



THE TRIBUTE

The Bi-Monthly Newsletter of the Hampton Roads Chapter
Military Officers Association of America
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Newsletter 2017 and Website For 2017.
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**NEVER STOP
SERVING**

October 2018

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

October HRCMOAA Luncheon



Michelle S. Banks, Southeast Region Marketing Representative - Federal Government Programs, will be our guest speaker for our October luncheon. On October 19th, she will discuss the TRI-CARE Retiree Dental Program (TRDP) end-of-year "sun-setting" and enrollment in the Federal Employees Dental and Vision Insurance Program (FEDVIP). The first opportunity to enroll in FEDVIP will be during the next Federal

Benefits Open Season, which runs from November 12 through December 10, 2018 with coverage effective January 1, 2019.

It is very important to ensure EVERYONE gets the word that the Retiree Dental Program as it exists today will be going away December 31, 2018. Delta Dental's TRDP becomes one of the options under the FEDVIP Insurance menu of options effective January 1, 2019. Current enrollees in TRDP will not automatically be rolled into the new program. You must re-enroll via the open season period to have coverage under the new program.

Retirees must enroll for dental insurance of some sort (Delta Dental Retiree Plan or some other) via the open season November 12th - December 10th (or via some other commercial dental insurance). If not you will not have dental insurance coverage as of January 1, 2019.

This is one not to miss as we must all make a choice!



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,



Fall is upon us; the leaves are turning. All the little goblins will be at our door at the end of this month. For me fall is a time to reflect on the hard work and dedicated service from our many members this year. Some of our members have given many hours of service to the nation and our veterans. They are a big reason we have remained a five-star chapter with National MOAA. I thank each member that has contributed their time and outstanding effort.

I hope some of our members have had a chance to read an enlightening article in the August Military Officer magazine on the impacts of changes to the Thrift Savings Plan (TSP), enacted under the TSP Modernization Act of 2017. The article is found on page 26 of the August MOAA magazine. In summary the Act outlines the specification on which TSP account monies can be withdrawn, what distributions may be made, and offers options on switching to different preferred withdrawal plans. In addition, the Act places some restrictions on post-separation withdrawals, age-based withdrawals, partial post-separation withdrawals, and requires a declaration to state which approved withdrawal plan you might be using. Codification of all of these many choices for your TSP is going to take time and the policies and procedures are not yet set into stone. Please keep checking the MOAA National site for future updates on the details of the TSP Modernization Act of 2017.

At the end of August, I had the opportunity to commission new Army officers at Old Dominion University ROTC unit. In the crowd were current cadets and new cadets to the ODU program. I have to say they were a group of dedicated and committed young men and women. What a pleasure it is to know that the future of our nations defense is such good hands.

In Service, *John McLaren*



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HRCMOAA Supports Navy JROTC Leadership Academy Graduation

HRCMOAA President, MG John McLaren, USA (ret) was the Guest Speaker on 30 June for the Navy JROTC Leadership Academy graduation. Hosted at Landstown Middle School, the event honored 57 high schools and recognized 144 NJROTC cadets. MG McLaren awarded them their silver shoulder cords and a certificate while giving a very inspiring speech about leadership to the cadets and over 300 parents, teachers and guests in attendance.



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Reminder —Time to renew Chapter Dues

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

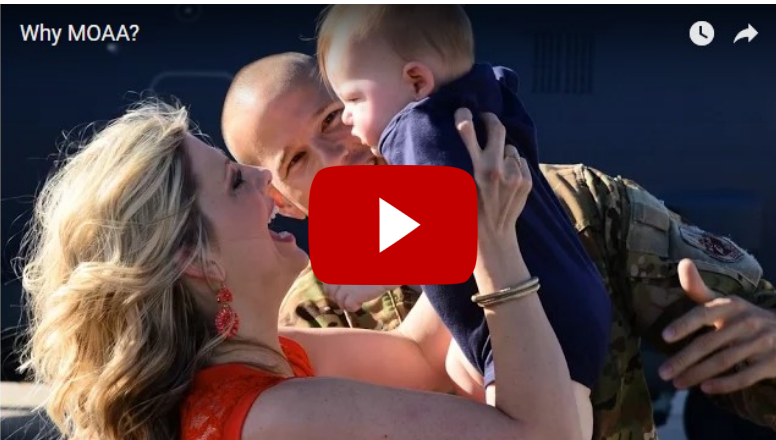
Dues for 2019 remain unchanged from last year:

