

# BUNKER

# TALK

God

Country

Corps

J. R. Spears Detachment #066 Pensacola, FL Founded January 19th, 1984 by William D. Carter



### MEETINGS

Day & Time: 2<sup>nd</sup> Tuesday of each month at 1900

## **Location:**

National Guard Armory 8790 Grow Drive in the Ellison Park Industrial

## **Contact Us:**

J. R. Spears Det. 066 Marine Corps League P. O. Box 3491 Milton, FL 32572 850-712-0210

# **Detachment Website:**

http://marinecorpsleaguepensacola.org

## **Department of FL Website:**

http://mclfl.org

# **Southeast Division Website:**

http://sediv.org

## **MCL Website:**

http://mclnational.org

May 2019

#### **Commandant**

Chris Holzworth cavemanholz@gmail.com 850-463-2494

#### **Senior Vice Commandant**

Rob Fernandez w5.usmc@gmail.com 850-712-0210

## Junior Vice Commandant

Chuck Lea clea56@cox.net 850-485-8280

## Judge Advocate

Tom Fitzgerald fitzgerald346@aol.com 850-206-6873

## **Junior Past Commandant**

Clifford Zack zaksewski@yahoo.com 850-917-8526

## Adjutant/Newsletter

Margret Rogers teachothers@aol.com 562-964-8702

## **Paymaster**

Ben Sandoval

bensand48@hotmail.com 850-572-0554

#### **Chaplain/Visitation Chair**

William Broach jet727@gulftel.com 251-961-7272

#### Admin Officer (S-1)

JoAnn Lee joannlee1983@gmail.com 850-791-7089

## Ops Officer (S-3)

Kenneth Morrow good2015year@gmail.com 850-288-1097

#### **Logistics Officer (S-4)**

Kaci Sloan mrsalismom@gmail.com 850-400-0165

#### Webmaster (S-6)

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#### **Public Affairs Officer**

Ed Rouse erousecpa@bellsouth.net 850-393-3507

#### **Service Officer**

George "Doc" Dodge whiteantelope1945a@gmail.com 562-230-2379

# Sgt-at-Arms

Hiram Johnson 850-453-4521

# A Message from the Commandant

MCL J. R. Spears Detachment 066 Warriors and Members; it has been a distinct pleasure to serve as your Commandant over the last three years. I am so proud of the accomplishments of the Detachment in our mission to give back to the community which supports Active Duty Training and support Veterans of the local area. Over the last three years, the Detachment has been streamlined not only in structure and organization but alos in planning and activities to maximize our efforts to accomplishing the mission. The leadership and effort of so many has manifested in three world class events with world class results in execution and donations over the last three years. The MCL Annual Car Show, the Heroes Amoung Us Speaker Series, and finally with the incorporation of the Semper Fi 5K Charity Run for Children, the Detachment has broken the code on planning, preparing and excution which displays the Espirit de Corps and Professionalism which is characteristic of any organization with the words Marine Corps in the name. From the bottom of my heart, thank you for all your support and effort to this new direction; Please Support the Detachment and the new Commadant as he strives for the betterment of the Detachment in the future....Rob Fernandez is the Right Leader for the job!

Semper Fidelis,

Colonel Chris "Caveman" Holzworth USMC (RET)

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# Minutes March 13th Detachment Meeting:

Commandant Holzworth called the meeting to order at 1900 at the National Guard Armory, 8790 Grow Drive, Pensacola, FL.

There were 33 members and 2 guests present.

Opening ceremonies and rituals were conducted.

Commandant opened the meeting with the elections tonight for all billets for officers. Open up for Ben Sandoval to be added for Sr, Commandant. Tom Fitz motioned it and  $2^{nd}$  by Rob.

SJA named for Sr Commandant Ben and Ken Morrow. Maggie and Chuck Lea for Jr Commandant. Ben explaining the rules of elections processes if dues are not current you can not vote nor can associates members SJA emphasized the rules for voting. Ken motioned and Rob 2<sup>nd</sup> it.

Commandant for Rob Fernandez motioned by Tom Fitz d 2<sup>nd</sup> by Bill Hinders.

