March & April 2010 Vol. 8 No. 02

Commandant:
John Palermo

Editor:
Joe Motes

ROLLCALL Newsletter

TAMARAC DETACHMENT 755

Roster of Officers and Committee Chairperson 2009-2010

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Chaplain	Evelyn Morgan	marinem77@bellsouth.net	954-597-2232
Historian	Trevor Wharton	trev466@yahoo.com	954-270-3029
Youth Activities	looking for a volunteer	N/A	N/A
Sgt at Arms	Jeff Morgan	marinem77@bellsouth.net	954-597-2232
Assistant Sgt at Arms	Louis Gewirtz	louisgewirtz@comcast.net	918-288-4525
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Fund Raiser	Gad Aflalo	usmc196467@yahoo.com	954-782-2423
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Color Sgt	Angelo Noberto	N/A	954-683-8525
Assistant Color Sgt	Jeff Morgan	marinem77@bellsouth.net	954-597-2232
Veteran's Coalition	Marvin Schentzel	N/A	954-718-0572
Toys for Tots	Tony Gutierrez	Antonioglmt@yahoo.com	954-448-1613
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Webmaster	Joe Motes	joemotes@aol.com	954-441-8735
Roll Call Editor	Joe Motes	joemotes@aol.com	954-441-8735

A COMMITTEE REPORT IS REQUESTED AT EVERY MEETING!

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 EXEC MEETING	10	11	12	13
14	15	16	17 MCL MEETING	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 EXEC MEETING	14	15	16	17
18	19	20	21 MCL MEETING	22	23	24
25	26	27	28	29	30	

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ROLLCALL Newsletter

From the Commandant

Well, Spring is here and our Detachment will be very busy during the next several months. On St Patrick's day March 17th Oriole Gardens III has requested our Detachment lead their St Patrick's Day Parade with our Colors, and I am looking for a minimum of 4 Detachment members to assist us in participating and showing our support for the community. We are planning a Troop Package Program on March 20th & 21st at Oriole Gardens III Clubhouse in Margate a big thanks to our adjutant Cathy Pacini who arranged this in her community.

Remember our District 10 meeting will be held in Marathon Fl down in the Keys May 7th-9th why don't you consider a weekend with your Spouse or Significant other, it will be a terrific weekend I'm sure you would enjoy.

Our Fl State Conference is being held March 25th-28th at the Hilton Garden Inn up in Lake Buena Vista hosted by the Pack of Fl Devil Dogs.

Then our big Florida State Convention June 17th -20th at the Marriott Hotel in Ft Lauderdale being hosted by our Detachment. Make sure you mark your calendars for these important dates. And a final note during the Month of April the 10th thru the 30th I will be away taken a trip to Italy, in my absence our Sr. Vice Cmdt Tony G will be in charge and available to handle any questions and or decisions that have to be handled.

Take a few minutes and think about attending our meetings you might be surprised and I'm sure you might consider to GET INVOLVED.

Semper-Fi,

John A. Palermo
Commandant

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The Department of Veterans Affairs Voluntary Service (VAVS)

Founded in 1946 to provide for our nation's veterans while they are cared for by VA health care facilities.
One of the largest centralized volunteer programs in the Federal government, over 350 organizations support VAVS.
Volunteers have provided over 676 million hours of service since 1946.

Community Assistance

Assist veteran patients by augmenting staff with end-of-life care programs, foster care, community-based volunteer programs, hospital wards, nursing homes, and veteran outreach centers.

Contributions

Annual contributions over $50 million in gifts and donations. Volunteers contributed more than 13 million hours of service to veterans in FY2005.

VAVS volunteers are a priceless asset to America's veterans and to VA.

How do I sign up to be a VAVS Volunteer? You have two convenient ways:

1) Contact the Department of Veterans Affairs facility nearest you. Ask for Voluntary Service. Tell their staff of your interest in becoming a VAVS Volunteer. The staff will take care of everything else including your interview, orientation, and assignment! Locate the VA facility nearest to you.

2) Or Volunteer NOW at the following website: **www.volunteer.va.gov**

MEMBERSHIP DUES

New members pay $50.00 for the first year.
Renewal Dues $45.00 per year.

You must be a MEMBER IN GOOD STANDING in order to be eligible for Life Membership.

2010 Life Member Dues rated by age as follows:

1974 and after —	**$500.00**
1959 to 1973 —	**$400.00**
1949 to 1958 —	**$300.00**
Before 1948 —	**$150.00**

The following members dues are now <u>past due</u>, please bring your membership up to date.
Renewals are $45.00. Thank You for your participation and cooperation.

John Cipriano	04/09
Mario Castelli	05/09
Dennis West	08/09
Todd Renna	02/10

If you have already paid,
Please ignore this notice.

Please check this section periodically to see when your dues are up for renewals. Thank You!

Mar 2010 Renewals	Apr 2010 Renewals	May 2010 Renewals
Trevor Wharton		**Andrew Renna**
		Seth MacCutcheon

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Upcoming Det 755 Meetings & Events

March 9 - 7:30pm - Executive Meeting
March 17 - 7:30pm - Regular Meeting
March 17 - Saint Patrick's Day Pararde
March 25-28 — Dept Spring Conference , Orlando
April 13 — 7:30pm - Executive Meeting
April 21 - 7:30pm - Regular Meeting
May 7-9 — District Meeting in Marathon
June 17-20 — Summer Convention hosted by Tamarac Detachment 755

Cliff Handerhan, Cathy Pacini, John Palermo, Tony Gutierrez, Ed Weber and Lou Annacone were in attendance at the Four Chaplain ceremonies held in Margate Feb. 7th.

