



THE TRIBUTE

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Military Officers Association of America
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NEVER STOP SERVING

December 2017

THE TRIBUTE

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



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 Hampton Roads Chapter, Military Officers Association of America

November Luncheon

Each year, the November luncheon is a highly anticipated event. This year was no different - packed with camaraderie, giving, and a look to the future!

With the holidays in full swing, the Marine Corps was well represented by our guest speaker Col Eric Austin, USMC, Deputy Commander MARFORCOM along with his fellow Marines who spearheaded the Toys for Tots collection by collecting 157 new toys and \$423 to support children in our local area.

Pictured below: LEFT: Col Eric Austin, USMC . RIGHT: from left to right - Maj Nathan Rasmussen, USMC; MG John McLaren, USA (ret); GySgt Muniz, USMC; and Maj Brandon Davidson, USMC



Looking to the future, we were fortunate to be joined by the cadets and midshipmen of Old Dominion's AROTC and NROTC units. This is always a cherished moment for our members to share a table and conversations with the future officers who will lead our military for years to come. It was nice to share a bit of the Vietnam War 50th Anniversary Commemoration with them.

We also elected our slate our **Board of Directors for 2018 and 2019**, as designated by our by-laws. The following individuals were nominated to the Hampton Roads Chapter of MOAA Board of Directors:

- CAPT Loren Heckelman, USN (Ret)
- CAPT Michael "Breeze" Barea, USN (Ret)
- CDR John Uhrin, CDR, USN (Ret)
- Mrs. Barbara Smith

SEE TOYS CONTINUED ON PAGE 3



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,

The Holiday Season is upon us all. It is a historic time in the renewal of family bonds, boundless joy of young people, the ending of the old year, and ringing in of the new year. Diane and I wish each of you joy and peace in this season of wonder.

Many of us got to participate in the 50th Vietnam Veterans commemoration at the Virginia Beach Convention Center. Our own John Uhrin organized the program and did an outstanding job representing the Hampton Roads Chapter of MOAA! We gathered to honor American Heroes - men and women who placed their lives on hold to defend their country at a difficult and dangerous time in the existence of the United States and the world. The Cold War raged across the world and a communist nation moved to subsume their neighbor in a far-off land called Vietnam. The tribute honored those

who served in Vietnam, those who served elsewhere during those dangerous times, and their families. Sadly, we as a nation did a poor job in honoring the men and women who served during that turbulent time. Most were told by their leaders not to wear their uniforms in public. Some were accosted and spit upon. The program put on by John hoped to remedy the sting of that period. These are, and were, honorable men and women who deserved better. Well done John, in honoring our nation's overlooked heroes!



Our nation has been at war in the War of Terror for over sixteen years. Because of prolonged deployments, multiple deployments, and the stresses of war over twenty active and veteran service members commit suicide each day across the United States. The VA and others in the medical profession consider this issue a national "public health issue" that requires a national approach. Congressional action is needed to get more mental health professionals into the VA and to enhance awareness among doctors across the nation. Aggressive efforts are needed to identify those at risk, provide effective treatments, and to develop strategic partnerships to help reduce this national problem. MOAA members can help through continued support for congressional action to mitigate this crisis.

During the past year I have been amazed at the support our Chapter has given to veterans. From support to veterans that served in World War II in helping them be honored to visit their memorial in Washington DC to providing support in helping homeless veterans in our cities, we have done a magnificent job. November is the month of veterans and I am proud of our support to those who have given so much. It is often said about our nations veterans, "some gave all, all gave some." Each of you makes me proud to be a member of our Chapter!

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

In Service, *John McLaren*



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TOYS FROM PAGE 1

The nominated slate of Directors of the Board of Directors was unanimously approved and will be inducted into the board at the January 2018 luncheon.

Pictured below from left to right: CDT Mark Bengsen, CDT Evans Labossiere, MG John McLaren, USA (ret), CDT Rhys Scott, MIDN 4/C David Annan and MIDN 4/C MacEgan Froberg.



Reminder — Time to renew Chapter Dues

If you haven't renewed your dues for 2018, please remember that they expire on 31 December 2017.