## **Elected Command Billets:**

\*Commandant: Rob Fernandez

\*Sr Vice Commandant: Drag Morrow

\*Jr Vice Commandant: Chuck Lea,

\*SJA: Tom "Fitz" Fitzgerald

#### (1) Principle Staff Billet Nomination Month: March 2018

-Nominations Seconds by Command Administered by SJA:

#### Appointed Staff Billets: All S-Shop Department Heads

\*S-1: Joanne Lee

\*S-3: OPEN

\*S-4: Kaci Sloan

\* S-6 Web Gunny: Ralph Koeniger

\*Paymaster: Tim Chandler

#### **Appointed Special Staff billets**

\*Adjutant: Margaret Rogers

\*PAO: Ed Rouse

\*Chaplain: Father Bill Broach
\*Service Officer: Doc Dodge

### \*Sgt of Arms: SgtMaj Hiram Johnson

Ron Smith briefed the status of the carshow. Fundraising is continuing. Plan is to stage gear on Friday night and execute Saturday morning at 0500.

Ed Rouse passed word that the HAU lineup was complete and would start working on the poster with the schedule/lineup. Sponsorship drive to begin at the end of March.

Kenneth (Drag) Morrow presented an after action to the social. Next social will be a gun shoot 23<sup>rd</sup> t rock Quarry. May 8<sup>th</sup> turn over of the Command.

Web Gunny presented by ED Current issues identified are being worked by DigiPro.

Ben Sandoval gave an After-Action Report. Motioned it by Ken Morrow, second by Tom Fitz to receive the Paymaster's Report subject to audit.

Minutes approved motion by Bill Hinders and 2<sup>nd</sup> it by Wade

Public Affairs: Don Roe talked about the HAU for 2018 possible – May – Enlisted Night; June – Coast Guard Night; July -Iraq/OLF/OIF Night; August -; September – SOG; October – POW night (subject to change) Starts on the last Thursday of the month from May to Oct at Veteran Memorial Park

SJA reported that the Gen Pitman is goo to go an Ed Rouse lost his mother.

ADJ reported the newsletter has valuable info fort the members

SVO reports vet got vamp made and that vets are getting their VA cards

Zach discussed the Young Marines Mess Night. RSVP required.

Commandant gave some brief closing remarks.

Closing ceremonies and rituals were conducted.

The meeting was adjourned at 2000.

Submitted,

Adjunct

# Mark Your Calendars

{Check Our Website for More Info on Events}

### **April Events**

27 Apr – Military Appreciation Night 28 Apr – Car Show

# **May Events**

1 May – staff mtg/ HAU mtg 8 May – Command mtg 31 May – Sgt Major Night

#### **June Events**

5 Jun - Staff mtg 14 Jun - Command mtg 28 Jun - HAU WWII Night



HAU Raffle

A Guitar signed by Trace Adkins

Tickets: \$1 for 1 \$5 for 6

Drawing will take place at the HAU event.

Date: 27<sup>th</sup> of October

Location: Veterans Memorial Park.

You do not need to be present.



# R. Lee Ermey April 15 at 5:41pm

## FAIR WINDS AND FLOWING SEAS UNTIL VALHALLA BUT NOT NOW SEMPER FI GUNNY

Statement from R. Lee Ermey's long time manager, Bill Rogin:

It is with deep sadness that I regret to inform you all that R. Lee Ermey ("The Gunny") passed away this morning from complications of pneumonia. He will be greatly missed by all of us. It is a terrible loss that nobody was prepared for. He has meant so much to so many people. And, it is extremely difficult to truly quantify all of the great things this man has selflessly done for, and on behalf of, our many men and women in uniform. He has also contributed many iconic and indelible characters on film that will live on forever. Gunnery Sergeant Hartman of Full Metal Jacket fame was a hard and principled man. The real R. Lee Ermey was a family man, and a kind and gentle soul. He was generous to everyone around him. And, he especially cared deeply for others in need.

There is a quote made famous in Full Metal Jacket. It's actually the Riflemen's Creed. "This is my rifle. There are many like it, but this one is mine."

There are many Gunny's, but this one was OURS. And, we will honor his memory with hope and kindness. Please support your men and women in uniform. That's what he wanted most of all.

Semper Fi, Gunny. Godspeed.