Next Growl Dates for Pound 192:

April 22, 2010
Post 142

July TBA, 2010
Post 142

October 28, 2010
Post 142

January 27, 2011
Post 142

The Marine Corps League helped out with the Wounded Warriors for the Superbowl weekend at the Newport Resort Hotel in Miami Beach. Dolphin #51 Akin Ayodele signed autographs and posed for pictures with all the warriors. The Dolphin Cheerleaders were also in attendance. All Warriors received footballs, jerseys, and others assorted gifts.

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MARINE CORPS LEAGUE SEMPER FIDELIS

Application to Join

APPLICATION FOR MEMBERSHIP
MARINE CORPS LEAGUE

Name _____
Street _____
City _____ State _____ Zip _____
Date of Birth ____ / ____ / ____ Date of Enlistment/Commissioning _____
Date of Discharge/Separation/ Retirement _____ SSN# _____
Type of Application - ( ) Renewal - ( ) Associate - ( ) Regular - ( )
Phone (_____) _____

( ) I hereby apply for membership in the **Tamarac Detachment 755** Marine Corps League and enclose **$50.00** for one year's membership.*

-OR-

( ) I hereby apply for membership in the Marine Corps League as a Member-at-Large, and enclose $25.00 for one year's membership.*

* Includes free subscription to MARINE CORPS LEAGUE MAGAZINE

I hereby certify I have served as a U.S.Marine for more than 90 days, that the character of my service has been honorable, and if discharged, I am in receipt of an honorable discharge. By signature on this application, I hereby agree to provide proof of honorable discharge/service upon request.

_____ _____
(Sponsor—where applicable) Applicant's Signature

Upon completion turn in to your detachment sponsor with your payment

FROM YOUR ADJUTANT

Please include your
Date of Birth
&
Extended four-digit zip code
on all membership renewals.
This is now a requirement from
National Headquarters.

Remit your dues to the Detachment Adjutant at our P.O. Box Address:

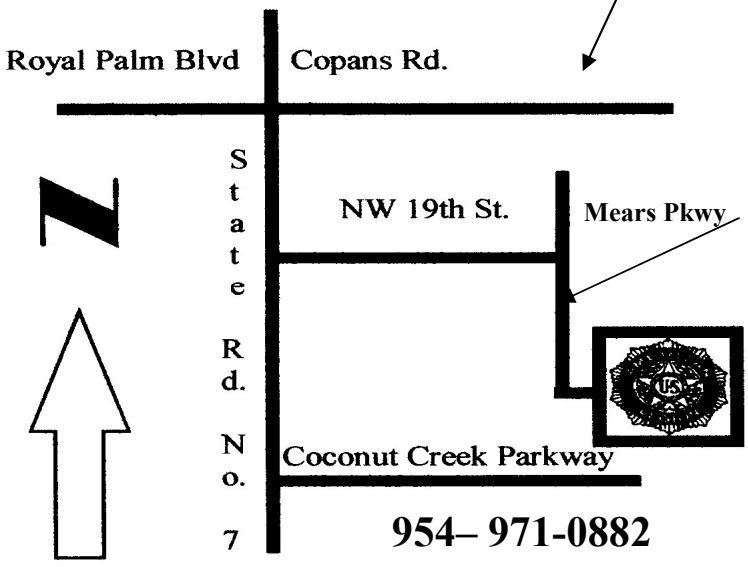
Post Office Box 26023 Tamarac, Fl. 33320-6023

GET INVOLVED!

We look forward to meeting our new members at our regular monthly meetings.
We are always seeking new members.

If you don't have a blank membership application, you will be fined one dollar to benefit youth activity programs.

We meet on the 3rd Wednesday of each month
at the American Legion Post #157,
1791 Mears Parkway
Margate, Florida.
The meetings start at 1930.



Editors Note:
If you find an error in this publication, please feel free to bring it to my attention. I will be happy to make any necessary corrections in the next edition.
Thank You!
Your Editor,
Joe Motes, email: joemotes@aol.com

Visit our website: WWW.TAMARACMCL.US VETERANS HELPING VETERANS

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PERMANENT LIFE MEMBERS

HELP SUPPORT YOUR DETACHMENT

REMINDER

YOUR $10 PLM DONATION EXPIRES AT THE END OF DECEMBER. DON'T FORGET TO SEND IN YOUR $10 DONATION WHICH COVERS JANUARY THRU DECEMBER 2009

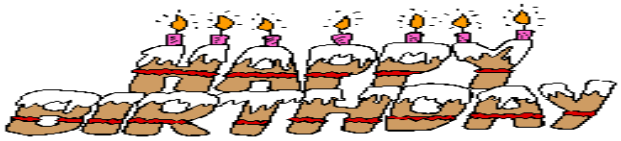
BOOSTERS

HAVE YOU DONATED FOR A BOOSTER AD? COST IS $20 FOR COUPLES PER YEAR
PLEASE SUPPORT OUR DETACHMENT

MAKE ALL CHECKS PAYABLE TO MCL DET #755 & MAIL TO

MARINE CORPS LEAGUE
TAMARAC DETACHMENT 755
PO BOX 26023
TAMARAC FL 33320-6023

March & April



Marilyn Steitz	03/02	Jonathan Castro	03/07
Dick Lee, Jr.	03/08	Edward Rubio	03/15
Donald Bennett	03/18	Andrew Renna	03/19
Michael LaBozzetta	03/24	Andrew Rodrigue	03/25
Seymour Wolf	03/25	Harold Bulgach	04/09
Bill Gemayel	04/09	Harvey Ellenthal	04/11
William Carroll	04/20	Angelo Noberto	04/21
Robert Pastor	04/24	John Palermo	04/26

I would appreciate everyone who receives this newsletter to email me or call me with your date of birth. If it did not appear here, we are trying to update our records. Thanks!

