dated Material

SWEETWATER CHAPTER

MEMBERSHIP APPLICATION AND RENEWAL FORM
SWEETWATER CHAPTER (MOAA)
(Use for New or 2012 Renewal Application)

Circle One: **New Member** or **Renewal** Date _____

Address Change: Circle: **Yes** or **No**

Rank/Branch _____ National # _____

Name: _____

Mailing Address: _____

City/State/Zip: _____

Spouse's Name _____ Birth Mo.: _____

Member's Birth Date: _____ Anniversary Mo.: _____

Telephone: _____

e-mail: _____

Signature _____

ANNUAL DUES: Member \$15.00
Auxiliary \$7.00
Associate \$7.00

\$ _____

DONATIONS INDICATE: Newsletter \$ _____
Scholarship \$ _____
Total Paid \$ _____

Make Checks Payable to: **Sweetwater Chapter, MOAA**
P.O. Box 268
Chula Vista, CA. 91912-0268