



# Cape Cod Currents

Cape Cod Chapter  
Military Officers Association of America



## December 2012 Event

U. S. Marine Corps Reserve "Toys for Tots" luncheon assembly  
Featured Guest: Jake O'Rourke, soliciting toys and/or donations

Tuesday, December 11, 2012 – 1130 registration; meal 1200

Location: DoubleTree by Hilton Hotel Cape Cod, Hyannis (formerly Radisson)  
1/3 mile southeast of the Barnstable Airport rotary on Highway 28 (Iyannough Road)  
287 Iyannough Road, Hyannis MA 02601-2015 telephone: 508-771-1700

web site: <http://doubletree3.hilton.com/en/hotels/massachusetts/doubletree-by-hilton-hotel-cape-cod-hyannis-HYACCDT/index.html>

Cost: \$25.00/person Reservations: by December 4, 2012 – note recipient is Hank Bertsch

*Please bring one or more new unwrapped toys for the Marine Corps Reserve to distribute as Christmas gifts to children in need. In lieu of toys, make checks payable to Toys for Tots.*

Menu – entrée choices: baked scrod or London broil beef



**Upcoming Events**    **expect others; those listed are set on the schedule**

**December 12, 2012** (**Wednesday** – note day) Chapter officers meeting (formerly Board of Directors) 1000 – **all invited** – Hyannis Veterans of Foreign Wars Post 2578, 455 Iyannough Rd. (airport rotary), Hyannis

**May 11, 2013 (Sat.)** Scholarship awards luncheon, Flying Bridge Restaurant, 220 Scranton Avenue, Falmouth, Massachusetts

**Treasurer Hank Bertsch reported on November 1, 2012, the following balances.**

Charity Fund 10/31/2012	\$902.30	Scholarship Fund 10/31/2012	\$1,533.74
Operating Fund 10/31/2012	\$2,558.48		

**Keep in mind** – as year-end contribution time rolls around – that our Scholarship Fund will need a big boost to be able to provide the \$8,000 in grants which we were able to award in 2012. As shown above, we've already set the annual luncheon for May 11, 2013. Before that we will require thousands in contributions to move the program forward. Be aware that our 501(c)3 designation makes all donations tax deductible.

**Giving Option** On a year-by-year basis, the IRS makes it possible for the total of or a portion of an individual retirement account's required minimum distribution (RMD) for those age 70 ½ and higher to be donated to a non-profit religious entity or other charity. Included are IRA, SEP, SIMPLE, 403(b) and 401(k) plans. Gifts pass directly from the account holding entity to the recipient without going through the hands of the donor. No income tax is assessed on the contributed portion of the RMD. In the year an individual hits age 70 ½ the contribution cannot be made until after the 70 ½ point is reached. In subsequent years, there can be periodic gifts (e.g. monthly, quarterly) made by the financial institution to the designated charity or charities.

**SCHOLARSHIP FUND DONORS** This list contains the names of those who made donations to the Scholarship Fund from April 16 through September 30, 2012.

COL Ronald J. Ayotte, USA  
LTC George H. Bertsch III, USA  
CAPT Felix A. Conte, USPHS  
BGEN Jimmy G. Dishner, USAF  
CDR David M. Gray, USN  
MAJ Edward J. Hines, USMC  
CDR Thomas J. Keating, USN  
Ms Beverly B. Lopes, Auxiliary  
CAPT Jim McCormick, USN

RADM William M. McDermott, USN  
COL James P. McDevitt, USA  
MAJ Eleanor M. McManus, USAF  
CAPT Hugh H. O'Regan, USN  
MAJ Charles E. Sands, USA  
COL Steven C. Schrader, USAF  
CDR Ruth C. Shaughnessy, USN  
CAPT F. Bradley Stumcke, USN  
CAPT David G. Throop, USCG

**CHARITY FUND DONORS** The following contributed to our Chapter's Charity Fund during the period January 1 – September 30, 2012.

LTC Alden R. Grove, USA  
LTC Curtis S. Jones, USA  
CDR Robert F. Lebel, USN  
COL Donald C. Lynde, USA

MAJ Eleanor M. McManus, USAF  
CAPT Hugh H. O'Regan, USN  
COL Steven C. Schrader, USAF

**NO SALE** The semi-annual Navy Newport **Commissary Site Sale**, normally held at Mass. Military Reservation in **November**, will **not happen** this year. The change is due to overall short staffing and a key person being on medical leave. Watch for a possible date in spring.

**The need continues** for a member to receive event reservations. This person assembles responses, by the deadline provides an attendee list and menu choices to the event coordinator, then creates a roster and table cards with a color-coded indicator of the menu choice attached.