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TAMARAC DETACHMENT 755

Department of Florida 2010 Convention

"Listen Up!"
Once again Tamarac Detachment 755 has been awarded the Department Convention.

We are honored to be hosting this event and look forward working with all of you again.

As in every fundraising event we need assistance and I am calling on all of you for your help.

What we need!
Corporate sponsor's for the
Hospitality Room
Program journal Ads
Wounded Warrior Sponsor's

Volunteer's
Registration, welcoming committee
Transportation providers
Raffle Gifts
50/50 and Raffle ticket sales
Hospitality Room gofers

For more information contact Jim Ruggiero Detachment Chairman
954-821-2244

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FRANK KOVACS

Ex-Marine drill instructor & devoted to police work

Frank Kovacs was a big man in every sense: 6-foot-4, with a heart and personality to match.

As a U.S. Marine Corps drill instructor in the 1950s, Kovacs was given to ``colorful language,'' said longtime friend Mike Seale of Port St. Lucie, who found himself on the receiving end in boot camp.

Kovacs was ``exceptionally quick with a euphemism,'' said Seale, which prompted many an involuntary smile. Should it last more than a second, however, ``you might find teeth in one place and your smile in another.''

But Chief Warrant Officer Kovacs ``loved his Marines,'' said Seale, and remained active in veterans' groups to the end of his life.

He was key to getting Miami's Veterans Administration Medical Center named for PFC Bruce W. Carter and establishing a military hospitality lounge at Miami International Airport. He volunteered for the Bruce W. Carter Detachment of the Marine Corps League in Miami (Carter, of Miami, died in the Vietnam War and won the Congressional Medal of Honor posthumously), and with Young Marines, a teen group.

Kovacs, who served with the Miami-Dade police from 1962-1987, also loved his fellow cops. He was past president of the Retired Police Officers Council of the Dade County Police Benevolent Association when he died at Baptist Hospital after suffering a heart attack.

Born Nov. 9, 1936, in Sewickley, Penn., Kovacs was 5 years old when the family moved to Miami. He enlisted in the Marine Corps Reserve while in high school in 1953 and entered the Corps in 1955.

He served in Japan and Virginia before becoming a ``K'' Company 1st Battalion drill instructor at Parris Island.

During a leave, Kovacs met his future wife, French-Canadian Louise Carrier, who was tutoring a neighbor's children.

Though they didn't speak each other's languages -- and he towered over her by 15 inches -- they kindled a romance after he returned to the base. ``I'd write in French and a cousin would translate,'' she recalled. They married in 1960 and had two sons, Patrick and Steven, of Miami.

Kovacs earned a bachelor's degree in criminology from Florida International University.

Retired police Lt. Vicki Todaro rode with Kovacs in the early 1970s, when women were an unwelcome novelty to many male officers.

Not so Kovacs. ``He could care less, as long as you did the job,'' said Todaro, now of South Carolina.

She said Kovacs never sought promotions because he ``wanted to be where he was most useful,'' which was helping establish the Kendall station and running the armory, ``keeping everybody supplied.''

After retiring from the department, Kovacs worked in bank security and as an investigator for UPS.

But, said Seale, ``from 2000 on, all he has done is fight for veterans, to see that they got their just benefits and recognition.''

Funeral services were held January 8th at 10 a.m. Friday at St. Timothy Catholic Church, 5400 SW 102nd Ave. Burial was with full military honors will follow.

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SCAMS: Better Business Bureau on 6 JAN released a list of the top 10 scams and rip-offs of 2009. Not surprisingly, many scams sought to take advantage of people who were suffering under tough economic circumstances—such as the unemployed. Additionally, the use of free-trial offers to lock consumers into recurring credit and debit card charges was widespread online. "While many of the scams on the list are perennial problems, some scams were distinct in 2009 because of the economic climate and scammers' penchant for taking advantage of the top headlines," said Steve Cox, Council of Better Business Bureaus President and CEO. "Some scams plagued different parts of the country more than others. For example, in places particularly hit by the housing crisis, bogus offers for foreclosure rescue or debt assistance ran rampant." Following, in no particular order, is BBB's list of top scams and rip-offs that took advantage of consumers and small business owners across the U.S. in 2009:

Acai Supplements and Other "Free" Trial Offers – Ads offering trial offers for teeth whiteners, acai anti-aging pills and other miracle supplements blanket the Internet, including trusted Web sites of national news organizations. The marketing campaigns often falsely claimed an endorsement by Oprah, Rachel Ray and Doctor Oz. Thousands of consumers complained to BBB that the free trial actually cost them as much as hundreds of dollars, month after month.

Stimulus/Government Grant Scams – Even before President Obama announced the stimulus plan in February, scammers had already set up schemes for misleading consumers and small business owners into thinking they could get a piece of the pie. Offers for worthless assistance and advice on how to get government grants bombarded consumers online, over the phone and via mail and e-mail.

Robocalls – Owning a cell phone or having their phone number on the do-not-call list did not help thousands of people across the US put a stop to harassing automated telemarketing calls in 2009. The robocalls often claimed that their auto warranty was about to expire—which wasn't true—or offered help in reducing their interest rate on their credit card. The prevalence of robocalls violating federal telemarketing laws prompted the FTC to increase restrictions on the practice in 2009.