Dues for 2018 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 - Fall 2017 Update

CDR Linc Smith, USNR (Ret)

Legislative Affairs Committee Chair

The purpose of this article is threefold. First, provide a brief update regarding our chapter legislative activity for 2017. Second, highlight MOAA's top legislative priorities before the Congress relating to our military. Finally, present an ongoing chapter wide request regarding legislative affairs.

Activity



In the Legislative Affairs Committee [presentation posted on our chapter website](#), legislative engagement remains a key theme. In this vein, 2017 has been a year of legislative engagement for our chapter. In start, General McLaren and CDR Smith traveled to Richmond for the Virginia Council of Chapters (VCOC) annual "storming" of the hill in the Virginia General Assembly Building. We personally connected with the newest delegate from the Virginia Beach Delegation, Delegate Rocky Holcomb (R-85th).

In the Spring, CDR Smith represented the chapter at the 33rd Annual VCOC Congressional Appreciation Luncheon, at which VCOC President COL Steve Turner (USAF, Ret) presented Representative Barbara Comstock (VA-10th) with the Legislator of the Year award.

Our chapter luncheons this year have included Delegates Barry Knight (R-81st) and Rocky Holcomb (R-85th) speaking to our chapter for the Spring Legislative Luncheon. For our Fall Legislative Luncheon, newly elected Representative Scott Taylor (VA-2nd) spoke to our chapter. During both luncheons, questions from chapter membership regarding Veterans affairs were fielded to the representatives. Pictured above; CDR Bert Ortiz, USN (Ret) presents the Jefferson Cup to Rep. Scott Taylor (VA-2nd).

Legislative Priorities



The top MOAA national legislative priorities for 2017 have focused on two key issues. First ending "sequestration." Second, eliminating the Widows' Tax, more officially known as SBP/DIC OFF-SET.

In 2011, Congress passed "The Budget Control Act of 2011 (BCA)." The purpose of the BCA has been to establish automatic budget reductions, better known as "sequestration." This act established automatic budget cuts, addressing the inability of the Congress and Administration to mutually agree on Budget Deficit measures. In December of 2011, then Secretary of Defense Leon Panetta told the congress that the "meat axe" approach of sequestration would "hollow the military force." Secretary Panetta's predictions have not been incorrect. Each of the armed services continues to face significant readiness issues, both in terms of both manning and equipment, as a result of sequestration.

Each year, some 63,000 survivors of military members dying from service related conditions are penalized up to \$12,000 by the Widows' Tax. In sum, the SBP/DIC OFF-SET subtracts from the Survivor Benefit Plan survivors are receiving. Several years ago, Congress did address this inequity with a "Special Survivor Indemnity Allowance," currently funded at \$310 per month. However, this nominal allowance is set to expire in June 2018.

In short, MOAA advocates for the elimination of both sequestration and the widows tax. Photo: A Commonwealth Coffee, 30 November, Russell Senate Office Building, DC. This was an opportunity to continue the dialogue with members and staff regarding MOAA's top legislative issues. From left to right: Sen. Mark Warner (D-VA), CDR Linc Smith, Ms. Michelle Misook-Won, President, Korean Women Veterans Association of America, and Sen. Tim Kaine (D-VA).

Ongoing Chapter Wide Request

In closing, whether you attended our legislative luncheons this year or not, make your voice heard. In this vein, I offer two basic themes.

First, everyone an advocate. Each member of our chapter is, in effect, a MOAA legislative affairs advocate – no matter who you are or what you may believe. Write a letter. Pick up the phone. Send an e-mail. The formats for so doing with our legislators are located in the MOAA National Website legislative affairs section, along with the pertinent contact information.

Second, we need them all. No matter what the member political affiliation or level, our local district, congressional or national level legislators have both influence and power. So do their staffs. And they do listen, eager to hear the unvarnished truth from the deck plates.