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#### #004 APRIL 2018

Below is a little insight to Ted Williams provided by a Marine friend David Lee of the Arthur Meyer Det 472 in Tallahassee. I think our membership might enjoy reading something informative for a change. S/F George

#### **Ted Williams**

He is the only person who is also in the Fishing Hall of Fame as well as the Baseball Hall of Fame.

#### This is definitely a case of WHO KNEW!

When asked to name the greatest team he was ever on, Ted Williams said: "The US Marines."

Ted Williams was John Glenn's wingman flying F-9Fs in Korea.

Additional amazing stats: Ted Williams averaged 42 home runs in his career. His military service in 2 wars cost him 8 years of his major league years' prime. That 42 home run average in 8 years totals 336 homers. His career home run totals were 521. Add that to his career homers & it is easily argued that he could have had more homers---many more homers---than Barry Bonds' 762.

The Boston Red Sox slugger who wore No. 9 as a major leaguer, was assigned to an F-9 Panther jet as a pilot. Ted flew a total of 39 combat missions in Korea. He was selected by his commander John Glenn (later the astronaut, senator, and 'septuagenonaut') to fly as Glenn's wingman.

While flying an air strike on a troop encampment near Kyomipo, Williams' F-9 was hit by hostile ground fire. Ted commented later: "The funny thing was I didn't feel anything. I knew I was hit when the stick started shaking like mad in my hands. Then everything went out, my radio, my landing gear, everything. The red warning lights went on all over the plane." The F-9 Panther had a centrifugal flow engine and normally caught fire when hit. The tail would literally blow off most stricken aircraft. The standard orders were to eject from any Panther with a fire in the rear of the plane. Ted's aircraft was indeed on fire, and was trailing smoke and flames. Glenn and the other pilots on the mission were yelling over their radios for Williams to get out.

However, with his radio out, Williams could not hear their warnings and he could not see the condition of the rear of his aircraft. Glenn and another Panther flown by Larry Hawkins came up alongside Williams and lead him to the nearest friendly airfield. Fighting to hold the plane together, Ted brought his Panther in at more than 200-MPH for a crash landing on the Marsden-matted strip. With no landing gear, dive brakes, or functioning flaps, the flaming Panther jet skidded down the

runway for more than 3000 feet. Williams got out of the aircraft only moments before it was totally engulfed in flames. Ted Williams survived his tour of duty in Korea and returned to major league baseball. Pssst: Ted missed out flying combat missions during WW II, because his flying and gunnery skills were so good that he was kept as an instructor for much of the War. During advanced training at Pensacola, Florida Ted would accurately shoot the sleeve targets to shreds while shooting out of wing-overs, zooms, and barrel rolls. He broke the all time record for 'hits' at the school.

Following Pensacola, Ted was sent to Jacksonville for advanced gunnery training. This is the payoff test for potential combat pilots. Ted set all the records for reflexes, coordination, and visual reaction time. As a result of his stunning success he was made an instructor at Bronson field to put Marine aviation cadets through their final paces.

By 1945 Ted got his wish and was finally transferred to a combat wing, but weeks later the War was over. He was discharged from the military in December of 1945. Seven years later, in December of 1952, Ted was recalled to active duty as a Marine Corps fighter pilot.

Semper Fi!

George LaMont, Commandant
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On March 7, 2018, Representative Mike Bost (IL), Chairman of the House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs and Ranking Member Elizabeth Esty (CT), introduced H.R. 4958-the Veterans' Compensation Cost-of-Living Adjustment Act of 2018.

This bill, if enacted, would provide a cost-of-living adjustment (COLA) by the same percentage as Social Security. DAV strongly supports H.R. 4958, in accordance with DAV Resolution 028.

Please use the prepared letter below or draft your own to urge your Representative to support and co-sponsor this important bill.

As always, we appreciate your support for DAV and your participation in DAV CAN. Your advocacy helps make DAV a highly influential and effective organization in Washington.

Thank you for all you do for America's service-disabled veterans their families and survivors.

#### **Take Action**

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#### **Faster VA Claims Decisions**

If your service-connected condition has gotten worse and you're planning to file an increased disability claim for that condition, there's a better way to file. Get the fastest decision on your claim for an increase by filing it as a <u>Decision Ready Claim (DRC)</u>. Filing as a DRC means you can get a decision within 30 days after your claim is submitted.

