



# THE TRIBUTE

The Bi-Monthly Newsletter of the Hampton Roads Chapter  
Military Officers Association of America  
A MOAA Five Star Level of Excellence Chapter Since 2004. A Winner Printed  
Newsletter 2016 and Website For 2016.  
Serving Chesapeake, Norfolk, and Virginia Beach since 1959



Email/Website:  
hrcmoaa@gmail.com  
www.hrcmoaa.org

VOL 42-NO 1

## NEVER STOP SERVING

February 2018

### THE TRIBUTE

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



#### In This Issue

- 2 [President's Message](#)
- 2 [HRCMOAA Directory](#)
- 3 [Editor's Message](#)
- 3 [Reminder - Chapter Dues](#)
- 4 [Legislative Update](#)
- 5 [Community Affairs - Norfolk State University Commissioning](#)
- 6 [Career Corner](#)
- 6 [Military ID Card Notification](#)
- 7 [Luncheon \(cont\)](#)
- 8 [Surviving Spouse Corner](#)
- 9 [March Luncheon Preview](#)
- 10 [Upcoming Events - 2018](#)
- 11 [Membership/Renewal Application](#)



Hampton Roads Chapter, Military Officers Association of America

### January Luncheon

We had the pleasure of having Juanita Smallwood as 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.

Juanita gave us a detailed overview of the TRICARE program with a particular emphasis on recent coverage updates. She discussed some of the changes specific to TRICARE Select, TRICARE For Life, and TRICARE Prime, and even a bit about the Young Adult coverage. She was nice enough to answer nearly 30 minutes of questions from the group and then additional individual questions following the program.

She shared that as of this past October, TRICARE has two new managed care contractors: Humana Military in the East Region and Health Net Federal Services in the West Region. To make sure the move to the new managed care support contracts is smooth, the DoD will continuously monitor seven critical performance areas: provider networks, enrollment, customer service, management, referral management, claims processing, and medical management.

SEE LUNCHEON CONTINUED ON PAGE 7



Visit our website at [www.hrcmoaa.org](http://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,

I hope each of you survived the blizzard of 2018 and the intense cold that followed the blizzard. Many of us suffered through the lack of power for many hours during the height of the storm. It was a chore for many of us to shovel the many inches of snow the blizzard provided for our enjoyment. I am so very happy that in the weeks after we got to experience temperatures in the 50's and 60's.

Our chapter was designated a five-star chapter for 2016. Two of our members, Clifford Furedy and Aaron Zielinski were named the winners of the MOAA Colonel Marvin J. Harris Communications Award, respectively, for the HRCMOAA Newsletter and the Website. Well done Clif and Aaron - they are both true assets to our Chapter!



I would ask each of you to look at pages 36-40 of the MOAA monthly magazine for January. The Top 10 Goals for MOAA for 2018 are listed there for your information and evaluation. The focus for the year is health care, retirement benefits, military pay, force levels, wounded warrior and care givers. The goals are: 1) Ensure TRICARE reform sustains access to top-quality care, 2) Prevent disproportionate TRICARE fee increases, 3) Sustain military pay compatibility with the private sector, 4) Block erosion of compensation and non-pay and quality-of-life benefits, 5) Protect military retirement and COLA's, 6) Sustain wounded warrior programs and expand caregiver support, 7) End financial penalties to survivors and the disabled, 8) Ensure the Guard and Reserve system adequately supports the requirements for an operational reserve, 9) Ensure spouse and family support programs are aligned with current and emerging needs of an all-volunteer force, and 10) Ensure timely access to VA health care and preserve earned veterans benefits. MOAA's agenda is significant and striving for success in a challenging political climate.

We began work last year to revise the Chapter's Constitution and By-Laws. Many thanks to Bert Ortiz and his committee for their diligence and hard work to get the draft document completed. Please look for the revised Chapter Constitution and By-Laws to be published soon for Chapter review and comment.

