



THE TRIBUTE

The Bi-Monthly Newsletter of the Hampton Roads Chapter
Military Officers Association of America
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NEVER STOP SERVING

April 2017

THE TRIBUTE

In honor of those who have sacrificed to keep our country free.



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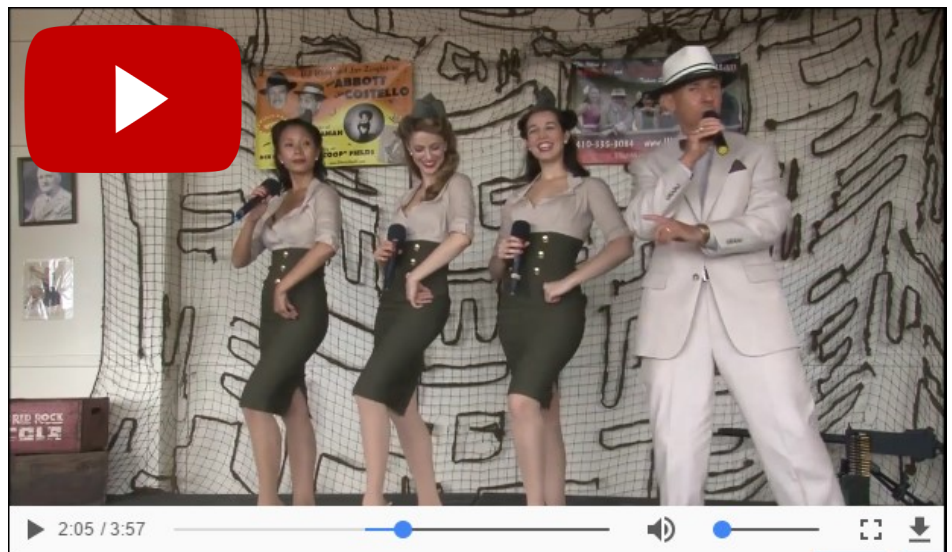
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 Hampton Roads Chapter, Military Officers Association of America

May 2017 Luncheon

Join us on May 19th at Atlantic Shores for our 2017 Spouse Appreciation Event. We all know how critical the spousal role is in having a long and successful military career. Spouses' contributions come in a plethora of forms.

When we deploy, the spouse suddenly is solely responsible for holding the fort down at home. This can include taking care of the family, home repairs, automotive maintenance, personal finance, and the school lives of the children. It's a huge job that often goes underappreciated. On top of all of those responsibilities, we often find spouses playing significant supporting roles in command structures such as ombudsman, wives' club, and other various functions that help keep morale and camaraderie high throughout the organization.



We are thrilled to focus the May luncheon in appreciation of all of our spouses. Please bring your spouses, enjoy the company of fellow HRCMOAA members/spouses, and have some fun while enjoying the tunes of [Frank Sings Frank](#).



Visit our website at www.hrcmoaa.org, read the Electronic Newsletter, access Virginia Council of Chapters, MOAA National, Service Departments, Health and Benefit locations, U. S. Senators and Representatives and many others. If you do not have the Members Only "Password" please contact any of our Officers. The HRCMOAA Newsletter is published by the HR Chapter, which is an affiliate of the Military Officers Association of America (MOAA). MOAA and its affiliated chapters are nonpartisan. The advertisements that appear in this publication do not reflect an endorsement by MOAA or this affiliate."

President's Message



Fellow Officers and Spouses:

Spring has arrived and I know our membership is ready for sun and fun. Winter is nice; many prefer the warmth and sunshine. New growth, the greening of our lawns, and the ability to get outside to enjoy our part of Virginia make this season special.

Chapter involvement is a key to maintaining the active and retired benefits many of us have come to depend upon. At the national level this past year the membership of MOAA worked to defeat proposed benefit cuts in housing allowances and fee hikes to TRICARE. Success in these areas would not have been possible without

your grassroots support. Thank you for that support!