- \$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>

Why MOAA?



www.ColonyClub.com/US-Military
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Fall Legislative Affairs Update

CDR Linc Smith, USNR (ret)

On the local scene, Fall 2018 has been active for our Chapter Legislative Affairs. On the national scene, MOAA continues to tirelessly advocate for our nations veterans. This noted, the purpose of the following article is twofold. First, briefly highlight our chapter Legislative Affairs activity. Next, spotlight the “Blue Water Navy” issue, now before Congress.

Chapter Legislator of the Year



During our September Luncheon, Virginia Secretary of Veterans and Defense Affairs Dr. Carlos Hopkins spoke to our chapter. Dr. Hopkins is a graduate of The Citadel , serving as a doctor in the U.S. Army for eight years, treating soldiers wounded in Operation Desert Storm. Secretary Hopkins noted the veteran population in Virginia to be numbering 777,000, about 12% per cent of the state population. Secretary Hopkins emphasized the critical need for both the health care and proactive hiring of this population of Veterans in the Commonwealth. Pictured to the left, Secretary Hopkins accepts the Jefferson Cup from Chapter President, MG John McLaren , USA (ret).

Subsequent to the Secretary’s presentation, MOAA Hampton Roads President MG John McLaren (USA, Ret.) presented Legislator of the Year for both the Federal and State levels in Virginia. This chapter level award recognizes legislators at both the local and federal level for outstanding and dedicated service to the citizens, military and families of Virginia and our nation. For 2018, Representative Scott Taylor (R-2nd) and Delegate Jason Miyares (R-82nd) were the awardees.

Amidst receiving their awards, both briefly spoke, thanked veterans for their service and our chapter for the recognition. Congressman Taylor said, “What an incredible honor it is to be awarded the Hampton Roads Military Officers Association of America's Congressional Legislator of the Year. Thank you for all that you do for veterans and active duty military!”



Congressman Taylor accepts the Congressional Legislator of the Year by MG John P. McLaren, President of the Hampton Roads Chapter, MOAA



Delegate Miyares’ recognized as the Commonwealth Legislator of the Year by MG John P. McLaren, President of the Hampton Roads Chapter, MOAA.



Community Affairs - Hampton Roads Chapter ROTC Scholarship Fund

CDR John Uhrin, USN (ret)

As of 9/8/2018	Total Goal \$25,000	\$7,022	28%	Need by 12/31/2021	\$17,978
	Annual Goal \$5,000	\$2,022	40%	Need by 12/31/2018	\$2,978

We are still not very close to our goal for this year! The following are the ways in which you can contribute:

For online donations, please go to <http://www.moaa.org/Content/About-MOAA/Scholarship-Fund/Scholarship-Fund.aspx> There is no means of indicating your chapter affiliation. MOAA will match up your name with our chapter to give us credit for your donation.

- If you wish to contribute by mail, checks should be made out to the *MOAA Scholarship Fund*.
- In the Memo section at the bottom left on the check, it should be noted that it is for the *HRC ROTC Scholarship Fund*.
- Donations are tax deductible.

Checks can be sent directly to MOAA in the envelope found in each edition of the MOAA magazine, Military Officer or directly to MOAA at:

Military Officers Association of America
Attn: MOAA Scholarship Fund
201 N. Washington Street
Alexandria, Virginia 22314

For more information on the scholarship fund, please contact John Uhrin or any member of the chapter board. The following is a breakdown of the chapter members who have contributed to the scholarship fund this year (**New contributors in blue**).

Please help our students with a generous contribution!