Lottery/Sweepstakes Scam – The victim receives a letter in the mail pretending to be from Reader's Digest, Publisher's Clearing House or a phony foreign lottery claiming that he or she has won millions. The letter comes with a check that represents only a portion of the total winnings. In order to get the rest, the victim has to deposit the check and then wire hundreds of dollars back to the scammers supposedly to cover taxes or some other bogus fee. The victim wires the money, but the prize never arrives.

Job Hunter Scams –Scams targeting job hunters vary and include attempts to gain access to personal information such as bank account or social security numbers and requirements to pay a fee in order to even be considered for the job. Another common scam was reported to BBB by job hunters who were told by a prospective employer that they had to check their credit report before being considered for a job. The job offer is actually a marketing ploy for online credit monitoring that costs the victim every month until they cancel.

Google Work from Home Scam – Countless Web sites cropped up in 2009 that claimed you could learn how to make money from home using Google or Twitter and offered a free trial of learning materials. The Web sites often included the Google or Twitter moniker and logo. As a result, many people who complained to BBB thought they were getting a job with Google or Twitter when in, fact, they were being lured into another misleading free-trial offer and were billed every month for the materials and other mystery charges that added up to hundreds of dollars.

Mortgage Foreclosure Rescue/Debt Assistance – Many families are struggling in the current economy and hucksters are offering to help them save their house from foreclosure or help them get out of credit card debt. Unfortunately, victims are paying hundreds of dollars up front for the assistance they desperately need but ultimately never receive.

Mystery Shopping – Consumers across the country thought that they could make some extra money by becoming a secret shopper and evaluating the customer service of various stores. The victim is asked to evaluate their shopping experience at a few stores as well as a money wiring service such as Western Union or MoneyGram by wiring money back to the scammers. A seemingly real looking check is supposed to cover the costs, but ends up being a fake. The victim is out hundreds, if not thousands, of dollars.

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Over-Payment Scams – Over-payment scams typically target small business owners, landlords or individuals with rooms to rent and sellers on classifieds or sites like Craigslist. Typically the scammer pretends to be a customer, possible renter or interested buyer, respectively. The victim receives a check for more than the amount requested. The scammers then ask the victim to deposit the check and wire the extra amount elsewhere, such as to a shipping company. Ultimately though, the check is fake and the victim is really wiring money back to the scammers.

Phishing e-mails/H1N1 spam – A perennial problem, phishing e-mails pop up in inboxes and can take various forms such as appearing to be from a business, a government agency or official or even a friend. Whatever the setup, the goal of any phishing e-mail is the same: to trick victims into divulging sensitive financial information or to infect the victim's computer with viruses and malware. In addition to phishing e-mails, spam e-mail selling wares to prevent the spread of the H1N1 virus were particularly rampant in 2009.

Consumers or small business owners victimized by a scam can contact their local BBB or file a complaint at www.bbb.org. Always research a business with BBB before you sign any contracts or hand over any money. For more information or to schedule an interview with a BBB spokesperson, contact Alison Southwick at (703) 247-9376.

VA OUTSIDE MEDICAL CLAIMS *(Corrected)*:

Occasionally veterans go to or are transported to non-VA civilian health care facilities for "emergent" treatment of their particular non-service connected medical conditions. To obtain VA payment for this care certain procedures must be followed to file a claim for consideration of payment for these services. The current recommended procedure for veterans is to contact the closest VA facility via telephone within 72 hours of the emergency, either the veteran if they are able, or the veteran's family member, or the non-VA facility should contact the closest VA facility as soon as possible. If this is not possible, then send their Mill Bill claims to the closest VA facility for adjudication to the non-VA site which provided the emergency care. However, for veterans who are serviced by Veterans Integrated Service Network (VISN) 20 and VISN 22 facilities the Chief Business Office is overseeing a pilot with Financial Service Center (FSC) for FSC to process Mill Bill Claims. If you are located in the following geographic areas and receiving VA services it is recommended you comply with the pilot program procedures:

VISN 20 - Northwest Health Network includes the states of Alaska, Washington, Oregon, most of the state of Idaho, and one county each in Montana and California.

VISN 22 - Desert Pacific Healthcare Network is comprised of five hospitals and 29 community clinics serving 1.4 million veterans in Southern California and Southern Nevada (i.e. Los Angeles, San Diego, Loma Linda, and Las Vegas area).

The pilot was initiated in Fiscal Year 2009, and rolled out in JAN 09, to determine if an alternative claims process would assist sites with reducing processing time, consistent clinical adjudication of claims, and using consistent payment methodology. Evaluation of the pilot is in process and a decision will be made at a later date on if it will be expanded, or terminated. Beginning with dates of service on and after 1 JAN 09, dependent on site affected, veterans/providers are required to submit claims for VA payment consideration for emergency care not previously authorized to: Department of Veterans Affairs, Financial Services Center (FSC), Non-VA Emergency Claims, P.O. Box 149364, Austin, TX 78714-9364. To expedite claims processing, be sure that each claim is complete and filed within 90 days following the episode of care. Incomplete claims will be returned. Do not forget to include documentation of any communication with the VA regarding patient treatment or disposition. A call center at FSC is available to assist you with payment and claims processing inquiries. You may contact the customer call center at 1(866) 372-1144, M-F 08-1630 (CST) excluding Federal holidays. A claim file is complete if it has the following documentation:

Complete UB-04 or CMS-1500 claim form to include the National Provider Identification (NPI) number

Supporting medical documentation for the following services is needed for claims adjudication:

Inpatient: Admission sheet, discharge summary, operation reports, daily progress notes, and doctor orders.