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

In Service, *John McLaren*



<b>HRCMOAA DIRECTORY</b>		
		
<b>PRESIDENT:</b> 495-3611 <b>MG John McLaren, USA (ret)</b>	<b>FIRST VP:</b> 482-1995 <b>CDR Bert Ortiz, USN (ret)</b>	<b>SECOND VP:</b> 471-5988 <b>LCDR Jeff Barrett, USN (ret)</b>
<b>SECRETARY:</b> 636-6102 <b>LCDR Chris Mayfield, USN (ret)</b>	<b>TREASURER:</b> 233-7218 <b>CAPT Doug Williams, USN (ret)</b>	<b>PAST PRESIDENT:</b> 482-1995 <b>CDR Bert Ortiz, USN (ret)</b>
<u>DIRECTORS</u>		
<b>COL James Edge, USA (ret)</b> <b>CAPT Mike "Breeze" Barea, USN (ret)</b> <b>COL Jim Smith, USA (ret)</b>	<b>CAPT James V. Jones, USN (ret)</b> <b>Col Larry King "Live", USMC (ret)</b> <b>CDR John Uhrin, USN (ret)</b>	
<u>COMMITTEES</u>		
<b>PROGRAMS:</b> 482-1995 <b>CDR Bert Ortiz, USN (ret)</b>	<b>VCOC REP:</b> 425-5934 <b>COL Jim Smith, USA (ret)</b>	<b>LEGISLATIVE AFFAIRS:</b> 481-4164 <b>CDR Linc Smith, USN (ret)</b>
<b>PERSONAL AFFAIRS</b> <b>COL James Edge, USA (ret)</b>	<b>MEMBERSHIP:</b> 650-1086 <b>Col Larry King, USMC (ret)</b>	<b>EDITOR/PUBLICITY:</b> 618-6945 <b>LCDR Aaron Zielinski, USN (fmr)</b>
<b>COMMUNITY AFFAIRS:</b> 689-8988 <b>CDR John Uhrin, USN (ret)</b>	<b>INFO SYSTEMS:</b> 490-5792 <b>Maj Clifton G. Furedy, USAF (ret)</b>	<b>WEBMASTER:</b> 490-5792 <b>Maj Clifton G. Furedy, USAF (ret)</b>
<b>TRANSITION LIAISON:</b> 646-6448 <b>CAPT Loren Heckelman, USN (ret)</b>	<b>ACTIVE DUTY LIAISON:</b> 702-509-3039 <b>LtCol Matt Crouch, USMC</b>	<b>ID CARD NOTIFICATION:</b> 427-2066 <b>CAPT Jim Daniels, USN (ret)</b>
<b>2nd DIST CONGRESS LIAISON:</b> 434-5823 <b>CAPT Chris Vatidis, USN (ret)</b>	<b>SURVIVING SPOUSES LIAISON:</b> 576-1114 <b>Barbara Smith</b>	<b>4th DIST CONGRESS LIAISON:</b> 406-2949 <b>CDR Linc Smith, USN (ret)</b>

**From the Editor**



Happy New Year! Yes, it is February, so technically, I'm a bit late in my wishes. What is awesome about the new year though, is there are a ton of great events and speakers to look forward to. Take a look at page 10 for a sneak peek of many of the events for 2018. Your board has been hard at work in planning and securing an exciting slate of activities for all of us.

With the new year also comes a plethora of opportunities to get involved in the community such as JROTC, ROTC, and Honor Flight to name a few. Please consider volunteering your time at one of these very worthwhile events. CDR John Uhrin, USN (ret) is our Community Affairs Chair and can answer any questions you have. Whether it's helping with a commissioning, passing out awards to JROTC high school students, or creating an awesome send off for our WWII veterans at Honor Flight, you will go home with a huge smile on your face!