2018 Contributions

PLATINUM - \$500 and above

CAPT Doug Williams, USN (Ret)

GOLD - \$250 to \$499

COL Jack W. Hilgers, USMC (Ret.)

SILVER - \$100 to \$249

CAPT William Lehr, USCG (Ret)
CDR Daniel Edwards, USN (Ret)

Bronze Under \$100

MAJ Michael P. Rohifs, USMC (Ret)
Mrs. Laurel Rohifs
CDR John J. Uhrin III, USN (Ret)
CAPT Victor R. Olivarez, USN (Ret)
LTC Franklin C. Haskins, USA (Ret)
CAPT Joan C. Kanter, USAF (Ret)



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:

November 1, 2018

11:00 AM - 3:00 PM

DAV/Recruit Military - Norfolk Veterans Job Fair

Norfolk - Decker Half Moone Center

<https://events.recruitmilitary.com/events/norfolk-veterans-job-fair-november-1-2018>

Feb 27, 2019

9:00am to 12:30pm

Corporate Gray Military Friendly Job Fair

Virginia Beach - Virginia Beach Convention Center

<https://www.corporategray.com/jobfairs/404>

May 9, 2019

11:00am to 3:00pm

DAV/Recruit Military - Norfolk Veterans Job Fair

Norfolk - Decker Half Moone Center

<https://events.recruitmilitary.com/events/norfolk-veterans-job-fair-may-9-2019>

May 30, 2019

9:00am to 12:30pm

Corporate Gray Military Friendly Job Fair

Virginia Beach - Virginia Beach Convention Center

<https://www.corporategray.com/jobfairs/407>

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(Include area code)

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

Signature and Date _____



You're invited!

ROWS Annual Christmas Dinner Dance

Atlantic Shores – Magnolia Room, Saturday, December 1, 2018
6:00-7:00 p.m.—Cocktails; 7:00-10:00 p.m.—Dinner and Dancing
Music by **FOND MEMORIES**

Menu

Tossed Salad with dressing on the table

(1) 6 oz Filet with Cabernet Sauce – Medium Rare

OR

(2) Salmon Provencal

OR

(3) Roasted Pork Tenderloin

Buttermilk Chive Mashed Potatoes - Malibu Carrots & Green Beans - Hot Rolls/Butter - Coffee/Tea/Water - Cash Bar –

Applesauce Bundt Cake

Price: \$60.00 per person

Invite your friends to join us for this traditional celebration!

Black tie or military uniform optional.

Make a list of your guests (and yourself!), and indicate entrée for each person.

All checks must be made payable to **ROWS**.

Mail list of guests and entrees with checks to:

Barbara Smith, 1201 Faulkner Road, Virginia Beach, VA 23454.

Reservations, checks, and menu choices must arrive in Barbara's mail- box by

Friday, November 23, 2018.

If you have questions, phone Barbara at 757-427-3475.

See you at Atlantic Shores!



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LEGISLATIVE FROM PAGE 5

Blue Water Navy Vietnam Veterans Act of 2017

On 11 September 2018, MOAA issued a press release entitled, “Blue Water Navy Veterans Face Setback From the VA.” Referring to the exposure of Vietnam Veterans to the herbicide Agent Orange, MOAA remains committed to advocating for the **Blue Water Navy Vietnam Veterans Act of 2017**, which would extend benefits available to Blue Water Navy veterans of the Vietnam War.

History

Over a ten year period from 1961-1971, the United States military conducted an operation known as **Ranch Hand** in Vietnam. Over 20 million gallons of herbicide were dispersed in Vietnam, Laos and Cambodia. The purpose of the operation was to eradicate forest cover and food crops utilized by North Vietnamese troops. Agent Orange contains Dioxin, a known carcinogen.

The Federal Government’s response to Agent Orange exposure in Vietnam has been one of steady progress, amidst both outrage and ensuing lawsuits among Vietnam Veterans. In example, President George H.W. Bush signed into law in 1991 the Agent Orange Act, mandating that diseases associated with Agent Orange be treated due to wartime service. This legislation greatly solidified the Veteran’s Administration future response to those veterans exposed to Agent Orange during the Vietnam Conflict.