This year MOAA is concentrating its efforts in two areas. The first concentration is for repeal of sequestration and easing the "widows tax." We all realize being at war and cuts to the defense budget have done harm to our military capabilities since the sequestration law was enacted. Planes cannot fly, ships have deferred maintenance or cannot sail, and troop formations that are not combat ready place our Soldiers, Sailors, Marines, Airmen, and Coast Guardsmen at unnecessary risk. In addition, the "widows tax" is an unfair penalty on survivors of military members whose death was linked to their military service. Equity demands a revision to this current law.

Thanks to your contact with our congressional leaders and mailing of little green cards from the MOAA magazine, we all carried the day last year. Our work is never done. There are so many in congress who fail to realize the strength of the Military of the United States rests with our personnel. We need to continue to open doors for our past and present service members by contacting our Senators and Representatives on this years MOAA initiatives.

God Bless you all, our Service members, and the United States of America.

In Service, *John McLaren*



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From the Editor



We have already had three great luncheons this year and we're just getting started! I've enjoyed chatting with many of you at one of these events. If you have not been able to make one, I look forward to catching up soon.

Stay tuned as your board is putting an excellent slate of events

for the rest of the year. As the dates and speakers are confirmed, we will announce those events in advance in the newsletter so that you can grab your ink pen, call your friends, and make your RSVP to come together and enjoy the company of your fellow members.

On April 22, the first local Honor Flight mission of the year will launch in the wee hours of that Saturday morning. I would encourage you to set your alarm and come join us at 0430 to send our veterans off with a great show of patriotism.

Warmest regards, *Aaron Zielinski*

Reminder —Time to renew Chapter Dues

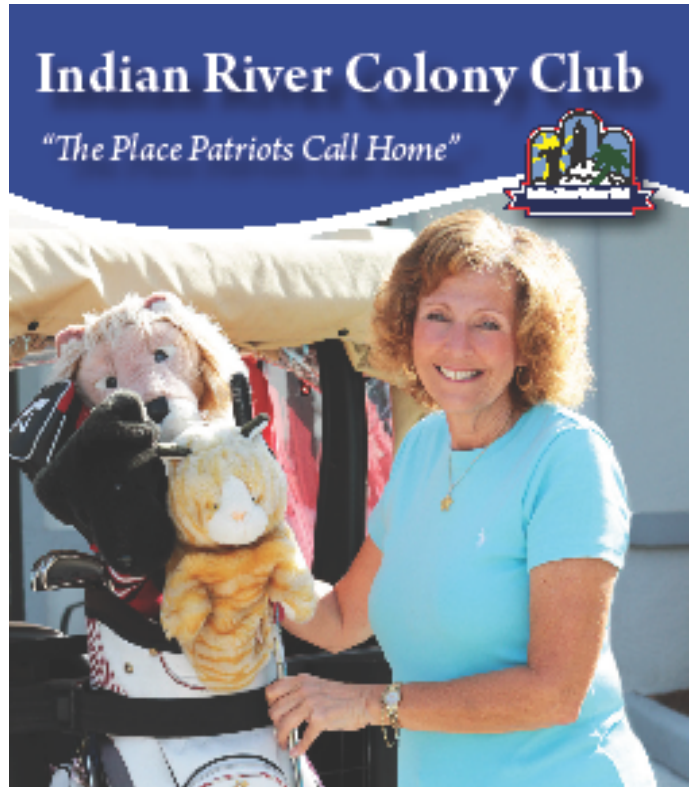
If you haven't renewed your dues for 2017, please remember that they expired on 31 December 2016.