Warmest regards, *Aaron Zielinski*



**Reminder — Time to renew Chapter Dues**

If you haven't renewed your dues for 2018, please remember that they expired 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>



**Indian River Colony Club**

*"The Place Patriots Call Home"*



**Home to over 600 Military Veterans!**

- Active 55+ Community
- 18 Hole Private Golf Course
- Country Club Dining
- Top Amenities including Tennis, Swimming & Fitness
- Country Club Activities & Social Events
- 2, 3, 4 BR Single Family Homes
- 24 Hr. Manned Security
- Generous Maintenance Program



**Call Today!**  
**877-802-1815**

3 Day / 2 Night Getaway Package  
 Call for Details!  
*\*Airfare not included*

[www.IndianRiverColonyClub.com/US-Military](http://www.IndianRiverColonyClub.com/US-Military)

1936 Freedom Dr Viera, FL 32940

## Legislative Affairs - Winter 2018 Update

*Contributed to by CDR Linc Smith, USN (ret)*

Due to conditions out of our control, this year’s VCOG Storming of the Hill scheduled for 22 January 2018 was cancelled. In lieu of the official event, our Legislative Chair, Linc Smith teamed with fellow Legislative Chairs Jim Pauls, Joe Syslo and Stan Gorell and conducted their own “Mini Storming”. Along with presentation of the 2018 JLC Policy Initiatives as approved December 20, 2017 (displayed below), emphasis on JLC 2018-03 Veteran Entrepreneur Capital Resources Program (VECRP) and proposal regarding realignment of the Department of Veteran Services. At the conclusion of the 2018 Virginia Legislature, we will be sure to pass along any results to our membership, if any. Pictured below, the legislative chairs met with, but not limited to, Senator John A. Cosgrove, Jr. (R-14th), a retired naval officer who has been a leader on issues related to transportation, technology, and military affairs.



Initiative	Recommendation
JLC 2018-01 Residency Requirement, Constitutional Amendment, 2nd Resolution	That the 2018 General Assembly pass resolutions identical to the one passed by the 2017 General Assembly (HJ562), thereby continuing the process to amend Virginia’s Constitution to provide parity for surviving spouses of 100% disabled veterans and those Killed in Action.
JLC 2018-02 Electronic Return of Voted Ballots by Overseas Military	That the Governor and General Assembly enact legislation and provide budget support of a pilot program for the electronic return of absentee ballots by Virginia’s deployed military service members to enfranchise their voting privileges.
JLC 2018-03 Veteran Entrepreneur Capital Resources Program (VECRP)	That the Governor and General Assembly enact legislation and provide budget support, in the amount of \$1,000,000 in FY19 and \$1,000,000 in FY20, to establish a Veteran Entrepreneur Capital Resources Program.
JLC 2018-04 Income Tax Subtraction for Certain Low-Income 100% Disabled Veterans	That the Governor and General Assembly approve an individual income tax subtraction for 100% service-connected disabled veterans with a federally adjusted gross income, not exceeding 250% of the federal poverty level for a four-person household, who have not already claimed another exemption.
JLC 2018-05 Removing Combat Requirement for VMSDE	That the Governor and General Assembly remove the requirement that a veteran’s disability rating be combat related. Instead, a permanent service-connected disability rating of at least 90%, plus satisfaction of the other requirements currently in the Code, would qualify a veteran’s spouse or child for VMSDEP benefits.
JLC 2018-06 Increase State Tax Subtraction for National Guard to \$5,000	That the Governor and General Assembly increase the state income tax subtraction level for members of the Virginia National Guard from \$3,000 to \$5,000 per year.

We encourage 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. Find all the great info at: <http://www.moaa.org/takeaction/?tab=Legislative-Action-Center#Legislative-Action-Center>



**Community Affairs**

Norfolk State University, ROTC Commissioning  
COL Jim Smith, USA (ret)



On December 8, 2017 in a ceremony conducted at Norfolk State University (NSU), four ROTC Cadets were commissioned as Second Lieutenants in the United States Army. Major Niels Hansen, Senior Assistant Professor of Military Science led the ceremony while the University Choir opened with a stirring rendition of the National Anthem. Commissioning Officer and guest speaker for the ceremony was Major General John P. McLaren, USA (Ret), President of the Hampton Roads Chapter, MOAA. All of the new officers received their active duty orders.

Following the commissioning, family members pinned branch and rank shoulder boards on their newly commissioned officer. Each officer received their first salute by a family member, friend or mentor.