Outpatient: Emergency room treatment notes (including chief complaint, and examination/evaluation results), applicable observation notes, any consultation reports, and diagnostic findings.

Emergency Transportation: Transportation notes indicating location the episode of emergency care took place and facility and address the patient was transported to. The transportation notes should include the chief complaint, examination/evaluation results, applicable observation notes, and any diagnostic findings

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HEALTH SCREENING: As you age, being aware of issues related to health becomes more important. Several illnesses appear more frequently with increasing age. For example, illnesses like high blood pressure (hypertension), diabetes, high blood cholesterol (hyperlipidemia) and some types of cancer. Screening is done to find a condition (or risk factor) in a person who has no signs or symptoms of that condition. The goal of screening is to identify conditions early. Treatment works better during an early stage of a condition. Guidance for screening varies, depending on age, gender, past medical history, family history and other factors. Talk with your health care team about the screening tests that are recommended for you. The United States Preventive Services Task Force has studied the effectiveness of screening and suggested the following tests and immunizations:

Blood pressure for High Blood Pressure, also known as Hypertension - At least every two years.
Lipid profile for High Cholesterol, also known as Hyperlipidemia - Every 5 years. May need to be more often if already diagnosed with diabetes or heart disease.
Blood glucose for High Blood Sugar, also known as Diabetes - Periodically in patients with blood pressure of 135/80 or higher.
Weight for being more than 20 pounds overweight, also known as Obesity - Periodically.
Bone mineral density for loss of bone health, also known as Osteoporosis - At least once in all women at age 65. May need to screen at age 60 if at increased risk for osteoporosis.
Ultrasound for Abdominal Aortic Aneurism Screening (for Alcohol Use and Depression) - Once in men ages 65 to 75 who have ever smoked
Fecal occult blood test (FOBT) (or Colorectal Cancer - Annually for persons age 50 to 75.
Sigmoidoscopy or Colorectal Cancer - Every 5 years
Colonoscopy for Colorectal Cancer - Every 10 years
Mammogram or Breast Cancer - Every 1-2 years
Pap Smear for Cervical Cancer - At least every 3 years, stopping at age 65 if previous Pap Smears normal
Influenza Vaccine - Annually
Pneumonia Vaccine - Once at age 65. May be recommended earlier for persons at increased risk of complications of pneumonia
Shingles Vaccine - Once at age 60 or later for most people.
Tetanus Vaccine - Every 10 years.

ENLISTMENT: For enlistment purposes, the military breaks education into three overall categories (Tiers). Applicants in Tier I have a high school diploma, or at least 15 college credits. This means a high school diploma, not a GED. Depending on state law, completion of high school by home study may or may not be considered equivalent to a high school diploma. The vast majority (over 90%) of all enlistments are from the Tier 1 category. Tier II includes GEDs, home study (in some states), Certificate of Attendance, Alternative/ Continuation High School, Correspondence School Diplomas, and Occupational Program Certificate (Vo/Tech). The services limit the number of Tier II candidates it will allow to enlist each year:

In the Air Force, the limit is less than 1% each year. In such cases, the applicant must score a minimum of 50 on the AFQT to qualify (Note: The "AFQT" is the overall ASVAB score);
The Army will allow up to 10% each year to be Tier II candidates, but they must score a minimum of 50 on the AFQT.
The Marines will only allow about 5% each year but they must score a minimum of 50 on the AFQT;
The Navy about 10% but they must score a minimum of 50 on the AFQT; and
The Coast Guard only accepts Tier 2 candidates if they have prior military service, and even then requires them to score higher on the AFQT (50 for prior Coast Guard Service, 65 for prior service in other branches).

Tier III consists of individuals who are not attending high school and are neither high school graduates nor alternative credential holders. The services almost never accept a Tier 3 candidate for enlistment. If you fall into this category, your best bet is to get at least 15 college credits, so that you will be qualified as Tier I.

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MILITARY STOLEN VALOR: A retired Coast Guard chief warrant officer 2 who claimed to be a decorated and combat-hardened SEAL — and managed to get a disability rating from the government — has pleaded guilty to wearing combat awards he did not earn. Thomas Barnhart pleaded guilty 6 JAN in federal court in Roanoke, Va. to two counts of violating the Stolen Valor Act. Barnhart served a combined 21 years in the Navy and the Coast Guard. He joined the Navy in 1969, then moved to the Coast Guard 10 years later, retiring in 1990. He entered the Coast Guard claiming to be a SEAL who had completed diving school and High Altitude-Low Opening parachutist school, according to court records. He also claimed to have earned the Silver Star, Bronze Star with "V" for valor, Purple Heart with four stars, a Combat Action Ribbon and Vietnam War-era awards. The Coast Guard clerk bought the story and added the awards to Barnhart's DD 214. Later DD 214 alterations would add a Navy Commendation with "V" device, Presidential Unit Citation with three stars, and Vietnamese Medal of Honor First and Second Class. "Witnesses have stated that the defendant would spin yarns about his secret missions with the Navy SEALs and describe various combat situations in which he was wounded," Assistant U.S. Attorney Craig "Jake" Jacobsen said in his comments to the court, which he provided to Navy Times. "As a result of what everyone believed, the defendant was promoted to warrant officer in the [Coast Guard] ahead of others, likely as a result of the defendant's stellar 'combat record.' "