Dues for 2017 remain unchanged from last year:

- \$20.00 for Regular Members (\$35 for 2-yr, \$45 for 3-yr)
- \$10.00 for Surviving Spouse (\$17 for 2-yr, \$23 for 3-yr)

Dues are payable by:

- Completing and mailing the form on Page 11, with payment, or
- Including payment with your February luncheon payment, or
- Visiting the MOAA website <https://chapterdues.moaa.org/Membership.aspx>



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Legislative Affairs

Legislative Event Schedule

- April 12, 2017 - VCOC 2nd Quarter Meeting, Virginia War Memorial, Richmond, Virginia
- May 16, 2017 - VCOC Congressional Appreciation Luncheon, Washington, DC
- July 12, 2017 - VCOC 3rd Quarter Meeting, Virginia War Memorial, Richmond, Virginia
- October 11, 2017 - VCOC 4th Quarter Meeting, Virginia War Memorial, Richmond, Virginia
- Nominations are being accepted for election to VCOC office for 2018-2019

All chapter members are invited to attend events. If you are interested in attending, would like more information, or have input for nominations, please contact Jim Smith, Chapter VCOC Representative. He can be reached at 425-5934 or ea-glenest6@cox.net.

The Veterans Service Foundation

The Veterans Service Foundation (VSF) is an independent state agency that supports veterans and their families through the Virginia Department of Veterans Services' (DVS) programs and services. The Foundation accepts donations to support critical programs and services for Virginia's veterans and their families that are not covered by state or federal funds. These services include: Virginian Veteran and Family Support, Veterans Care Centers, Virginia Veteran Cemeteries, Veterans Benefit Program, and the Virginia Values Veterans Fund.

At the last two meetings of the Virginia Council of Chapter (VCOC) there have been discussions regarding the VSF and their expenditures. Specifically, it's make up and questions concerning its finances related to income and expenditures. The VCOC has taken action to invite VSF representatives to come talk to the VCOC and report back to chapters. This meeting is scheduled for the fall session. Questions for the VSF and their expenditures are relevant to all Chapters in the VCOC, as we provide input and funding into their efforts. The following link is provided for members of our chapter to learn more about the VSF - <https://virginiaveteransservicesfoundation.org/>. Additionally, VSF's most recent financial summary has been posted to our web site (www.hrcmoaa.org) for your information. This summary is about nine months old but provides an idea where the money is coming from and how it is being expended.

Any comments or questions on these programs or the expenditures is welcome before the meeting with the VSF representatives. Please provide your comments to Col Jim Smith, USA (Ret), our HRC MOAA VCOC representative.

New Address for Retired Military & Annuitants to Contact DFAS

Big thanks from our Chapter Secretary, LCDR Chris Mayfield, USN (ret) for this update. Heads up from our friends at Defense Finance and Accounting Service - DFAS: Military retirees and annuitants corresponding with the DFAS will need to use a new address beginning May 1.

These new Indiana mailing addresses will replace the old/current Kentucky addresses:

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

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

More info at the [DFAS Facebook page](#), or at: <https://www.dfas.mil/retiredmilitary/.../customer-service.html>



SURVIVING SPOUSE CORNER

Military Health Care Update

By Sharon DeVaney, Surviving Spouse Advisory Committee member

When servicemembers and dependents turn 65 and they enroll in Medicare, they also will become eligible for TRICARE For Life (TFL). No fees are associated with TFL, however, beneficiaries must pay the Medicare Part B premiums to stay enrolled in TFL. TFL works as the secondary payer to Medicare; Medicare pays 80 percent of covered services, and TFL pays the remaining 20 percent. TFL also pays the Medicare deductible. Generally, beneficiaries should not have any out-of-pocket costs for Medicare and TRICARE-covered services.

Under provisions of the FY 2017 National Defense Authorization Act (NDAA), TRICARE benefit plans for servicemembers and dependents under age 65 will be streamlined from three plan types to two. TRICARE Select is the new preferred provider option; it will replace TRICARE Standard. The new TRICARE Select will have an Extra-like network of TRICARE providers who will have agreed to accept a pre-negotiated rate of payment. The other option is TRICARE Prime. It will be modernized so the majority of referrals to specialists from primary care managers will no longer be required to through a pre-authorization process.

TRICARE also has new preventive care coverage, including the Cologuard colorectal cancer screening exam and BRCA1 or BRCA2 gene testing for breast cancer. For children and families, TRICARE's benefit coverage will be consistent with the American Academy of Pediatrics' standards of care of well children over age 6. Beneficiaries using TRICARE Standard no longer will pay cost shares for well-child screening and preventive visits. Learn more about the new preventive care coverage on MOAA's website.