Dr. Eddie Moore, NSU President, and members of the Board of Visitors congratulated the new officers and their families and friends, and presented a Norfolk State University challenge coin and Officers Guide manual to each new officer. Representing the Hampton Roads Chapter, COL Jim Smith, USA (Ret) congratulated each officer and presented them with MOAA Gold Bars in recognition of their accomplishment.

At the conclusion of the ceremony, a reception with refreshments was held for the new officers, their families and friends.



*2nd Lieutenant, Crystal Hunt,  
Branched Military Intelligence,  
Active Duty*

*2nd Lieutenant, Kquanise Byrd,  
Prior Service NCO. Branched  
Quartermaster, Active Duty*

*2nd Lieutenant, Angelena  
Garland, Prior Service Soldier.  
Branched Adjutant General,  
Active Duty*

*2nd Lieutenant, Alexander  
Wilson, Branched Signal  
Corps, Active Duty*



**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:

**March 21, 2018**  
1:00 PM - 3:00 PM  
MOAA Virtual Career Fair  
<http://www.moaa.org/virtualcareerfair/?list=4294971766&cat=4295120577>

**May 17, 2018**  
11:00am to 3:00pm  
DAV/Recruit Military - Norfolk Veterans Job Fair  
Norfolk - Nauticus—Half Moon Cruise & Celebration Center  
<https://events.recruitmilitary.com/schedule>

**May 31, 2018**  
9:00am to 12:30pm  
Corporate Gray Military Friendly Job Fair  
Virginia Beach - Virginia Beach Convention Center  
<https://www.corporategray.com/jobfairs/396>

**October 17, 2018**  
9:00am to 12:30pm  
Corporate Gray Military Friendly Job Fair  
Virginia Beach - Virginia Beach Convention Center  
<https://www.corporategray.com/jobfairs/399>

**DISCLAIMER** The MOAA Newsletter is published bi-monthly by the Hampton Roads Chapter, Military Officers Association of America, P.O. Box 4612, Virginia Beach, VA 23454-0612 and is intended primarily for distribution to, and non-commercial use by, members and associates of the Chapter and MOAA. Editor: LCDR Aaron Zielinski, USN (Former). Telephone 618-6945 and e-mail: [hrcmoaa@gmail.com](mailto:hrcmoaa@gmail.com). Permission for reproduction of locally-generated articles is hereby granted, with appropriate credit, to other MOAA chapters, or publications serving the military community, active, reserve, or retired.

PLEASE PRINT LEGIBLY---PLEASE USE A SEPARATE FORM FOR EACH INDIVIDUAL  
(Cut along dotted line)

.....

Name: \_\_\_\_\_ ID CARD EXPIRE \_\_\_\_\_  
(Last, First, MI) (Day, Month, Year)

STREET ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_  
(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 \_\_\_\_\_



**LUNCHEON FROM PAGE 1**

With the updates, there are some basic items you should check. First, ensure you and all your family members are enrolled in the Defense Eligibility Enrollment System (DEERS), and review the information for accuracy, especially your contact information (address, phone and email address). Your primary care manager - either a new one or the same one you currently have - will need to be able to reach you. If you don't already have a milConnect account, register for one at <https://www.dmdc.osd.mil/identitymanagement>. If you have an account, log in to check that your information in milConnect is correct.

While you used to get some materials mailed to you, such as claim forms and your Explanation of Benefits (EOB) statements, under the new contract you will only be able to access that information on line. Maintaining an active milConnect account will be more important than ever.

**Other Great News at the Luncheon**

During our luncheon, we also had some other significant chapter news. The Hampton Roads Chapter of MOAA received recognition from the Department of Defense for our sponsorship of the Vietnam Veterans program on 12 November 2017. The program was exceptionally well received by Vietnam Veterans in Virginia Beach. This program was sponsored by HRCMOAA under the leadership of our Community Affairs Director, CDR John Uhrin, USN (ret). John worked arduously on this project for a number of months and his hard work paid off in an outstanding event for our areas Vietnam Veterans. Acknowledgement of this superb event came from countless veterans, the Mayor of Virginia Beach, Honorable Will Sessoms, the Commander of Naval Region Mid-Atlantic, Rear Admiral John Scorby, and Congressman Scott Taylor.