Barnhart, who did serve off the coast of Vietnam in 1969 and 1970, retired 31 DEC 90, and applied for disability through the Department of Veterans Affairs less than a year later. By this time, he was passing himself off as a member of SEAL Team 1 with five Purple Hearts and a nomination for the Medal of Honor. He claimed a scar on his left forearm was the result of a gun shot, though VA medical records from 1987 said the injury was the result of his cutting himself on a piece of metal. The VA claim was denied, but Barnhart was successful after giving it another try — this time with the help of his congressman — in 2005. This time, Barnhart claimed he suffered from post-traumatic stress disorder, and pointed to his altered DD 214 to support his claim. During a subsequent medical exam in Virginia Beach, Va., Barnhart told the examining physician he was a SEAL in Vietnam assigned to an elite HALO parachute unit. He claimed to have engaged in multiple combat missions and received two Silver Stars, three Bronze Stars and five Purple Hearts. But an alleged rescue of a downed pilot, seeing a soldier being blown up by a rocket and having a pilot die in his arms after their helicopter had been shot down led to his PTSD, he told the doctor.

Jacobsen told Navy Times, "The awards keep growing. Then he is a SEAL, then he has all the heroics. I've seen this in similar pattern in other cases. The phonies can't help themselves. The awards and accolades always grow." Still, the VA decided in 2006 to award Barnhart a 30% disability rating for PTSD. The case against him began when Mary Schantag of the POW Network got wind of the bogus claims. She began an exhaustive investigation that ultimately led to the state's attorney's office looking into the matter. On 25 JAN 08, he admitted his DD 214 was altered, and that he was neither a SEAL nor a combat veteran. By that time, Barnhart had received $13,923 for his fraudulent PTSD claim. "He was very quiet and 'fessed up when he was arrested," said Jacobsen, who is an Iraq war veteran. "He seemed sincere in his apologies and didn't deny that he had fabricated his history." Barnhart's sentencing is set for 8 APR in Roanoke. He faces 10 years in prison and a $250,000 fine for the theft of government funds and one year in prison and a $5,000 fine for claiming medals he did not earn, which is a misdemeanor. He also is required to pay back the $13,923 received from the VA for disability.

TAX DEDUCTION WISDOM: Tax season pressure may tempt you to accept a standard tax deduction, rather than exploring the potential benefit of itemizing your deductions. To figure out whether itemizing would be profitable for you, you need to determine whether the allowable expenses you paid during the year – for things like mortgage interest and property taxes, state income or sales taxes, medical expenses, charitable donations, etc.—exceed the standard deduction for your filing status. Here are the basic numbers to beat for filing a 2009 Form 1040 return:

Standard deduction for single taxpayers - $5,700
Standard deduction for married taxpayers filing a joint return - $11,400
Standard deduction for head of household taxpayers - $8,350

Those are the numbers for most, but some people get even higher standard deductions. If you're 65 or older or blind, you get to increase the standard tax deduction.

Single or Head of Household: 65 or older $1,400 - Blind $1,400 - Both 65 or older and blind $2,800
Married, Widow or Widower:

One spouse 65 or older, or blind $1,100	One spouse 65 or older, and blind $2,100
One spouse 65 or older, and both blind $3,200	Both spouses 65 or older $2,200
Both spouses 65 or older, and one blind $3,300	Both spouses 65 or older, and both blind $4,400

ROLLCALL Newsletter

TAMARAC DETACHMENT 755

RETIREMENT PLANNING:

Veterans have a great deal of control over whether or not their retirement will be comfortable. Millions of Americans are preparing for retirement by saving in tax-favored retirement accounts — principally Individual Retirement Accounts (IRAs) and employer-sponsored 401(k) plans. But savers must be aware of common practices that can derail even the best-laid retirement plans. In fact, there are 10 surefire ways to wreck your retirement:

Don't Make Saving a Habit. Young workers may think they have plenty of time to save later, but setting aside a little bit of money on a regular basis throughout one's working years produces a greater nest egg than setting aside a large amount later on.

Leave Matching Funds on the Table. Not taking advantage of an employer's matching contributions to a 401(k) account is like turning down a raise.

Borrow against 401(k) Savings. About 85% of 401(k) plans allow employees to borrow against their account balances. The problem with a 401(k) loan is the loss of compound interest and dividends that would have accrued if the money had not been borrowed.

Cash Out 401(k) Savings. Cashing out a 401(k) account when changing jobs means that more than one-third of the balance can be eaten up in taxes and penalties.

Jump In and Out of the Market. In 2008, 401(k) plans lost an estimated $2 trillion in value. But this "loss" would have been on paper only were it not for the fact that many workers essentially locked in their losses by selling their equity funds during the recent downturn.

Rely on Home Equity. Purchasing a home and selling it years down the road does not always produce a significant profit on which to retire.

Do Not Diversify Savings. Relying on one type of investment is a recipe for disaster. It is important to consider diversifying among asset types (stocks, bonds, money market funds), as well as diversifying within each type of asset (rather than holding one company's stock or one type of bond).

Underestimate Longevity. More people are living longer. This means that retirees should have strategies to ensure they don't outlive their money, including working past retirement age, annuitizing retirement account money and staying at least partially invested in stocks.

Ignore Inflation. When a household's income, combined with half of their annual Social Security benefits, exceeds a certain threshold, a portion of their Social Security benefits are subject to federal income taxes. The thresholds are not indexed. Over time, inflation pushes more and more retirees into the income range where they must add 50 cents of benefits to their taxable income for every dollar their income exceeds the threshold. This means their marginal tax rate will be 50 percent higher!