Work with an accredited Veterans Service Organization (VSO) or other accredited representative to determine if the DRC program is right for you and your claim for an increase. Your VSO can then help you gather and submit all relevant and required evidence so your claim is ready for VA to make a decision when you submit it.

Don't need to file a claim for an increase? You can also file these other types of compensation claims through the DRC program:

- Direct Service Connection Claims
- Presumptive Service Connection Claims
- Secondary Service Connection Claims
- Dependency and Indemnity Compensation for surviving spouses

Learn more about the DRC program, including eligibility requirements, what medical evidence you need to submit, and how to find an accredited VSO at www.benefits.va.gov/drc.

Thank you for your service!

Veterans Benefits Administration

#### On January 25, 2018, Senator Jon Tester (MT), introduced S. 2341-the Veterans Fair Debt Notice Act.

This legislation would require the Secretary of the Department of Veterans Affairs (VA) to improve the processing of veterans benefits, limit the authority of the Secretary to recover overpayments and improve the due process accorded veterans with respect to such recovery.

The bill would address the root causes of VA overpayments and institute common-sense protections for veterans by:

- Only allowing the VA to collect debts that occur as a result of an error or fraud on the part of a veteran or their beneficiary.
- Prohibiting VA from deducting more than 25 percent from a veteran's monthly payment in order to recoup
  overpayment or debt. This deduction may be further limited if it puts that veteran at risk of financial hardship, for
  example if the veteran is living on a fixed income.
- Preventing the VA from collecting debts incurred more than five years prior. Currently there is no time limit on how long after a payment a veteran can be billed.

Requiring the VA to provide veterans with a way to update their dependency information on their own, eliminating a
key processing delay for veterans, which frequently contributes to the VA making overpayments.

Consistent with the intent of DAV Resolution No. 213, which calls for alleviating undue financial hardship in processing overpayments and notifying veterans of debt, we support this bill. Please use the prepared letter or draft your own to urge your Senators to support and cosponsor S. 2341.

Stand with us and support this change to provide debt protections for all veterans and their families. Thank you for your continued support of the DAV Commander's Action Network.

**Take Action** 

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#### This is internal e-mail for our leadership down to the Department and Detachment Commandants.

#### This is sent on the advice of legal counsel.

Dear MCL, we were recently contacted by a group seeking legislation to allow Marines and others affected by the ground water poisoning at Camp Lejeune, North Carolina, to sue the government for injuries sustained from this unfortunate incident that occurred over a period of many years. Normally, such lawsuits against the government are not permitted. I know that many of our members and their loved ones were affected by this unfortunate circumstance, and might like to see such legislation signed into law.

It is our natural reaction to want to assist other Marines, particularly those injured in combat or otherwise, in any way that we can. This is admirable. It is what makes us Marines.

But as leaders of the MCL, we must understand that the actions that we take can have unintended ramifications and potentially adverse consequences. Let me explain.

The group that contacted us in this regard has requested to share their message with our membership at the upcoming Convention in Buffalo. And it would seem to be a good message, of interest to many of us. But as you know, we generally permit only veterans or affiliated nonprofit organizations to make presentations or have a booth at such events. If we allow a group like this to have such a platform, we would be going beyond our normal policy and this would establish a new precedent making it very hard for us to refuse future requests from unaffiliated organizations or for-profit entities.

Additionally, as much as this issue is of great concern and interest to all of us, this group proposing the presentations may or may not be the right group to take up this battle on our behalf. The point is, we don't know them. If we give them our stage, it will appear that they have the endorsement and imprimatur of the MCL, when that is not the case.

I recently learned that this group had already arranged to speak with one of our detachments and was about to propose such a presentation to another.

From my perspective, the same considerations noted above would apply and they should not be permitted to make presentations to our members during official functions or meetings or we risk setting the same precedent and could then find it legally difficult to decline such proposals from other groups, with perhaps less compelling goals, in the future.

Please contact me with any questions.