**And Again** We seek a new **Treasurer**, as Hank Bertsch is in his fourth year.

**Donations for Veterans in Need** Member Bill Reade reports regarding our October 9, 2012 event, "I collected \$300.00 on the train. This will feed 30 needy vets" via the Baker-Xiaros AMVETS Post 333 Cape Cod fund for veterans assistance. "The caring and generosity of the members of CCC MOAA is heartwarming and much appreciated."

**Participants** The 09/11/12 **cruise/lunch** had **25** on its list. The 10/09/12 **train** total was **43**.

**View Photos** Go to the Chapter's web site – the URL (web address) is shown at the bottom of all but page one of *Cape Cod Currents*. Click on the links set there. Examine pictures taken at our events. Download images one at a time for personal use. As an alternative, contact either the editor (information at the bottom of the last page of the newsletter) or Carolyn Canavosio via email at canavosioc@gmail.com and requested pictures will be provided.

President **Don Lynde says check Space-A travel**: <http://www.amc.af.mil/amctravel/index.asp>. Most of us are Category VI travelers, lowest, which includes retired military who are issued DD Form 2 and eligible to receive retired or retainer pay and family members (with valid ID) of retirees when accompanied by a sponsor. Space-A can't be used for business or personal gain. But with the internet as a resource, it is much easier today than previously to research flights. There are various methods available to register for Space-A travel: in-person, remotely by fax, postal mail or e-mail. In-person registration is done at the USAF Air Mobility Command (AMC) passenger terminal by speaking directly with a passenger service agent. Other options are to fax or mail a request to the passenger terminal, or use the Web-based sign-up on the AMC Travel web site (see above). AMC passenger terminals will accept email sign-ups from other than the AMC Web site. It appears the physically closest regular passenger terminal to Cape Cod is Joint Base McGuire-Dix-Lakehurst, NJ. As an example of where a person might go from there, in mid-October a flight departed for Ramstein AFB, Germany with 73 Space-A seats available. Of those, 15 were used. Category VI travelers occupied some spots on that aircraft.

**Depression** is a common problem in its chronic or acute form but regarding which lots of misunderstanding exists. It is a medically diagnosed disease, not just an untrained person's opinion, so it is helpful to refrain from labeling oneself or another as "depressed" without a diagnosis. However, depression is often not given the attention it needs both by sufferers and by observers. This is particularly true among those who may be experiencing another severe disease process, such as cancer patients, or someone who may be in the throes of grief following a major loss such as the death of a loved one, a divorce, or estrangement in a relationship which formerly was close [editor]. The following information is taken from Mayo Clinic Web site wellness data updated August 21, 2012.

Depression **signs and symptoms** vary. They can include feeling sad, down, empty, blue, hopeless, worthless, helpless, irritable, restless, tired, listless, persistently guilty; losing interest in activities that once brought pleasure; having appetite changes, trouble thinking, concentrating, making decisions, thoughts of suicide; losing or gaining weight unintentionally; sleeping poorly or oversleeping; decreased capability and performance; abusing alcohol or drugs. People with

depression may not acknowledge the condition, think their feelings are normal or, too often, experience shame and mistakenly believe they should be able to overcome it with willpower alone. Depression seldom improves without treatment and may worsen.

**To help**, talk to the person about what you've noticed and why you're concerned. Explain that depression is a medical condition, not a personal flaw or weakness, usually improved by treatment. Suggest seeing a professional: a medical doctor or mental health provider, such as a licensed counselor or psychologist. Offer to help prepare a list of questions for the person to discuss in an initial appointment. Express willingness to help by setting up appointments, going to appointments, attending therapy sessions. If the condition appears severe or potentially life-threatening, contact a doctor, a hospital or emergency medical services immediately.

To help **down the road**, identify warning signs of worsening depression. Become aware of the ups and downs of the disease process. Your loved one should work with his/her doctor or mental health provider to come up with a plan for what to do when signs and symptoms reach a certain point, including contacting the professional for medication adjustment or change, or referral to a psychotherapist. He/she should take self-care steps, such as being sure to eat healthy meals, getting enough sleep, being physically active, and understanding his/her suicide risk.

People with depression are at an increased **risk of suicide**. If your loved one is severely depressed, he or she may feel suicidal at some point. Take signs seriously and act immediately.