Stay in Debt. Entering retirement debt-free is essential to being able to maintain a comfortable standard of living.

There are many more ways to damage one's retirement, and even the best-laid plans can be derailed by unforeseen events. But uncertainty alone is no reason to not plan at the household level, which is where everyone who wants a secure retirement must begin. For more details refer to www.ncpa.org/pdfs/ba685.pdf.

VA COPAY:

A $1 increase in copayments for outpatient medications for veterans who do not qualify for free prescriptions is being delayed for six months while the Veterans Affairs Department reviews its options. Copayments are required for a 30-day supply of medication provided on an outpatient basis to people being treated for disabilities or conditions that are not related to military service. Copayments are not charged for veterans who have service-connected disabilities rated at 50% or more, regardless of whether they are being treated for a service-connected issue, and copayments are waived for some low-income veterans. The current charge of $8 was supposed to rise to $9 on 1 JAN 2010 under regulations that call for prescription drug charges to keep pace with prescription drug charges in the private sector. But on 31 DEC, VA officials announced in the Federal Register that they were delaying the increase until 1 JUL so they could reconsider how increases are calculated. This delays both the $1 hike and a $120 increase in the $960 copayment cap on drug costs for veterans who have service-connected disabilities but are being treated for nonservice-related medical issues. "We need time to determine whether an increase might pose a significant financial hardship for certain veterans and, if so, what alternative approach would be appropriate relief for these veterans," the statement says.

Created in 2002, the copayment cap began as a $2 fee for a 30-day prescription but increased to $7 in 2008 and to $8 in 2009. Under VA rules, the drug copayment is supposed to increase each 1 JAN based on the increase in the prescription drug portion of the Medical Consumer Price Index, a measurement maintained by the Labor Department's Bureau of Labor Statistics. The drug index, known as CPO-P, called for an automatic $1 increase that can be delayed under current law but still has to take effect at some point. VA officials called their action a "temporary freeze," with the expectation that the increase will take effect this summer unless a new way of calculating and applying the copayment is found.

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Gold Bless our Country, Flag & Corps
From
Marine Terry Hall & Family
Lynn, LeeAnn, Scott, Angela,
Grandchildren: Zack, Jarrett & Tina **10-09**

Detachment 755 is starting a new recycle ribbon bar holders program.
Our ships store will buy several different ribbon bar holders for your uniform and keep them in stock.
As you are awarded new ribbons, just bring in your current one in exchange for one with the correct amount of ribbons.

See Joe Motes for your upgrade!

Cre & Mike LaBozzetta wish **All the Best** for our **Marines,** past, present and future

Semper Fidelis

06-10

Support the Margate American Legion Post 157 become a Brother Member, when attending MCL meetings, get an application! JOIN!

Permanent Life Members (PLM)
Our thanks to the following members who have sent in their $10.00 PLM support donations (**) denote not paid

Gad Aflalo (11)
Whilldin Allen (13)
Lou Annacone (10)
Harry Belford, Jr. (10)
Greg Bormann (10)
Michael P. Burns (10)
Elvira DuNaier (10)
Harvey Ellenthal (10)
Janet Eno (10)
Herman Finkelstein (**)
Richard Franchino (**)
Doris Franchino (**)
Louis Gewirtz (**)
Tony Gutierrez (10)
Cliff Handerhan (10)
Werner Hatzelhoffer (10)
H. Sherry Heldman (**)
Robert Hoover (**)
Tom Johnson (**)
Mike La Bozzetta (**)
Jacob Mirsky (10)
Joe Motes (11)
John Palermo (**)
Nick Passanisi (14)
Robert Pastor (**)
Betty Price (10)
James Ruggiero (10)
Richard Smith (17)
Marvin Schentzel (10)
Walter Smolka (**)
James T. Tremblay (10)
Alfred M. Vasquez (**)
Murry M. Wolf (10)
Len Zargo (10)

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TAMARAC DETACHMENT 755

Betty and Rahl Price
Wish all the best to the
Marines and Families of
Tamarac Detachment # 755

SEMPER FIDELIS

04-10

In Loving Memory of
Sgt. Lucille A. Mirsky, USMC W.R.
5/29/23 — 04/14/05
My Best Friend, My Wife, Mother,
Grandmother, Great Grandma.
S/Sgt Jacob J. Mirsky

07-10

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TAMARAC DETACHMENT 755

MARINE CARE PACKAGE PROGRAM

All Detachment 755 Members, we ask you to please bring two of the following items listed below for our Marines and Service Men & Women serving overseas. Most Requested Items Are:

Snacks foods: Beef jerky/Slim Jims, Vienna Sausage, Chicken/Tuna Packs, Nuts, Granola/Cereal Bars, Gum, Ready to eat Soups/Pasta, Qt. Size Zip Lock Bags, Drink Mixes (individual powdered), Coffee (instant packs), Cookies; Snake Cakes, Tail Mix/Raisin Snake Packs.

Comfort Items: Cool Bands/Foot Warmers, Fans (Mini/Battery), Gel Insoles.

AT&T Global pre-paid Military Calling Cards (calling cards to work in Iraq and Afghanistan must be these specific cards); Music Cds (new and used); Movie DVDs (new and used);

Batteries (AA are most requested, then AAA); Disposable, instant hand warmers;

OTC Medications: Sun block, Aloe Vera; Eye Drops (Visine or similar); Ibuprofen, Aspirin.