Most Recent Legislation

Moving to 2018, House Resolution 229, **Blue Water Navy Vietnam Veterans Act of 2017**, sponsored by Representative David Valadao (R-CA-21), “includes as part of the Republic of Vietnam its territorial seas for purposes of the presumption of service connection for diseases associated with exposure by veterans to certain herbicide agents while in Vietnam.”

In a recent letter to the Senate Veteran’s Affairs Committee, Veterans Affairs Secretary Robert Wilkie debated the validity of H.R. 229, including “taking issue with the cost of the legislation.” To cover the costs associated with the legislation, the bill would raise \$1.1 billion over 10 years, via a new fee on VA loans.

MOAA President and CEO Lt. Gen. Dana T. Atkins, (USAF, Ret.) says, “This is a very disappointing turn of events and frankly, MOAA sees VA’s attempt to contest the blue water legislation as breaking trust with not only the



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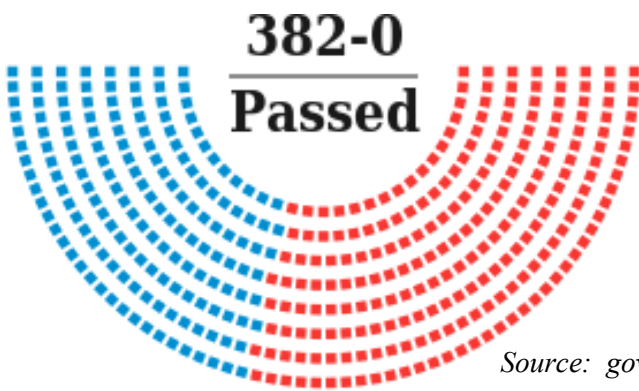
Patriots Colony Independent Living, sponsored by Riverside Health System, is a Continuing Care Retirement Community exclusively for retired and former military officers and retired and former federal employees and their spouses.



LEGISLATIVE FROM PAGE 8

veterans dealing with these debilitating conditions, but likely to further erode the faith and confidence veterans in general have with VA as an institution, at a critical time when VA is struggling to rebuild its image among veterans they serve...MOAA intends to work with our veteran and military service organization partners, along with the VA, to find an equitable solution for those veterans impacted by their service during the Vietnam era.”

HR 229 passed the U.S. House on 25 June 2018, now in the U.S. Senate for consideration, text of which can be viewed at: <https://www.govtrack.us/congress/bills/115/hr299/text>.



Source: govtrack.us

Closing

In closing, our chapter remains proud and in great support of both of our legislative awardees for 2018. As we enter the final months of this year and the start of 2019, we will remain vigilant regarding the legislative issues at hand, to include H.R. 299.

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>

SURVIVING SPOUSE CORNER: TREATING HEARING LOSS ENHANCES QUALITY OF LIFE

By Anne Hartline, Surviving Spouse Advisory Committee

Ranking behind only heart disease and arthritis, hearing loss is the third largest public health issue in America. According to the National Center for Health Statistics, 48 million Americans (20 percent of the population) have some degree of hearing loss. Left untreated, it has been shown to impact overall health and quality of life, sometimes leading to social isolation, depression, & dementia.

Among the causes are aging, chronic exposure to loud noises, damage to the inner ear, heredity, and infections. Some medications and illnesses also can cause hearing loss. Available treatments include hearing aids, cochlear implants, and assistive listening devices. To determine the most appropriate treatment, it’s best to be checked by a hearing professional.

Hearing loss that occurs gradually with aging is common. About 25 percent of people in the U.S. between the ages of 55 and 64 have some hearing loss. Roughly half of Americans over 65 experience some hearing loss. A major study published in the July 17, 2018, issue of The Lancet identified “midlife hearing loss” as the highest total changeable risk factor for dementia. According to JAMA Internal Medicine, cognitive decline occurs more quickly among adults with hearing loss compared to those without. Several studies have confirmed hearing loss was significantly associated with an increased risk of depression in adults of all ages.