Additionally, during the luncheon the HRCMOAA was recognized as a 5 Star Chapter by the National leadership of MOAA. In addition to the chapters recognition by National MOAA, Aaron Zielinski and Clif Furedy were presented individual 5 Star Awards as the MOAA Colonel Marvin J. Harris Communications Award winners for the HRCMOAA Newsletter and Website. Clif and Aaron are outstanding representatives of our chapter and work together diligently to ensure HRCMOAA is consistently ranked among the best chapters in the nation.



**LONG & FOSTER**  
REAL ESTATE

**Jim Jones**  
Realtor CAPT | USN | RET  
Cell 757-777-5972  
Office 757-481-1919  
Fax 757-496-3237  
jim.jones@inf.com  
www.jimjones.org

**Shore Drive | Coastal**  
3181 Shore Drive  
Virginia Beach, VA 23451





**HOUSE OF printing**  
PRINTING • COPIES • DESIGN • SHIPPING

**John Kablach**  
President

Phone: 757-631-6313  
Fax: 757-631-6316  
Pickup and delivery available.

811 S. Lynnhaven Road  
Virginia Beach, VA 23452  
email: [ahouseofprinting@aol.com](mailto:ahouseofprinting@aol.com)

## Surviving Spouse Corner

### Building a New Social Life

By Sharon DeVaney, Surviving Spouse Advisory Committee

How do you fill the void in your life after you lose your spouse? Here are some ideas to help you become the outgoing person you once were.

- If you don't have to relocate, it could be possible to rely on your family and friends for a while. Your family members have suffered a loss as well. Try to brighten their days. You could meet for lunch or bring a salad or dessert to share a meal.
- If you have grandchildren who have school programs or sporting events, you can attend and be there for them. Perhaps, their school needs volunteers or mentors.
- Maybe your church sponsors a grief support group. Listening to speakers and sharing with others may help you process your loss.
- Calling another widow or widower and inviting them to a MOAA meeting will help both of you keep that connection to military life. Offer to help. You could represent surviving spouses if that position is not filled.
- Volunteering to help at your church or for a community function will bring you as much reward as you will give to others. Every group needs new faces and willing hands.
- Try something you haven't done before. I became a docent at our Fine Arts Center. I loved touring visitors of all ages. For many children, this was their only exposure to art. Also, other docents became my new friends.
- Use your work-related skills. I volunteered to teach a life story writing class at the nonprofit in my community. That brought a group of strangers together who became new friends as they shared their amazing life stories.
- Discover a new talent. I moved this summer and joined the drama club at the senior center. I hoped to find people who wanted to attend plays. Instead, I learned the club was producing the *Fall Follies*. All of a sudden, I had bit parts in three skits and the opening and closing numbers. We closed with a Salute to Veterans, which moved the audience to come to their feet!
- Spread cheer by visiting residents in a nursing home. A friend in Florida makes bouquets from her garden and brings them to residents.
- Consider getting a dog. It will need to be fed, walked, and loved. I guarantee that you will be visiting with other dog owners on your daily walks.



## Picture Yourself Here.

We invite you to experience the camaraderie at Patriots Colony with a complimentary Sunday Brunch! Call 855-396-0023 or email us at [patriotscolony@rivhs.com](mailto:patriotscolony@rivhs.com).

- Experience the story of America in the place where it all began, Colonial Williamsburg.
- Play at Williamsburg National Golf Club, a Jack Nicklaus designed course.
- Enjoy Virginia Capital Trail, a dedicated, paved pedestrian and bicycle trail connecting past and present capitals of Jamestown and Richmond along the Scenic Route 5 corridor.
- Explore College of William and Mary, the second oldest college in the nation.
- Savor hand-crafted cocktails, appetizers and pub fare at Archie's Tavern.
- Discover past friends and relive great memories.