Hygiene Items: Q-Tips; Laundry Soap Tablets; Baby Wipes (Alot)!!; Body Wash; Pre-sweetened flavored beverage mixes, Shampoo, Soap, Lotion, (no aerosol cans), Shaving Gel, Insect Repellant, Foot Powder, Sunscreen/ Aloe, Blistex, Chapstick, Razors (Disposable).

Female care Packages: body spray, tampons, pads, (mark as female care package).

These are by no means the only items that you can send. The summers are extremely hot and the winters, wet and cold. Your donations are greatly appreciated by our troops!

TOGETHER… WE CAN MAKE IT HAPPEN….
TO KEEP OUR "MARINE CARE PACKAGE PROGRAM" HAPPENING EVERY SINGLE MONTH…
WE NEED DONATIONS FROM OUR DETACHMENT MEMBERS AND THEIR FAMILY, FRIENDS & ASSOCIATES… MAKE IT HAPPEN BY TALKING IT UP!

ALL DONATIONS ARE "TAX" DEDUCTIBLE. A RECEIPT WILL BE SENT TO YOU FROM OUR DETACHMENT FOR YOUR TAX RECORD.

(Put on check Care Package Program)
Send to MCL 755, PO Box 26023, Tamarac FL 33320-6023

Cash also accepted at our meetings. Please see our Paymaster.

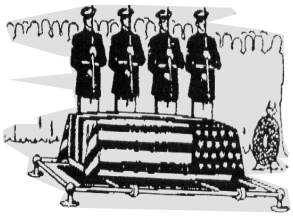
ROLLCALL Newsletter

TAMARAC DETACHMENT 755

In Remembrance

of Tamarac Detachment Members who have answered the call

Van Tassle, Marvin	01 Feb 1992
Garfinkel, Harold	30 May 1992
Cardwell, Doris	01 Aug 1992
Duffy, Earl	18 Jul 1993
Mier, Ancil	10 Feb 1995
Hoffman, Daniel	17 May 1995
Kolson, George	19 Jul 1995
Goldstein, Irwin G.	18 Aug 1995
Schiff, Jacob	29 Jan 1996
Simon, Bernard	25 Oct 1996
Meyer, William L.	18 Nov 1997
Smith, Harry L.	01 Jan 1998
Elmore, James O.	02 May 1998
Browne, Albert E.	06 Oct 1998
Pengra, James	13 Jul 2000
Herman, William A.	27 Jan 2001
Sanders, Richard W.	02 Feb 2001
Dowd, Donald J.	17 Nov 2001
Casey, Charles	27 Aug 2002
Doty, Donald W.	12 Sep 2002
Bedor, David	5 Oct 2002
Sadiler, James N.	18 Dec 2002
Handerhan, Gary F.	01 Jul 2002
Aronin, Herbert	20 Mar 2002
Stern. Jack	08 Jan 2003
Crane, Thomas	Aug 2003
Gelosi, Sal	27 Dec 2003



Fink, John B.	02 Jan 2004
Cestone, Pat	06 Aug 2004
Coons, Arthur "Doc"	11 Nov 2004
Denison, David L.	30 Jun 2004
Cassassa, Gus	02 Feb 2004
Rourke, Harry	27 Nov 2004
Mirsky, Lucille A.	14 Apr 2005
Motyczka, John	17 Sep 2005
Delman, Maury	20 Mar 2006
Fleming, Robert T.	21 Mar 2006
Zuba, Paul	Mar 2006
Abramowitz, Norman	30 June 2006
Murphy, Bill	9 Dec 2006
Aiello, Joseph A.	23 Dec 2006
Palermo, Dorothy	14 Jan 2007
McGuire, Thomas	7 April 2007
LaPorte, Phillip	12 May 2007
Fessler, Jerry I.	23 Nov 2007
Leo, Donald R.	11 Jan 2008
Griffis Jr., Joseph	2 Mar 2008
Sucoff , Martin	April 2008
Deeley, John F.	20 April 2008
David, Mark	29 Oct 2008
Brundage, William	19 Mar 2009
Gardner, Al	29 Mar 2009
Hall, Terry G.	14 Oct 2009

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Alexander, James & Barbara	03-11
Bormann, Gregg & Kathleen	02-11
Belford, Harry	01-11
Du Naier, Elvira	01-11
Ellenthal, Barbara & Harvey	05-10
Eno, Jeanette	05-11
Finkelstein, Hy	01-10
Gutierrez, Tony	03-10
Handerhan, Cliff	01-11
Heldman, H. Sherry	09-10

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Mirsky, Jacob	09-11
Motes, Joe	05-10
Pacini, Cathy	07-10
Palermo, John	02-10
Passanisi, Nick	03-11
Price, Betty & Rahl	04-10
Ruggiero, James	02-10
Schentzel, Marvin	06-10
Tremblay, James	03-11
Wolf, Murray	04-10
Zargo, Len	02-11

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UPCOMING EVENT:

MARCH 9 2009 7:30PM - EXECUTIVE MEETING
MARCH 17 2009 7:30PM - REGULAR MEETING

MARCH 17 - SAINT PATRICK'S DAY PARARDE

MARCH 25-28 — DEPT SPRING CONFERENCE , ORLANDO

APRIL 13 2009 7:30PM - EXECUTIVE MEETING
APRIL 21 2009 7:30PM - REGULAR MEETING

MAY 7-9 — DISTRICT MEETING IN MARATHON KEY

JUNE 17-20, 2010 — SUMMER CONVENTION HOSTED BY TAMARAC DETACHMENT 755