At least 10 million Americans may experience hearing problems caused by loud noises. Many military veterans, construction workers, farmers, musicians, airport workers, and landscape workers have hearing problems even in their younger and middle years because of exposure to loud noise. Young people ages 12 to 35 around the world are at risk of hearing loss due to noise exposure in recreational settings.

Treatment depends on factors causing the hearing loss as well as the needs of the individual. Most hearing aids today provide better sound quality and speech understanding than recent models. Hearing aids can be worn in or behind the ear and can be adjusted through a smartphone. Cochlear implants are small electronic devices surgically implanted in the inner ear that provide a sense of sound to people who are profoundly deaf or hard-of-hearing. Assistive listening devices include telephone and cellphone amplifying devices, smartphone or tablet apps, and closed-circuit systems in places of worship, theaters, and auditoriums.

Better hearing can dramatically improve quality of life, provide more self-confidence and closer relationships, lessen of depression, and improve outlook on the future.



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UPCOMING
Events
2018

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

Virginia Council of Chapters (VCOC) 4th Qtr Meeting (10/10)
American Legion Headquarters, 1708 Commonwealth Avenue,
Richmond, VA; see COL Jim Smith for further information

October Luncheon (10/19) - Ms. Michelle Banks, TRICARE
Retiree Dental Program (TRDP) transition to FEDVIP; Virginia
Beach Resort Hotel

November Board Meeting (11/3) - Location TBD

November Luncheon (11/16) - Annual Meeting; MARFOR-
COM is guest speaker/ROTC Units/Toys for Tots/USMC;
HRCMOAA Officer and Board elections for next term (2019-
2020); we will also be joined by eight members of the Hamp-
ton Roads Naval ROTC, Monarch Battalion, and Spartan Bat-
talion; Atlantic Shores

December Board Meeting (12/1) - Location TBD

ROWS Christmas Dinner Dance (12/1) - Atlantic Shores, 6-
10PM. Please see details on page seven of this Tribute.

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.



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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)

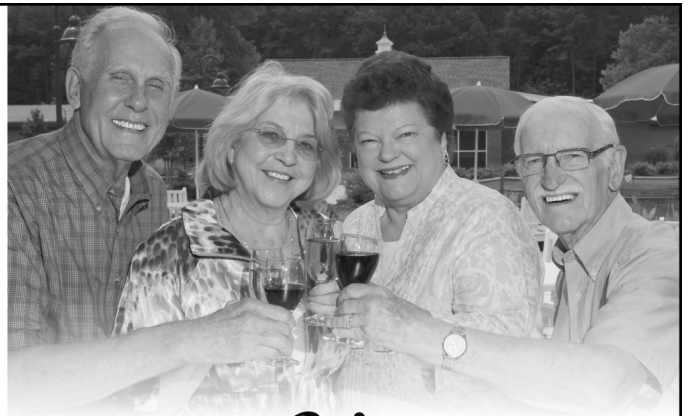


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MEMBERSHIP ALERT

If the date on your mailing label shows 2018, your dues expire in December 2018. 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”

October 2018

(Label Here)



You were proud to serve,
AND WE ARE PROUD TO SERVE YOU.



At Atlantic Shores you'll find comrades and mates who share your experiences, and a staff and community that honors and cares for you as you deserve. With a wealth of community activities and interest groups, you'll always have plenty to do. Don't feel like cooking? Atlantic Shores features three distinct dining venues and an award-winning culinary team. Situated on 100 beautiful wooded acres on the shores of Lake Redwing, our neighborhood is located within five miles of US Naval Air Station Oceana. The Commissary and Navy Exchange are conveniently accessible. In fact, within 10 minutes are major shopping districts, resort beaches, museums and performing arts. Secure and secluded, yet in the center of everything, at Atlantic Shores you have the freedom to create your perfect retirement – on your own terms.



CHECK OUT OUR
WEBSITE FOR
UPCOMING EVENTS AND
MORE INFORMATION
ABOUT THE
NEIGHBORHOOD.



Rethink the idea of retirement.