Regarding pharmacy changes, TRICARE Pharmacy contractor, Express Scripts, announced CVS pharmacies no longer would process prescriptions as of Dec. 1, 2016. Instead, Walgreens pharmacies returned to the TRICARE network. Beneficiaries who had been using CVS should have been notified how they could transfer their prescriptions to a nearby network pharmacy. You can find your closest TRICARE network pharmacy using the Express Scripts website.

The FY 2017 NDAA also included a provision that would allow dependents of retired members to purchase hearing aids at-cost. MOAA is working closely with DoD's TRICARE department on this benefit and likely will have updates in a few months.

WOMEN'S CAREER CORNER

2017 Virginia Women Veterans Summit

This event brings together veterans, employers, community leaders and government agencies from the federal, state, and local levels to raise awareness about the services and benefits offered specifically for women veterans through expert presenters, panel discussions and exhibits.

WELCOME RECEPTION: Thursday, 22 June, 6:00 - 7:30PM

SUMMIT HIGHLIGHTS, Friday, 23 June, 8:00AM - 4:00PM

- Breakfast, Lunch, and Exhibitor Networking
- Presentations and Panel Discussions about how to successfully transition, balancing family with duty, and preparing for the civilian workplace
- Esteemed Guests, Speakers & Presenters

LOCATION: Marriott Chesapeake; 725 Woodlake Drive; Chesapeake, VA 23320

COST: The cost of the event is free; however, expenses related to hotel accommodations and travel are the responsibility of the event attendee. Overnight hotel reservations at the negotiated rate of \$91+ can be made by calling the Marriott Chesapeake: (757) 523-1500.

Registration is REQUIRED and can be accomplished at womenvetsummit.eventbrite.com or 804-381-4002, ext. 3400.

The intended audience are women veterans who have, currently are, or will be transitioning into civilian life. If you do not meet this qualification, kindly respect those who do by not registering for this event.



Military ID Card Notification Program

This voluntary program is designed to help Chapter members and their dependent's to renew their ID cards in a timely fashion. Once you and your dependents are enrolled, you will be notified of your impending ID card expiration date in sufficient time for renewal prior to the expiration date.

To enroll by mail: make copies of the form below for each dependent and fill out the required information. Mail to Military ID Card Notification Program, HRCMOAA, PO Box 4612, Virginia Beach, VA 23454-0612.

To enroll by email: visit our website, www.hrcmoaa.org and click on About Our Chapter and the ID Card Notification Program link and follow the instructions.

Note: Over age 75 members, who are eligible uniform family members and survivors of deceased personnel are now eligible for Permanent Identification Cards. Apply within 90 days of expiration of current ID card.

CAREER CORNER

Once you transition from active duty, we want you to stay in our community and chapter. Don't wait until the last minute to start networking, learning about transition, and talking with recruiters at career fairs. Here is a list of local military career fairs and networking opportunities:

May 11, 2017
10:00 AM - 3:00 PM
DAV/Recruit Military - Norfolk Veterans Job Fair
Norfolk - Nauticus—Half Moon Cruise & Celebration Center
<https://events.recruitmilitary.com/schedule>

May 24, 2017
9:00am to 12:30pm
Corporate Gray Military Friendly Job Fair
Virginia Beach - Virginia Beach Convention Center
<https://www.corporategray.com/jobfairs/384>

July 13, 2017
10:00 AM - 2:00 PM
CivilianJobs.com; info@civilianjobs.com
Hampton - Embassy Suites by Hilton; 1700 Coliseum Drive

October 18, 2017
9:00am to 12:30pm
Corporate Gray Military Friendly Job Fair
Virginia Beach - Virginia Beach Convention Center
<https://www.corporategray.com/jobfairs/388>



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(Last, First, MI) (Day, Month, Year)

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(Include area code)

ALTERNATE CONTACT: _____ RELATIONSHIP _____

STREET ADDRESS: _____

CITY, STATE, ZIP: _____

TELEPHONE: _____ E-MAIL _____
(Include area code)

Please notify me of my ID card expiration by: Tel: _____ E-Mail _____ Mail _____

Signature and Date _____



February 24th Luncheon



On February 24th at the Virginia Beach Resort Hotel & Conference Center were joined by guest speakers Michelle Banks and Jenise Wilcox for a discussion on Delta Dental and TRICARE.