**Tell your concern**. Ask if he/she has thought of suicide or has a plan: a plan indicates higher risk. [No, asking a person about suicidal ideation does not increase suicide risk – editor.] **Seek professional help**. Inform family members or close friends. **Call** a suicide **hotline**. The 24-hour National Suicide Prevention Lifeline is 800-273-8255 to reach a trained counselor. That same number plus “1” gets the **Veterans Crisis Line**. **Act** to insure a safe environment. Eliminate suicide methods: remove or lock away firearms, other weapons, medications. Call 911 immediately if there is danger of self-harm. Have someone stay with the person at all times.

**Stay alert for warning signs**. Note talking about suicide (e.g. saying "I'm going to kill myself, I wish I were dead, I wish I hadn't been born"); gathering the means to commit suicide (e.g. acquiring a gun, a quantity of high proof alcoholic beverage, stockpiling pills); withdrawing from social contact and wanting to be left alone; having mood swings, e.g. emotionally high one day, deeply downcast the next; being preoccupied with death, dying or violence; feeling trapped or hopeless; increasing use of alcohol or drugs; changing normal routines e.g. eating or sleeping patterns; doing risky or self-destructive things, such as using drugs or driving recklessly; giving away belongings or getting affairs in order when there is no pressing need; saying goodbye to people as if they won't be seen again; developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above.

Depression is no one's fault. You can't fix depression - but **support and understanding** help. **Encourage** sticking with treatment. Help him/her remember to take medications and attend appointments. **Listen** unconditionally. Let your loved one know that you want to hear his/her feelings. When he/she talks, **listen** carefully, but avoid advice, opinions, judgments, rosy statements. **Listening** and presence are powerful healing tools. Reinforce positives, as depressed persons may judge themselves harshly and find fault with their actions. Emphasize his/her superior qualities. Say how much he/she means to you and others. Offer assistance if he/she is unable to carry out certain actions: suggest specific tasks you might do, or ask if there is a job you could undertake. Creating a regular routine may help a depressed person feel more in control, such as setting a schedule for meals, medication, exercise, sleep, household chores.

**Locate organizations** offering support groups, counseling and other resources, *e.g.* the National Alliance on Mental Illness, employee assistance programs, and religious organizations hosting assistance sessions. Encourage **participation in spiritual practice**. For many, faith is integral to recovery, whether it is participation in an organized religious community or personal spiritual beliefs. **Plan together** for a walk, a movie, or work on an activity he/she previously enjoyed. But don't try to force the person into doing something.

The **better you understand** depression's causes, its effects, its treatments, the more help you will be. Take care of yourself. Supporting someone with depression isn't easy. Ask family members or friends to help, and prevent frustration and burn out.

**Be patient.** Depression symptoms do improve with treatment, but it takes time. The best outcome may require trying more than one medication, treatment approach or therapist. For some, symptoms quickly improve after starting treatment. For others, it will take much longer.

**CCC MOAA Scholarship and Charity Fund contribution** Chapter members and any others who would like to make a federal tax deductible donation to either our Charity or Scholarship Fund may do so by providing the requested information and mailing a check or money order.

The Chapter thanks you very much for your generosity.

I/we, \_\_\_\_\_, contribute to the CCC MOAA  
[please print name(s) legibly]

**Scholarship Fund** the amount of \$25 ☐ \$50 ☐ \$100 ☐ Other \$ \_\_\_\_\_ ☐

**Charity Fund** the amount of \$25 ☐ \$50 ☐ \$100 ☐ Other \$ \_\_\_\_\_ ☐

Make instruments payable to CCC MOAA with a "memo" indicating the fund name.  
Mail to CCC MOAA, PO Box 1553, Mashpee MA 02649-1553.

Signature \_\_\_\_\_ Date \_\_\_\_\_ check # \_\_\_\_\_

### Reservation – December 11, 2012, "Toys for Tots" luncheon event

DoubleTree by Hilton Hotel Cape Cod, Hyannis

Name \_\_\_\_\_ entrée: scrod ☐ London broil ☐

Guest \_\_\_\_\_ entrée: scrod ☐ London broil ☐

Guest \_\_\_\_\_ entrée: scrod ☐ London broil ☐

Guest \_\_\_\_\_ entrée: scrod ☐ London broil ☐

**NOTE  
WHERE TO  
MAIL THE  
RESPONSE**

Cost: \$25.00 per person – checks to CCC MOAA – **responses** due not later than **Dec. 4, 2012**

check # \_\_\_\_\_ date \_\_\_\_\_ in the amount of \$ \_\_\_\_\_ is enclosed

**Mail to LTC Hank Bertsch, USA (RET), PO Box 755, North Falmouth MA 02556-0755**

*Currents* editorial comments to lee.s.clark@Comcast.net; Lee Clark, 248 Wheeler Rd, Mashpee MA 02649