Semper Fidelis, W<sup>3</sup>
Wendell W. Webb
National Commandant and CEO
Marine Corps League
wwebb@mcleague.org
Phone - 314-705-0595

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# Vet Lawyers Got Desired 'Undiagnosed Pain' Case To Win On Appeal

12 Apr 2018 By Tom Philpott

Lawyers at the non-profit National Veterans Legal Services Program (NVLSP) had been screening <u>Board of Veterans'</u> <u>Appeals</u> decisions for years, looking for just the right case involving denial of disability compensation to a veteran suffering from chronic service-related pain but due to a condition that doctors couldn't diagnose.

The NVLSP needed such a case to challenge a 1999 precedent-setting ruling of the <u>U.S. Court of Appeals for Veterans</u> Claims that found VA was not required to compensate a veteran for pain if physicians aren't able to identify the cause.

In May 2016 the NVLSP found the promising case it sought. Last week the U.S. Court of Appeals for the Federal Circuit decided it favorably for Army veteran Melba Saunders. The April 3 ruling in *Saunders v. Wilkie*, if it stands, could benefit thousands of veterans who have had VA compensation claims for pain denied for lack of a medical diagnosis.

"It's often true that veterans have pain and physicians can't diagnosis exactly what's causing it," said Bart Stichman, executive director of NVLSP and one of Saunders' attorneys. However, he said, "lack of a medical diagnosis shouldn't prevent the VA from granting disability benefits for the pain if it's related to an event or injury or disease in service."

A three-judge panel on the Federal Circuit appeals court agreed, finding that the veterans claims court, in rejecting Saunders' appeal from the Board of Veterans Appeals two years ago, "erred as a matter of law" by finding that her bilateral knee pain

alone, "absent a specific diagnosis or otherwise identified disease or injury, cannot constitute a disability" under the law governing VA disability compensation.

The appellate court ruled that the "plain language" of the law "states that compensation is due for a disability 'resulting from personal injury suffered or disease contracted in line of duty, or for aggravation of a preexisting injury suffered or disease contracted in line of duty,' [and] not that the disability itself must be the qualifying personal injury or aggravation suffered by the veteran."

The ordinary meaning of "disability," added the court, "relates to functional incapacitation or impairment, rather than the particular underlying cause of that condition. In other words, while a diagnosed condition may result in a disability, the disability itself need not be diagnosed."

Saunders served on active duty from 1987 to 1994. While serving, she sought treatment for knee pain and was diagnosed with patellofemoral pain syndrome (PFPS). On leaving active duty, her exit exam showed normal leg motion but noted her history of swollen knee and hip joints while in service. She filed her first compensation claim with VA in 1994 for knee and hip pain. It was denied for failing to report for a required medical examination.

In 2008, Saunders filed a new claim, this time for a bilateral knee disability and foot issues. Both claims were denied. Her VA regional office noted in its decision that Saunders had been diagnosed with PFPS in service, but that VA had "not received any current medical evidence" regarding her knee condition.

Saunders filed a Notice of Disagreement, explaining she "sustained injuries to knees" on active duty, citing the PFPS diagnosis, and that she was still experiencing pain and swelling in her knees. VA denied the claim again, in February 2010, citing lack of evidence of treatment for a knee condition.

On appeal to the Board of Veterans' Appeals, Saunders had another VA medical exam and reported knee pain while running, squatting, bending or climbing stairs. The examiner found "no anatomic abnormality, weakness or reduced range of motion," the court said, but the record also said Saunders was unable to stand more than a few minutes at a time and sometimes needed a cane or brace to walk.

This examiner diagnosed Saunders with "subjective bilateral knee pain" and said it affected her ability to complete daily activities. The examiner also concluded that Saunders's knee pain was "at least as likely as not" caused by, or the result of, her military service.

The VA regional office later explained that pain could not be considered a diagnosis for her knee condition. It asked the examiner to provide a more complete rationale for the diagnosis. In a supplemental report, the examiner said there was no pathology to render a diagnosis. On reviewing the report, the VA again denied the claim because Saunders had no diagnosed knee condition.

Saunders' appealed and the Board of Veterans Appeals also denied her claim. Though she had been diagnosed in service with PFPS, and an examiner had found her knee condition likely related to service, the Board said, it denied the claim citing the claims court's 1999 ruling in *Sanchez-Benitez v. West*, which found that "pain alone is not a disability for the purpose of VA disability compensation."