Michelle Banks, the Southeast regional marketing and communications representative for Delta Dental of California, Federal Government Programs discussed the TRICARE Retiree Dental Program (TRDP). Some topics of discussion were comprehensive, cost-effective dental coverage, enrollment is voluntary and premiums are required. The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal year 1997, offers affordable dental benefits as a voluntary option to the nation's 5 million-plus Uniformed Services retirees and their family members. With current enrollment of more than 1.3 million, the TRDP is the nation's largest voluntary, all-enrollee-paid dental program.

Ms. Jenise Wilcox, Supervisor Branch Health Clinic Norfolk (Sewell's Point) discussed TRICARE. Some topics discussed were (but not limited to): Eligibility, DOD ID card and DEERS Registration, HBA Function, Outpatient and Inpatient Care, Other Health Insurance, Specialty Care, Pharmacy Benefits, Dental Care and TRICARE Benefits.

Both Ms. Banks and Ms. Wilcox answered questions for our members. Pictured above is HRCMOAA President MG John McLaren, USA (ret) with Ms. Banks and Ms. Wilcox after he presented them both with Jefferson Cups.



MARCH 24 Luncheon

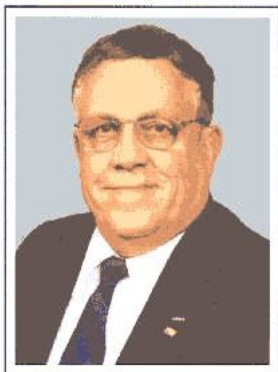


Our chapter welcomed CAPT Lanny L. Boswell, USN, Commanding Officer, United States Naval Hospital ship, USNS COMFORT. CAPT Boswell gave a very interesting brief where he discussed COMFORT's various missions.

Primary: Military Combat Operations- Surgical Trauma Center Afloat. COMFORT supports forward deployed Navy elements of the fleet and fleet activities, amphibious task forces, Marine Corps, Army, and Air Force elements.

Secondary: Urgent Disaster Response - Acute Care. In addition to her primary mission of supporting military combat operations, she supports U.S. Government agencies involved in foreign/domestic disaster relief in peacetime military operations.

SEE COMFORT CONTINUED ON PAGE 8



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COMFORT FROM PAGE 7

Tertiary: Large scale Humanitarian Assistance - Medical Center. Along with supporting both military combat and peacetime operations, COMFORT has a very important third mission. She supports U.S. Government agencies involved in humanitarian assistance or limited humanitarian care incident to mission in peacetime military operations.



USNS COMFORT is a converted San Clemente Class Oil Tanker and was built in 1976. The conversion to hospital ship begun in 1984 and was commissioned in 1987 with her first deployment commencing in August 1990 for Desert Shield/Desert Storm.

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Patriots Colony, sponsored by Riverside Health System, is a LifeCare community exclusively for retired military officers and retired federal civil employees and their spouses.

Coming: Spouse Appreciation Event



WHEN: Friday, 19 May 2017

WHERE: Atlantic Shores, Magnolia Room

TIME: Social-1100 hours, Lunch-1200 hours

MENU/PRICE: TBD/\$25.00

PROGRAM: Spouse Appreciation Event

RESERVATIONS / CANCELLATIONS: Reservations required by 1200 hours, Tuesday, May 16, 2016.

RSVP to Barb Smith: 576-1114 (cell), 427-3475 (home) or e-mail: barb4mom@cox.net. If providing an email or leaving a message, please give the names of those attending, phone number, and meal choice.