Not too long ago, I encountered one of the Virginia Delegation staffers on the street at Town Center, Virginia Beach. Amidst no formal appointment, did I ask for some on the spot time? You bet. The result? A great cup of coffee, further relationship building and a conversation which included emphasis on the need to end sequestration – right now. It was another opportunity make our voice heard. We would encourage all of our chapter members to visit MOAA's Legislative Update and the "Take Action" section of MOAA's website periodically throughout the year. There is lots of great information and a clear way to act upon that great info. Make the jump here to check out all the great info: <http://www.moaa.org/takeaction/?tab=Legislative-Action-Center#Legislative-Action-Center>



Community Affairs

Virginia Beach Vietnam Veterans 50th Anniversary Commemoration *CDR John Uhrin, III, USN (Ret)*

Virginia Beach Vietnam Veterans 50th Anniversary Commemoration turned out to be an exceptional event that honored the Virginia Beach veterans, spouses and families from the Vietnam era. Those folks faced different conditions than today's military veteran. This special reception and ceremony held on November 12th at the Virginia Beach Convention Center Ballroom honored 550 veterans and their families. There were special honor certificates and pins given to the immediate families of those veterans whose names are engraved on the Vietnam Memorial in Washington, DC as well as to the surviving spouses of those veterans who have passed away since the Vietnam war.



The ceremony was opened with the parading of the colors with the five services flags and a soloist from the Armed Forces Band singing the National Anthem. The chaplain gave a nice opening prayer which was followed by a welcome by the Mayor of Virginia Beach, Will Sessoms. The main speakers were RADM John Scorby Commander Mid-Atlantic Naval Region and the Key-note speaker, Congressman Scott Taylor.

The feedback we have received to date is extremely positive. Hampton Roads Chapter of MOAA should be rightfully proud of the partnership with DoD which made this event possible and gave these veterans the recognition they deserve for their service.

Besides the key partnership with DoD, our chapter helped in organizing other key participants such as the NJROTC Color Guard and the ROTC and NJROTC cadets and midshipmen that checked in the 500 plus attendees. Special thanks go to our president, MGEN John McLaren who stepped up and did a superb job as the EMCEE. There were many other HRCMOAA members who helped in making this event a success: Barbara Smith, Doug Williams, Mike Barea, Jim Daniels, Chris Mayfield, Clif Furedy, Jim Smith and Jim Jones. Besides the members who helped, some of our wives and friends also helped during the event. A warm "THANK YOU" to all those that were so instrumental in guiding this commemoration to such a grand finale.

For those who attended or anyone that is interested, links to a photo album will be posted within the next two weeks on the Virginia Beach Vietnam Veterans 50th Anniversary Commemoration WEB Site: <http://www.vietnamvet50thvabeach.org>



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.

Veterans Day (Chesapeake, VA)

The Mayor's Commission on Veterans Affairs Chesapeake hosted the annual Veteran's Day Ceremony on Saturday, 11 November at the Veteran's Memorial in front of City Hall. Over 200 veterans, families and friends attended. Chesapeake Mayor Dr. Alan P. Krasnoff hosted CAPT Brandon Lechthaler, USCG as the featured speaker. CAPT Lechthaler serves as Commander, Maritime Security Force Response Team.

This year, the ceremony included the official dedication of names on the Soldiers Cross, along with the placing of four plaques in honor of veterans from both the Vietnam War and World War Two eras. Commissioner Linc Smith (USNR Ret) acted as Master of Ceremonies, with music provided by the Grassfield High School Band, and the United States Marine Corps Security Forces Training Company acting as honor guard.



Pictured above from left to right: Mayor Krasnoff; Representative Bobby Scott (D- VA, 3rd District); CAPT Lechthaler, USCG; Commission Chairman Richard SeEVERS, USMC (Ret); Commissioner Linc Smith, USNR (Ret)

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VIETNAM FROM PAGE 5

Now that the Virginia Beach Vietnam Veterans 50th Anniversary Commemoration is in the rearview mirror, we have a number of chapter Vietnam Veterans, their spouses and families that were not able to attend that event on November 12th. In order to allow these veterans and families to be honored, the chapter will hold a chapter specific commemoration at our March 2018 luncheon. The luncheon is scheduled for Friday, March 16th. This date is the one closest to the new official Vietnam Veterans Day of March 29th.