Her own appeal to the same veterans' claims court affirmed that decision.

Saunders' "was a very good case to bring a challenge" to the *Sanchez-Benitez* precedent, said Stichman, "because, right in the record, a physician said 'I believe it is at least as likely as not that the current pain is related to her knee injury in service.' That really brought home that the only blockage between victory and defeat was the *Sanchez-Benitez* ruling."

The NVLSP searched Board of Appeals decisions since 1999 and found more than 11,000 adverse rulings for veterans that cited *Sanchez-Benitez*, giving a rough estimate of how many veterans might stand to benefit.

The appellate court, in rejecting the precedent of that 1999 case, said that contrary to VA arguments, the disability compensation statute "does not indicate that pain, devoid of underlying current pathology, is not compensable."

It noted that Congress itself clarified this point when it established a presumption of service connection for Persian Gulf War veterans suffering certain chronic disabilities from "undiagnosed illnesses" including "muscle pain" and "joint pain." That consideration by lawmakers for one group of veterans is significant for others, the appellate court said, because it "reflectsan understanding that pain may be a disability even in the absence of a diagnosis."

For Saunders, the appellate court didn't order the VA to grant her disability compensation but directed that her claim be re-evaluated, "knowing now that pain alone, without a diagnosis, can lead to benefit," Stichman said.

Attorneys for the Justice Department and VA will decide soon whether to petition the appellate court for an *en banc*review with the full court, up to nine judges, reconsidering arguments. The government also has 60 days to decide whether to petition for Supreme Court review.

If allowed to stand, said Stichman, the April 3 ruling won't handcuff VA medical examiners from still considering the credibility of any veteran's claim of pain from an undiagnosed condition. Claims still will be decided on what examiners believe regarding a veteran's account of what happened in service, continuity of symptoms before and after discharge, and the nature of current symptoms.

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## Is Your Blood Pressure Too High?

What numbers constitute high blood pressure? I use to be pre-hypertensive, but the guidelines keep changing, so I am not sure where I fit in now.

If you are unsure what your blood pressure levels should be, you are not alone. The American Heart Association and the American College of Cardiology recently updated the hypertension guidelines. As a result, 30 million more Americans than previously thought are now considered to have high blood pressure (hypertension).

According to the new guidelines, anyone with a blood pressure reading above 130/80 is considered to have high blood pressure. Previously, those with a blood pressure reading between 120/80 and 139/89 would have been put in the prehypertension category and would not have been considered hypertensive until their blood pressure reached 140/90.

The new guidelines eliminate the pre-hypertension category, putting everyone with systolic pressure readings (the top number in the blood pressure reading) between 120 and 129 and diastolic readings (the bottom number in the blood pressure reading) below 80 in a new "elevated" category. Those with readings of 130/80 or higher fall in some stage of hypertension. Here is a complete rundown of the new five-category blood pressure ranges:

- Normal: A top number less than 120 and a bottom number less than 80.
- Elevated: A top number between 120 and 129, and a bottom number less than 80.
- Stage 1: A top number between 130 and 139 or a bottom number between 80 and 89.
- Stage 2: A top number of 140 or higher or a bottom number of 90 or higher.
- Hypertensive crisis: A top number over 180 or a bottom number over 120.

#### **Get Checked**

Millions of Americans are unaware they have high blood pressure because they do not display outward signs or symptoms. It is important to get checked because high blood pressure, over time, can damage your arteries and increase your risk for heart disease, stroke, kidney damage and even dementia. To guard against this, everyone over the age of 40 and those with risk factors for hypertension should get their blood pressure checked at least once a year.

If you find that your blood pressure numbers fall in the "elevated" category, you should take steps now to get it under control. Lifestyle changes like eating a healthy diet, losing weight, exercising, watching salt intake, quitting smoking and cutting back on alcohol is often all that is needed to get it back to normal.

Even if your blood pressure numbers are in the "Stage 1" category, lifestyle changes are typically recommended first before medications are prescribed. Medications may be prescribed immediately if you have had a heart attack or stroke or you are have a high risk for cardiovascular problems because you smoke, have high cholesterol or type 2 diabetes. If your blood pressure falls in the "Stage 2" or higher category, the new guidelines suggest medication, regardless of age, in addition to lifestyle changes.