  
**PATRIOTS COLONY**  
*At Williamsburg*

[www.patriotscolony.com](http://www.patriotscolony.com)



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 Soon: March Luncheon



Senator Frank Wagner, VA 7th, will be our guest speaker on March 23rd at the Virginia Beach Resort Hotel & Conference Center. Additionally, our luncheon will also focus on Vietnam Veterans Appreciation.

He is a senior member of the Senate of Virginia, representing the Seventh Senate District, which includes the western half of Virginia Beach and northeastern Norfolk. Prior to serving in the Senate, Frank served in the House of Delegates.

Frank Wagner is a job creator and entrepreneur. He is the former President of Davis Boat Works, Inc., a premier small boat repair firm in Newport News that Frank founded. The company's principal customer is the US Defense Department. Frank knows firsthand how important military spending is to our local economy and how important it is that Virginia is economically competitive in our global economy.

Frank Wagner is a U.S. Naval Academy graduate with a B.S. degree in Ocean Engineering. In the United States Navy, Frank served as a diving and salvage officer and an engineering duty officer. Frank is a tireless champion for military service members, veterans and their families.

**RESERVATIONS / CANCELLATIONS:** Reservations required by 1200 hours, Tuesday, March 20, 2018.

Please call or email Bar Smith: 576-1114 (cell), 427-3475 (home) or email: [barb4mom@cox.net](mailto:barb4mom@cox.net). If providing an email or leaving a message, please give the names of those attending, phone number, and meal choice.



Now and Always  
We'll be There.



1-800-247-2192 • [www.moaainsurance.com](http://www.moaainsurance.com)

WE'LL GIVE YOU  
A LOT MORE TO  
TALK ABOUT THAN  
JUST THE WEATHER

RETIREMENT LIVING WITH  
*Independence and Choice*



*"Enjoy your retirement in luxury at Harbor's Edge, the only continuing care retirement community in Norfolk with five-star amenities that offers True LifeCare!"*  
*A New Latitude in Fine Retirement Living*



ONE COLLEY AVENUE, NORFOLK, VA 23510  
CALL TODAY TO SCHEDULE A TOUR  
(757) 616-7950  
OR VISIT  
[WWW.HARBORSEGENORFOLK.COM](http://WWW.HARBORSEGENORFOLK.COM)

## UPCOMING Events 2018

March Luncheon (3/23) - Senator Frank Wagner, VA 7th District; Virginia Beach Resort Hotel

April Board Meeting (4/13) - Virginia Beach Resort Hotel

April Luncheon (4/20) - USO Speaker; Atlantic Shores

Honor Flight Mission 19 (4/21) - Virginia Beach Park and Ride, 0430 muster time

Wings & Beer Network (5/3) - [Wasserhund Brewery](#); 1805 Laskin Road, Suite 102; Virginia Beach, Virginia 23454

May Board Meeting (5/5) - Virginia Beach Resort Hotel

May Luncheon (5/18) - Spouse Appreciation Event; Virginia Beach Resort Hotel

June Board Meeting (6/2) - Virginia Beach Resort Hotel

June Luncheon (6/22) - VA Secretary of VA and Homeland Sec - Dr. Carlos Hopkins; Atlantic Shores

July Board Meeting (7/14) - Virginia Beach Resort Hotel

July Brunch Mixer (7/22) - Virginia Beach Resort Hotel

September Board Meeting (9/8) - Virginia Beach Resort Hotel

September Luncheon (9/21) - Portsmouth Naval Hospital Commander; Atlantic Shores

October Board Meeting (10/6) - Virginia Beach Resort Hotel

October Luncheon (10/19) - Macarthur Memorial and Archives Speaker - "[Monuments Men](#)"; Virginia Beach Resort Hotel

November Board Meeting (11/3) - Virginia Beach Resort Hotel

November Luncheon (11/17) - Annual Meeting/ROTC Units/ Toys for Tots/USMC; Atlantic Shores

December Board Meeting (12/1) - Virginia Beach Resort Hotel

Look for more details on each event as they draw closer. Please keep in mind that sometimes speakers' schedules change and we may need to adjust this prospective schedule accordingly.