There are a number of items that need to be coordinated well in advance of such an event. These items will necessarily move up the timing of the required RSVP's for that luncheon. Please send in your RSVP's by January 31st to both Barbara Smith (barb4mom@cox.net) and John Uhrin (juhrin3@cox.net). The cost of the Luncheon is the standard \$25.00 per person. These RSVP's should contain the following Information in the following format:

| Attendee Name (Last, First, MI) | Choose One | | | | | | If Surviving Spouse or Family Member - Honored Veterans Name (Last, First, MI) | Is Honored Veteran's Name on Vietnam Wall? (Y/N) | Veteran Service (USA, USMC, USN, USAF, USCG) | Veteran Rank | Menu Choice (Chicken or Fish) |
|---------------------------------|-------------------------|---------------------|--------|-------------------------------------|---|--------|--|--|--|--------------|-------------------------------|
| | Honored Vietnam Veteran | Non-Vietnam Veteran | Spouse | Surviving Spouse (Veteran Deceased) | Family Member (son, daughter, sister, brother, mother, father, aunt, uncle) | Friend | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |

We hope to see you and your families at the luncheon especially those of you that served during the Vietnam War timeframe. The veteran does not need to have served in Vietnam. The only requirement is that the veteran needs to have served honorably on active duty in the U.S. Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location.

Thank for your Honorable Service and sacrifices,
 John J Uhrin III
 CDR USN (Ret.)



[Click here to watch a brief video documenting the event.](#)



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Surviving Spouse Corner

Selecting a Retirement Community

By Patricia Farnsworth, Surviving Spouse Advisory Committee

Planning for the retirement years is a really important task. The options are numerous, and because the retired population is growing, the choices are becoming more numerous every year. This is wonderful in some ways but can make the decisions more complicated.

Making these decisions - and perhaps moving into a retirement community - can be accomplished more easily when a retiree is in good health and still able to make wise decisions. Choosing which belongings should be moved and which should be given away can be a hard task. Selecting the new residence and downsizing take careful consideration & sometimes difficult decisions.

Older adults who choose an independent-living community often do so for reasons of convenience and socialization. Active, independent seniors who safely can manage their personal-care needs and their medications are candidates for the independent-living units of the facilities. They might also want to maintain an active lifestyle, including travel and other activities.

There is much to consider when making this decision. Climate, cost, amenities, volunteer opportunities, church activities, whether it's pet-friendly, & special needs are only a few. Perhaps the decision should be influenced by proximity to family, particularly children. Having children within easy visiting distance can be a great advantage, especially when their help is needed. Selecting a retirement facility that offers the opportunity to lead an active, independent lifestyle is important for those who have participated in many activities before moving to their new home.

A continuing-care retirement community (CCRC) offers a full continuum of senior care, from independent living to assisted living and skilled nursing. Many also offer home care, memory care, and hospice services. Typically CCRCs are the choice of seniors eager to remain independent and active while lining up a plan for their future, too. A life plan community can be a good long-term solution for seniors who want a comprehensive senior-care community with a variety of options for now and for the future.

Many communities offer a large number of amenities: fitness and aquatic centers, wellness clinics, various dining venues, activity programs, housekeeping services, maintenance and landscaping, transportation to scheduled events, and spiritual services.

One should seek a community that has a reputation for delivering excellent service and performance while making sure each resident's life is touched in a meaningful way. Finding the best match is a challenge to be undertaken as early as possible.



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Coming: January Luncheon



Juanita Smallwood will be our guest speaker on January 19th at the Virginia Beach Resort Hotel & Conference Center.

Juanita is the TRICARE marketing and beneficiary education specialist for the Tidewater Military Health System. She is based at Naval Medical Center Portsmouth with the Enhanced Multi-Service Market and is responsible for educating all categories of TRICARE beneficiaries within the Tidewater Military Health System. Juanita has worked as a beneficiary education specialist for the past 11 years. She started at Joint Base Langley-Eustis in June 2007 and recently moved to Naval Medical Center Portsmouth in April 2016. As a military dependent, she is dedicated to ensuring our military community understands all aspects of their military health benefits.