There are several different kinds of drugs used to lower blood pressure. Your doctor may suggest that you begin by taking diuretics, or water pills, such as chlorthalidone or hydrochlorothiazide. Be aware that these meds can drive up blood sugar levels. If you have or are at risk of developing type 2 diabetes, your doctor may prescribe another drug, such as an ACE inhibitor, ARB or calcium channel blocker.

You should also be aware that blood pressure drugs may produce side effects, including dizziness, gastrointestinal problems, fatigue and headaches. They can also cause a decline in kidney function, so make sure your doctor periodically monitors your potassium levels.

For more information, visit the American Heart Association comprehensive webpage on high blood pressure at Heart.org/ HBP.

Savvy Living is written by Jim Miller, a regular contributor to the NBC Today Show and author of "The Savvy Living" book. Any links in this article are offered as a service and there is no endorsement of any product. These articles are offered as a helpful and informative service to our friends and may not always reflect this organization's official position on some topics. Jim invites you to send your senior questions to: Savvy Living, P.O. Box 5443, Norman, OK 73070.

Published April 20, 2018

All retirees,

The following message is sent on behalf of Arlington National Cemetery.

As a military retiree, active duty service member, reservist or family member your input is requested to help determine the future of Arlington National Cemetery, Military and civilian leaders are facing difficult decisions as they work to preserve Arlington National Cemetery as the shrine to the nation's heroes and history. With limited space for expansion, eligibility rules are being considered to extend the site's role as an active military cemetery for decades to come.

Your input is important and can help shape the future of Arlington National Cemetery. The eligibility survey is available now at www.arlingtoncemetery.mil/eligibility-survey.

You can learn more about Arlington National Cemetery by visiting www.arlingtoncemetery.mil.

All Retirees and Annuitants.

On May 1, 2017, the mailing addresses for Retired and Annuitant Pay changed, and mail has been forwarded from the old P.O. Box addresses to the new mailing addresses since that date. The old addresses in Kentucky will be discontinued on April 30, 2018 and any mail received after April 30, 2018 will be returned.

The new addresses are:

Defense Finance and Accounting Service U.S. Military Retired Pay 8899 E 56th Street Indianapolis IN 46249-1200

Defense Finance and Accounting Service U.S. Military Annuitant Pay 8899 E 56th Street Indianapolis IN 46249-1300

Mail sent to the old P.O. Boxes in London, KY, will be forwarded to the new addresses until April 30, 2018 (after that date, mail sent to the old addresses will be returned). Sending mail to the old addresses will add seven to ten days to the normal processing time. The telephone and fax numbers have not changed. Please visit our website at <a href="https://www.dfas.mil/retiredmilitary.html">https://www.dfas.mil/retiredmilitary.html</a> for additional information.

Director Retired Pay DFAS Cleveland

Dear Members:

Here is the link to the sight about Delta Dental being phased out.

https://www.military.com/military-report/changes-coming-tricare-retiree-dental.html?ESRC=mr 180326.nl

I had a couple of folks ask me about signing up for Delta dental so you may want to add this link as well.

https://www.military.com/benefits/tricare/retiree/tricare-retiree-dental-overview.html

Here is the link to the Tricare Delta dental

https://www.trdp.org/

Here is their article on it.

https://www.trdp.org/news/2019-fedvip-transition.html

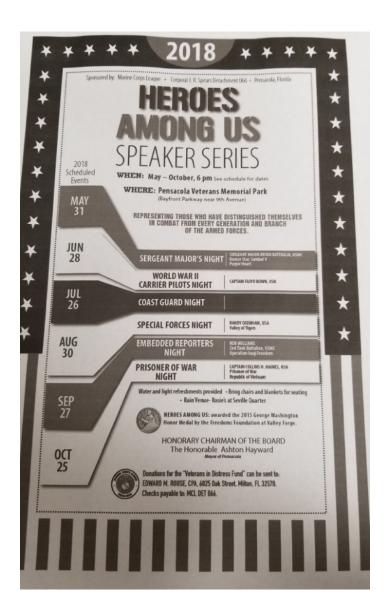
I am thinking it is going to be seamless but we will have to sign up for it during the time as noted in the articles, which worry about the . I believe it will also give folks the opportunity to sign up for it if they do not have Delta Dental currently.

