



OCTOBER 2019



INFOGRAM

CAPE FEAR FEAR CHAPTER CHARTERED MARCH 22, 1961

An informative monthly newsletter for members and friends of Cape Fear Chapter (NC-01)

VISIT OUR HOMEPAGE AT WWW.CFMOAA.ORG

Golf Tournament nets more than \$27,000 for ROTC scholarships



"All are winners"



See Chapter News starting on page 7 for "tee to cup" coverage

Annual meeting set for Saturday, Nov. 16 at Fort Bragg's Iron Mike Conference Center See page 5 for details

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PRESIDENT'S REPORT

RETIRED ARMY MAJ. IRA M. WATKINS

(910) 308-7702 president@cfmoaa.org

October Highlights

Special Thanks to Golf Tournament Sponsors and Contributors.

The highlights for this month begin with conveying appreciation for the successes of the September golf tournament. To all the members and sponsors who were able to make a financial contribution to this year's golf tournament for scholarship fundraising, I thank you. Your donations will go a long way toward making a difference in someone's life. Having worked with high school students and their parents for several years, I know firsthand the positive impact that a scholarship from the Cape Fear Chapter can have on a student, parents and the JROTC Program.

Conveying Appreciation to Members of the Active Duty Force.

Many of you, along with our other sponsors, contributed to our being able to provide the opportunity for nearly 50 active duty soldiers to participate in the scholarship golf tournament fundraiser "cost free." From all accounts and observance, these soldiers enjoyed themselves immensely on the course, and during the period of camaraderie created during the meal after the tournament. This small gesture paid dividends in conveying to these servicemen that their service to the nation is appreciated. Thanks to all of you who made this possible.

Appreciation for Golf Tournament Coordinators and Workers.

Lastly, as it relates to the golf tournament scholarship fundraiser, I would like to convey my deep appreciation for the work Tammy Beshlin and Juan

Chavez put into coordinating and managing our golf tournament. A big thank you also to members, spouses, friends and supporters of our organization who worked tirelessly doing all the things necessary to allow the tournament to start on time, run smoothly, end with a great meal and awards ceremony, and resulted in everything being cleaned up and returned back to its proper place.

Army Recommends Changes to Arlington Cemetery Burial Eligibility.

MOAA National published an article on Sept. 26, 2019, outlining recommendations from the Army on changes to Arlington cemetery burial eligibility. If Arlington is a consideration for burial or already in your plans, you may want to review the article, if you missed it. A link is below or you may go to the MOAA National website and view the article:

https://www.moaa.org/content/publications-and-media/news-articles/2019-news-articles/advocacy/secretary-of-the-army-to-announce-arlington-cemeteryrecommendations/?utm_source=newsletter&utm_medium=email&utm_campaign=TMNsend&utm_content=NC+AFHR+1+ERet+L+NC

Annual Membership Meeting Nov. 16.

Place this date on your calendar and plan on attending an evening of entertainment, dining, and just a very little business. Mayor Mitch Colvin of the City of Fayetteville is scheduled to be the guest speaker. A combo band from the 82nd is

(Continued on next page)

(Continued from previous page)

will provide us with the kind of music that will *sooth the soul and lift your spirits*. The location for the event is the Iron Mike Conference and Catering Center, Fort Bragg. Let's fill the room and not miss this opportunity to have a good time as members of the Cape Fear Chapter. (Flier on page 6)



Mayor Mitch Colvin is guest speaker

Aweigh" as the Navy's celebrates its 243rd birthday this month.

Look forward to the World Series, the NBA and NHL seasons beginning this month. According to the experts, this is the cheapest, easiest and best time to travel. Do not forget *Octoberfest* is happening somewhere this month.

Have a great October, and "Never Stop Serving."

October the Harvest Month and 2nd

Month of Fall. There are lots of things to reflect on, anticipate, or consider doing this month. Remember our farmers and the strength that they provide our nation. It's "Anchors

Ira



Volunteers needed for USO Lounge at Fayetteville

Publisher - Ira Watkins • Editor - Don Gersh • Webmaster - Juan Chavez

The **Cape Fear Infogram** is published monthly for members and friends of Cape Fear Chapter, MOAA, Post Office Box 53621, Fayetteville, NC 28305.

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Editor may be reached at (910) 624-4597 or editor@cfmoaa.org

Chapter Website <http://www.cfmoaa.org/>

MOAA Website <http://www.moaa.org/>

MOAA "Take Action" [http://www.moaa.org/take Action/](http://www.moaa.org/takeAction/)

Membership Open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services or their surviving spouses.



CHAPLAIN'S THOUGHTS

RETIRED ARMY CHAPLAIN (LT. COL.) TIMOTHY ATKINSON
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Generosity is a Gift

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (3 John 2)

Our soul is the part of us made up of our mind, our will, and our emotions. I remember being in the Army and it was often our souls that were the most tried and tested. In basic training, the drills were designed to put the young recruits through so much stress that they would be prepared for combat.

In combat or in the field, it's been said that "soldiers could be cold and wet, and they could endure." But if they were cold, wet, and hungry, they could be broken.