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UPCOMING Events

Honor Flight Mission 17 (4/22) - Virginia Beach Park and Ride, 0430 muster time

May Luncheon (5/19) - Atlantic Shores; Spouse Appreciation Event

June Luncheon (6/23) - Virginia Beach Resort Hotel; program TBD

July Brunch Mixer (7/16) - venue TBD

October Business Networking Dinner - date and venue TBD

Website Tips

The chapter's website at hrcmoaa.org provides a one stop shopping for the current edition as well as historical newsletters. The website (www.hrcmoaa.org) is a convenient way for you to access the electronic version of our newsletter which contains additional features, resources, and web content based upon that month's newsletter. The current issue is highlighted in yellow with past editions located below it in the center of the page.

Hampton Roads Chapter Military Officers Association of America
HRCMOAA Newsletter

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29 Palms - U.S. Marines with Battalion Landing Team 2/1, 13th Marine Expeditionary Unit (MEU), shield a simulated casualty from the debris of a U.S. Marine Corps MV-22 Osprey during Composite Training Unit Exercise (COMPTUEX) at Marine Corps Air Ground Combat Center Twentynine Palms, California, Oct. 30, 2015. COMPTUEX provides the MEU ARG the opportunity to integrate naval training while also allowing focused, mission-specific training and evaluation for the Marines and their Navy counter parts. (U.S. Marine Corps photo by Cpl. Briana Bir/RELEASED)

THE TRIBUTE
The Bi-Monthly Newsletter of the
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Current Issue: **January 2016**

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P.O. Box 4612
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Regular Dues NEW
1 Year: \$20.00 RENEWAL
2 Years: \$35.00
3 Years: \$45.00
Circle years & amount

Surviving Spouse Dues
1 Year: \$10.00
2 Years: \$17.00
3 Years: \$23.00

Regular Member: Active, Retired or Former Commissioned or Warrant Officer of the seven Uniformed Services.

Surviving Spouse: Survivor of any deceased individual who would, if living, be eligible for regular membership.

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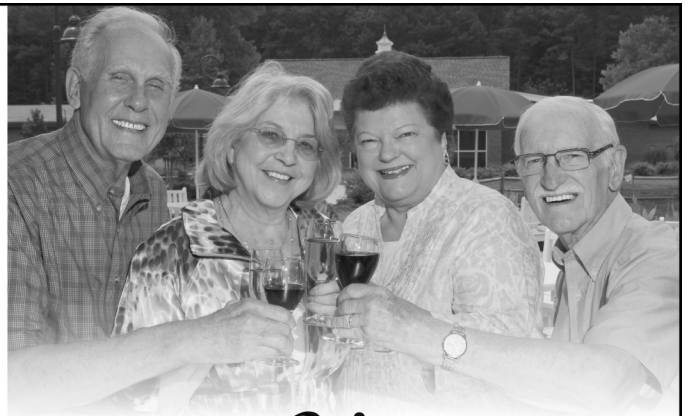
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MEMBERSHIP ALERT

If the date on your mailing label shows 2016, your dues expired in December 2016. Please complete the membership renewal form on page 11. You may contact COL Larry King, USMC-Ret. at 650-1086, Membership Chair.

ADDRESS SERVICE REQUESTED

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April 2017

(Label Here)

“I’m never far from the military, in my heart, or in my home.”

Residents choose to live at Atlantic Shores for many reasons: the amenities, natural beauty, culinary excellence, personal connections with staff members, quality on-site healthcare, security and more. But for Bob Sage, U.S. Navy Capt. Ret., proximity to the area’s military bases sealed the deal. Dam Neck and Oceana bases are less than a mile away.

Another factor in Bob’s decision was financial, both in pricing and equity ownership. Bob also values the ability to be involved in the community instead of being told what to do. “*Independence means living your own lifestyle,*” he says. He especially loves getting together with “the guys” for meals and trading war stories – literally.

You can arrange a visit or learn more about our community at AtlanticShoresLiving.com or call 757.716.3000. Oh, and one last word from Bob, on our culinary offerings: “*Our Sunday brunches are the best kept secret out here!*” Not anymore, Bob. Not anymore.