RESERVATIONS / CANCELLATIONS: Reservations required by 1200 hours, Tuesday, January 16, 2018.

Please call or email Bar Smith: 576-1114 (cell), 427-3475 (home) or email: 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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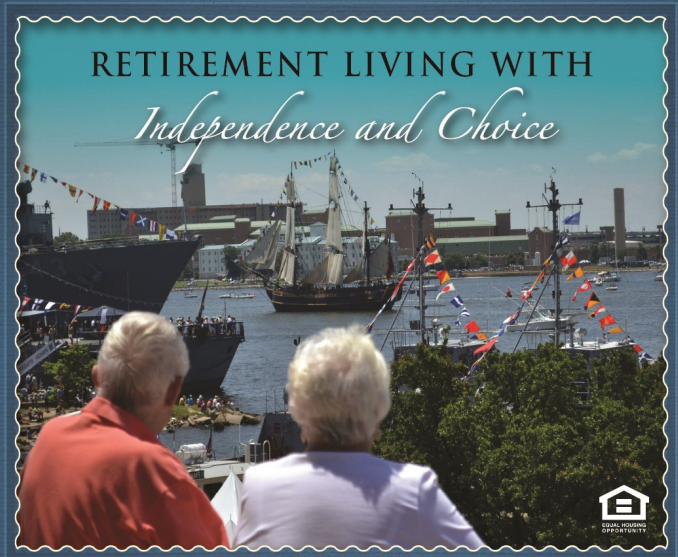
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Congressman Taylor Speaks At Chapter Luncheon
CDR Linc Smith, USNR (Ret)

As part of the Chapter Congressional Affairs Program, Congressman Scott Taylor (VA - 2nd District) was the featured speaker at our Chapter Luncheon on September 15. Assuming office on 3 January 2017, Congressman Taylor is a member of the House Appropriations Committee.

Additionally, he serves on over twenty caucuses, to include that of the Air Force, Army, Coast Guard, and Navy and Marine Corps. A former Navy Seal for eight years, the Congressman served in South and Central America in counter narcotics missions and as a sniper during Operation Iraqi Freedom.

During his address to the chapter, Congressman Taylor spoke about his strong advocacy for Veterans benefits, the National Security of the United States and an update on how his first term in Congress is progressing. He indicated that his own personal health care is with the Veterans Administration. Of note, the Congressman emphasized his accessibility at all times, with emphasis on assisting constituents experiencing difficulty with any Federal Agency.

Not long after our chapter luncheon, Congressman Taylor voted to pass the Department of Veterans Affairs Expiring Authorities Act, saying "Our district has the fastest-growing veterans population in the country...passing this legislation means that veterans can rest easy knowing they will continue to have access to vital programs that support their health and the well-being of their families. I want to thank Representative Mast and the members of the Veterans Affairs Committee for their hard work and leadership on this bill."



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2 Years: \$35.00
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Circle years & amount

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2 Years: \$17.00
3 Years: \$23.00

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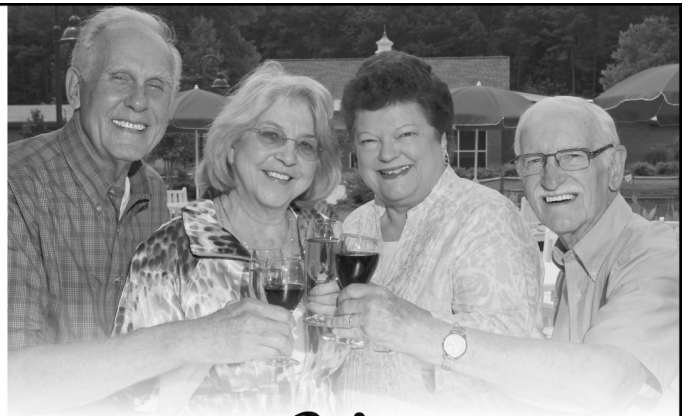


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MEMBERSHIP ALERT

If the date on your mailing label shows 2017, your dues expire in December 2017. Please complete the membership renewal form on page 11. You may contact COL Larry King, USMC-Ret. at 650-1086, Membership Chair.

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December 2017

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**“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.