Prosperity of the soul is having our lives geared to the Lord in such a way that we can go through all kinds of struggles, but still not become too selfish. We could still reach out in love, no matter what, knowing that God is our source. That says we can prosper as our souls prosper.

The giving by so many during the annual golf fund raiser was very impressive. I appreciate all those who came out and gave their time, money and talent. The essence of living is giving. Truly when we give to others that is when it feels so good.

Bill Johnson says "when God talks about prosperity of soul, there is no ceiling or limit to what He has made available to us all. His Kingdom is eternal and without limits."

Therefore, His desire for our inner world is greater than our picture of the wealthiest person in the world. Bill Gates, for example, retired from work at Microsoft only to plan how he and his wife would share their wealth.

He summoned some of the wealthiest people to this honorable lifestyle as philanthropists (*The Way of Life*, page 158).

May God bless our inner world, our souls and spirits with great encouragement and strength for each task, doing it unto the Lord and not unto men. May God bless you richly in His great grace and peace.

I look forward to seeing you in the November general meeting and thank you for all you do for God and country.

Tim



CHAPTER NEWS

Annual General Membership Business Meeting

The chapter's annual business meeting will be held at Fort Bragg's Iron Mike Conference Center on Saturday, Nov. 16 beginning at 5 p.m.

The flier on the following page provides all the pertinent information, and is also your reservation form.

Please send your reservation request along with your check to 2nd Vice President Rich Underwood. His address is also on the flier.

I mention this because someone will send their reservation to the secretary, some will call

President Watkins, and yet others will mail their forms to the Post Office Box.

Although it's our annual business meeting, Ira plans to keep that portion as short as possible so we can enjoy the 82nd 's combo, the guest speaker, the food, and each others' company!

This is the last event of 2019, so let us all try to attend.

If you have any questions, contact Rich Underwood or President Watkins.

And please remember that Rich needs to know if you will attend by Nov 12.



Heroes Homecoming Fall Festival

Everyone is welcome to this FREE event at Segra Stadium. We will have specials for Veterans and fun for everyone! Mark your calendars now, Saturday, Nov. 9, immediately after the Veterans Day Parade.



**CAPE FEAR CHAPTER
MILITARY OFFICERS ASSOCIATION *of* AMERICA**

Annual Membership Meeting/Dinner

Saturday, November 16, 2019, 1700 hours

Lafayette Room, Iron Mike Conference Center, Fort Bragg

Guest Speaker

Honorable Mitch Colvin, Mayor of Fayetteville, North Carolina

Entertainment

82nd Airborne Division Jazz Combo

Menu

Choice of London Broil or Chicken Cordon Bleu
Herb Roasted Baby Red Potatoes; Green Beans w/Almond & Thyme; Mixed Green Salad
w/Dressings Fresh Baked Dinner Rolls w/Butter
Coffee Chocolate Layered Cake or Lemmon Cream Layered Cake
Iced Tea, Water and Coffee

Cost: \$30.00 per person (Tax & Gratuity Included)

Dress: Coat & Tie for Gentlemen; Comparable Attire for Ladies

RSVP NLT November 12, 2019

Send reservations request and check (payable to CFC MOAA) to:

Richard Underwood, 293 Wedgeview Drive, Fayetteville, NC 28306

Name: _____

Name of Guest(s): _____

Number of Reservations _____ x \$30.00 = _____ Choice of Entrée/Number of

2019 ROTC Scholarship Program Fund Raising Golf Tournament Wrap-up by Tammy Beshlin

This year's golf tournament played at Baywood Golf Club on Sept. 14 was a big success. Our heartfelt thanks to all our commercial sponsors for their continued loyalty and support, to the players who made the day special, and to our chapter members for a commendable outpouring of support.

The following is a list of all sponsors and donors; those indicated by an asterisk (*) contributed in multiple ways.

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MOAA NEWS

Trending Now...

Army Unveils Major Changes to New Combat Fitness Test, Sept. 30, 2019

This article by Matthew Cox first appeared on Military.com, the premier resource for the military and veteran community.

The U.S. Army on Sept. 27 announced major changes to its new Army Combat Fitness Test (ACFT), including lowering standards in some cases. It also added a plan to have new soldiers in initial military training pass the more challenging assessment as a graduation requirement after Oct. 1 of this year.



The service is moving into the next phase of an effort to replace the current, three-event Army Physical Fitness Test (APFT) with the new six-event fitness assessment after completing a yearlong field test of the ACFT involving 63 battalions of active-duty, National Guard and Reserve soldiers.

Current soldiers across all three components of the Army will begin taking the ACFT for practice until October 2020, when it will become the service's official test of record. Army senior leaders stressed that the ACFT will significantly improve combat readiness.

"Physical fitness is fundamental to sustained Army readiness," Sergeant Major of the Army Michael Grinston said in a service news release. "We must have highly trained, disciplined and physically fit soldiers capable of winning on any battlefield. The ACFT, specifically linked to common warfighting tasks, will help us assess and improve the individual readiness of the force."

Part of the field test was designed to see whether the initial set of ACFT standards needed to be adjusted.