Now the big question. How hard is this going to hit our wallets? I have no idea but one of the benefit's from this is that it will include a vision plan. Of course that translates into a high cost for the service.

I like the short article from Delta Dental and maybe you can use some of that to get folks to the web sites. One other thing, yes, Delta Dental of California (US) and our Tricare Retiree Delta Dental are one in the same.

Hope this helps.

Dale



# Announcements

# **Yearly Dues**

For members who pay their dues annually the dues are now \$45 for renewals and \$52 for new members. The \$52 includes the cost of the name tag.

# **NewMembers**

All new members are required to submit a copy of their DD214/215. A copy will be kept in the detachment personnel files. Without it, his/her discharge cannot be verified to have an Honorable Discharge. If the Honorable Discharge cannot be verified than he/she will not be joined.

# Life Membership Dues

AGE GROUP	As of JUL 2017
0 - 35	\$500
36 - 50	\$400
51 - 64	\$300
65 - Over	\$200

Note: Must already be a Member in "Good Standing"

# Ship's Store

Members wishing to purchase MCL merchandise, including covers, may do so by contacting the Marine Corps League Ship's Store at 800-625-1775 or visit www.mcleague.org.

# PSD ID Card Processing Hours and Information

ID CARDS and DEERS ISSUES are handled between 0730 HRS and 1600 HRS, Monday through Friday. The Customer Line may be tagged prior to 1600 hrs to accommodate the volume of customers.

# **Wreaths Across America**





They accept donations year around. Visit their website **www.wreaths-across-america.org** for further information and consider making a donation to help them continue this outstanding program. The Young Marines of Pensacola are selling wreaths locally for \$15 each.

If you require an ID card, you must have 2 forms of identification. In addition, military dependents must be accompanied by the sponsor <u>or</u> have a Power of Attorney for the sponsor <u>AND</u> a DD-1172 signed by the sponsor and an ID Verification Official. Please bring any required documentation needed for the requested service.

To assure that your ID CARD and DEERS issues are handled in a timely manner, it is suggested that you make an appointment at the following website:

http://appointments.cac.navy.mil

Please contact our office if you have questions.

PSD Pensacola, Bldg 680 421 Saufley Street, Suite B 850-452-3617

# Businesses supporting the J.R. Spears Detachment of the Marine Corps League

# **Detachment Member Owned Businesses**



# Steve Sanderson **Automotive Alternative**

6426 Pensacola Blvd. Pensacola, FL 32505 850-857-1222



# Earl Wright. Alarm Direct

850-776-7873 Smart Security and Surveillance Solutions



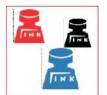
# Roy M. Kinsey, Jr. Attorney at Law

438 E. Government St. Pensacola, Florida 32507 850-434-5267



## SMITH FAMILY CARPETS

7865 Pine Forest Road Pensacola, FL 32526 850-944-5888



# **Tom Armstrong** More Ink For Less

120 Chief's Way, Suite 1 Pensacola, Fl 32507 850-455-1234



# Community Owned Businesses

"Honoring Those Who Serve" www.MedalsToHonor.com 910-326-4275

Medals to Honor, Inc.



# Del Lozano T&D Gallery of Gifts

Pea Ridge Flea Market 5186Hwy90 Booth#33 & 34 850-450-7825



# BKInflatables, Inc.

Let Us Inflate YourNext Party 850-324-1812



# **Ed Rouse Ducker & Company**

6825 Oak Street Milton,FL 32570-0889 850-623-3250



# Hirst Transmission Specialist

8415 N. Palafox St. Ensley, FL 32534 850-478-3395



# Frenchy LaFountaine Ultra MarineProductions

9810 Indian FordRd. Milton, FL 32570 850-957-9069



## **Petrick Custom** Cabinets

Free Estimates 850-492-5480



# **Cantonment Building** Materials & Hardware

990 Hwy 29 North Cantonment, FL 32533 850-968-6639