Also, we encourage you to invite an active duty, retired, or any prior service officer to our events. We'd love the opportunity to meet them and show them what our organization offers.



### Open the Door to a Vibrant Lifestyle.

Whether you choose a beautifully crafted home or an elegantly appointed apartment in one of our six distinctive neighborhoods, life at Williamsburg Landing gives you more vibrance per square foot.

Elegant and Casual Dining with Cocktail Lounge  
A Full Social Calendar • Engaging Programs  
Health Club and Spa with Indoor Pool • Fitness Classes  
The Security of Future Care • And so Much More

Our luxurious homes are merely the beginning.  
Open the door to your vibrant lifestyle today!

*Tour the Landing apartment homes,  
located in the heart of our community, and learn  
about our \$1,500 "Welcome Home" Package!*



Call today! 757-585-4435



WilliamsburgLanding.com

5700 Williamsburg Landing Drive | Williamsburg, VA 23185



Chapter Membership or Renewal Application

Army • Navy • Air Force • Marine Corps • Coast Guard • Public Health Service
National Oceanic and Atmospheric Administration
Join or Renew on-line: www.hrcmoaa.org/join.shtml

Mail to:
The Hampton Roads Chapter, MOAA
P.O. Box 4612
Virginia Beach, VA 23454-0612

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

Make checks payable to HRCMOAA

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.

Please print (If renewing, enter only your name and information that has changed)

Form fields for Date, Recruiter, Name, Grade, Service, Component, Status, Service Dates, Retired Date, Spouse's Name, E-mail address, Mailing Address, Home Phone, Work Phone, Cell Phone, Member of National MOAA, Enclosed is \$, Signature.

\*\* Surviving spouse enter your Name and MOAA Number, where indicated.

Click on the above form to renew online (or print and mail)

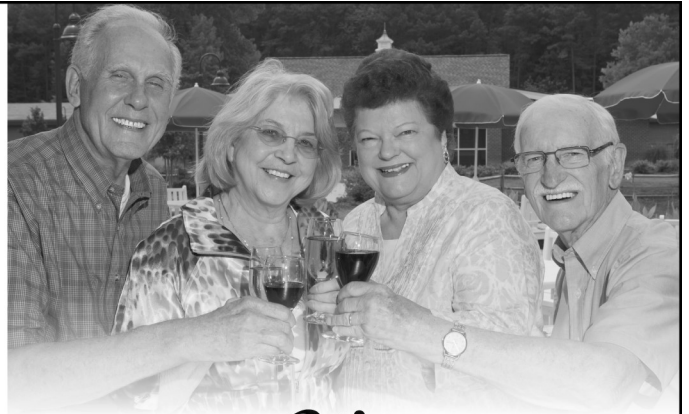


It's not WHAT our best amenities are, it's WHO they are.

You probably have more in common with our spirited residents than you might think. COL Blair Smith, USA, Ret. and COL Roy Rogers, USA, Ret. never expected to forge a lifetime friendship over their shared military experiences and passion for a perfectly blended merlot.

At Warwick Forest, we have more than first class amenities. We have a welcoming community of friends waiting to share life with you.

Call (757) 886-2200 today to schedule your visit to our exciting community.



WF WARWICK FOREST

Active Retirement Living by Riverside

1004 Old Denbigh Boulevard
Newport News, VA (757) 886-2200



Share life with friends.

warwickforest.com



**THE TRIBUTE**  
Hampton Roads Chapter, MOAA  
P. O. Box 4612  
Virginia Beach, VA 23454-0612

NON-PROFIT  
US POSTAGE  
PAID  
NORFOLK, VA  
PERMIT #2135



**MEMBERSHIP ALERT**

*If the date on your mailing label shows 2017, your dues expired 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.*

ADDRESS SERVICE REQUESTED

“Dated Material Do Not Delay”

February 2018

---

(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](http://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.