"The purpose of this past year was ... to determine how to give the test efficiently, how to grade the test efficiently, to get the graders out there and to see if we got the scores about right," Michael McGurk, director of research for the Center for Initial Military Training (CIMT), the organization overseeing the new ACFT, told Military.com. "The good news for us is, after a year, we got the scores about right, so there have been some very minor adjustments, but we are broadly on track," he said.

The New ACFT Standards

s with the initial standards, the revised standards are shown on a chart that shows scores for each of the six events all the way up to the maximum score. The chart also highlights the minimum scores soldiers must meet for three categories: Black for soldiers in "heavy" physically demanding units or jobs; Gray for soldiers in "significant" physically demanding units or jobs; and Gold for soldiers in "moderate" physically demanding units or jobs.

Gold also represents the overall Army minimum standard for passing the ACFT.

The initial, outdated minimum standards broke down like this:

Black, for 70 points. 180 pounds on the strength deadlift; 8.5 meters for the power throw; 30 hand-release push-ups; 2 minutes, 9 seconds for the sprint, drag and carry; 5 leg tucks; and 18 minutes for the two-mile run.

Gray, for 65 points. 160 pounds on the strength deadlift; 6.5 meters for the power throw; 20 hand-release push-ups; 2 minutes, 45 seconds for the sprint, drag and carry; 3 leg tucks; and 19 minutes for the two-mile run.

Gold, the Army minimum standard, for 60 points. 140 pounds for the strength deadlift; 4.6 meters for the power throw; 10 hand-release push-ups; 3 minutes, 35 seconds for the sprint, drag and carry; 1 leg tuck; and 21 minutes, 7 seconds for the two-mile run.

In the new ACFT standards for 2020, the minimum requirement for the strength deadlift in Black increased from 180 pounds to 200 pounds, and the Gray increased from 160 pounds to 180 pounds, McGurk said.

The minimum score for the standing power throw dropped from 8.5 meters to 8 meters in Black; in Gold, the minimum standard dropped 4.6 meters to 4.5 meters, McGurk said. The maximum possible score dropped from 13.5 to 12.5 meters.

The minimum score for the sprint-drag-carry for Black slowed slightly from 2 minutes, 9 seconds to 2 minutes 10 seconds. The Gray standard sped up from 2 minutes, 45 seconds to 2 minutes, 30 seconds. And the Gold sped up from 3 minutes, 35 seconds to 3 minutes.

The standards for the leg tuck remain unchanged, McGurk said.

The minimum standard for Gold on the two-mile run sped up from 21 minutes, 7 seconds to 21 minutes.

The maximum score on the ACFT for the two-mile run slowed from 12 minutes, 45 seconds to 13 minutes, 30 seconds, McGurk said.





**APPLICATION FOR MEMBERSHIP IN THE CAPE FEAR CHAPTER OF THE
MILITARY OFFICERS ASSOCIATION *of* AMERICA**

Initial Application ☐ Renewal ☐ Date _____

(Last Name) (First Name) (MI) (Rank) (Branch of Service)

(Mailing Address: Number and Street) (Preferred Telephone Number)

(City) (State) (Zip) (Email Address)

Birth date _____ Spouse's name _____

Status: Retired ☐ Active Duty ☐ Former Officer ☐ Reserve ☐ National Guard ☐

Cadet/Midshipman ☐ Surviving Spouse ☐ (Please fill in the above information but show
Your deceased spouse's rank and branch of

I am ☐ a member of National MOAA; my member # is _____. I am a Life Member ☐

I am not ☐ a National MOAA member, but will consider joining.

In addition to my dues, I have included a donation of \$_____ for the Chapter's ROTC Scholarship Fund.

If a new applicant, how did you learn about the Cape Fear Chapter of MOAA? _____

Signature: _____

**Annual Chapter membership dues: \$20.00 for Regular Members
\$10.00 for Surviving Spouses**

Please mail this application with your check (payable to CFC, MOAA) to:

**CAPE FEAR CHAPTER, MOAA
P.O. Box 53621
Fayetteville, NC 28305**

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CALENDAR OF EVENTS

OCT

- 2 - CAPE FEAR CHAPTER BOARD OF DIRECTORS MEETING AT
IRON MIKE CONFERENCE CENTER, 1000 HOURS
- 14 - COLUMBUS DAY

NOV

- 5 - CAPE FEAR CHAPTER BOARD OF DIRECTORS MEETING AT
IRON MIKE CONFERENCE CENTER, 1000 HOURS
- 5 - ELECTION DAY
- 9 - FAYETTEVILLE VETERANS DAY PARADE
- 11 - VETERANS DAY
- 16 - ANNUAL CHAPTER MEETING, IRON MIKE CONFERENCE
CENTER, 1700 HOURS
- 28 - THANKSGIVING DAY

DEC

- 3 - CAPE FEAR CHAPTER BOARD OF DIRECTORS MEETING AT
IRON MIKE CONFERENCE CENTER, 1000 HOURS
- 23 - CHANUKAH BEGINS
- 25 - CHRISTMAS DAY