

THE TRIBUTE

The Bi-Monthly Newsletter of the Hampton Roads Chapter Military Officers Association of America

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THE TRIBUTE

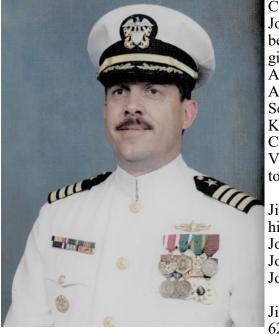
In honor of those who have sacrificed to keep our country free.



In This Issue

- 2 President's Message
- 2 HRCMOAA Directory
- 3 Surviving Spouse Corner
- 3 Social Media Clicks
- 4 New VA Life Insurance
- 5 CAPT Jones USN (cont.)
- 5 President (cont.)
- 6 Surviving Spouse Corner (cont.)
- 7 Military ID Card Notification
- 7 Career Corner
- 8 NSU Commissioning/COVID-19 News/USPS Delays
- 9 Scholarship Fund Update
- 10 <u>Upcoming Events/Scholarship</u> (cont.)/LinkedIn





Captain James (Jim) Voland Jones (USN, Ret.) died October 12, 2022 at home in Virginia Beach, VA. He was born April 30, 1938 in Hot Springs, AR. Jim's Celebration of Life Service was held at Kempsville Presbyterian Church, 805 Kempsville Rd., VA Beach, VA, Saturday, October 22nd, 1:00 p.m.

Jim was preceded in death by his parents Justice J. Fred Jones, Walta Lorea (Hoback) Jones, and his son, Jay Voland Jones.

Jim is survived by his wife of 62 years, Penny (Hicks) Jones

of VA Beach, VA; daughter, Laura P. Jones (Gary Murphy) of Beaufort, NC; daughter-in-law, Stephanie Jones of VA Beach, VA; grand-children, Christian, Jennah, Siara, Jay T., Justin, Jacob, Jamie, and Jayna; sister, Vonda (Jones) Crocker (LTG George, Ret.) of Clinton, AR; brother, Lyn Reuel Jones (Jana) of Memphis, TN; four nephews and two nieces.

Jim graduated from Central High School in Little Rock, AR ('56) and Little Rock Junior College, now UALE ('58), where he was an Eagle Scout, member of the Order of the Arrow, President of the Arkansas State 4-H Club, and President of his local chapter college fraternity.

SEE JONES CONTINUED ON PAGE 5

















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,

It is with great sadness that I report to our chapter members the passing of long time chapter board member, Captain Jim Jones, USN (Ret) on June 19, 2022. Jim was a member of our chapter since 2003 and served in several different capacities on the chapter board. Jim's presence, common sense approach and great sense of humor has been missed at our board meetings these past few years. He was always the first to offer his help to anyone in need and devoted much of his last several years to caring for his wife, Penny. He contributed his time, experience and knowledge to several veteran organizations during his lifetime and his patriotism and love of country was at the forefront of his every action. Rest in peace, Jim, and thank you for your service.

Thank you to all who attended our November luncheon and annual meeting. We adopted the new Constitution and By-Laws which incorporated the results of the strategic restructuring of the chapter. Essentially the board was downsized and several of the standing

committees are now ad-hoc committees, meaning if there are volunteers to organize the activities of that committee and help with carrying them out, the board will support them but there will no longer be monthly reports required for the board meetings. In addition, the scheduled number of board meetings and luncheons was reduced in number.

In addition to the voting on the Constitution and By-Laws, we held an election. Congratulations to the following individuals who were elected for the two year term covering calendar years 2023 and 2024:

President – Captain Loren Heckelman, USN (Ret)

Vice President – CDR Bert Ortiz, USN (Ret)

Secretary – LtCol Matt Dumenigo, USMC (Ret)

Director – Col Larry King, USMC (Ret)

Director – Captain Andy Baan, USN (Ret)

Director – CDR Chris Mayfield, USN (Ret)

SEE PRESIDENT CONTINUED ON PAGE 5

HRCMOAA DIRECTORY

PRESIDENT: (757) 646-6448 CAPT Loren Heckelman, USN (ret)

SECRETARY: (910) 554-8575 LtCol Matt Dumenigo, USMC FIRST VP: (757) 482-1995 CDR Bert Ortiz, USN (ret)

TREASURER: Vacant

SECOND VP: (757) 708-5229

Andy Baan, CAPT, USN (ret)

PAST PRESIDENT: (757) 237-3611

MG John McLaren, USA (ret)

DIRECTORS

Barbara Smith
CDR John Uhrin, USN (ret)

CAPT Mike "Breeze" Barea, USN (ret)
LCDR Jeff Barrett, USN (ret)

Col Larry King "Live", USMC (ret)

Vacant

COMMITTEES

PROGRAMS: (757) 482-1995 CDR Bert Ortiz, USN (ret)

PERSONAL AFFAIRS

Vacant

COMMUNITY AFFAIRS: Vacant

TRANSITION LIAISON: (757) 646-6448

CAPT Loren Heckelman, USN (ret)

VCOC REP: (757) 237-3611
MG John McLaren, USA (ret)

MEMBERSHIP: (757) 650-1086

Col Larry King, USMC (ret)

INFO SYSTEMS: (757) 490-5792 Maj Clifton G. Furedy, USAF (ret)

ACTIVE DUTY LIAISON: Vacant

LEGISLATIVE AFFAIRS: (757) 708-5229
CAPT Andy Baan, USN (ret)

EDITOR/PUBLICITY: (757) 343-0114 LT Hans P. Juhl Hidle, USN (ret)

WEBMASTER: (757) 490-5792

Maj Clifton G. Furedy, USAF (ret)

ID CARD NOTIFICATION: (757) 375-3973 CAPT Jim Daniels, USN (ret)

SURVIVING SPOUSES LIAISON: Vacant



Surviving Spouse Corner: Finding a New Normal

Grief is never easy, but finding a new purpose can help you navigate through the pain.

By Barbara Smith, Surviving Spouse Advisory Council member

It's been a long time since I became a surviving spouse, and during that time, I've gone through many stages. None were easy, but all were necessary. No journey out of grief is straight forward. We all handle it differently, and it's how we deal with it that makes a difference.

We must choose to be positive and live or be unhappy the rest of our lives. I chose to be positive, but I also realized that I needed to find a purpose.

When my husband died at the age of 57, I didn't know where to turn or what to do. I became aware that my path forward was to do what I could to make sure no other survivor felt as alone and unprepared as I was. To that end, I joined my local MOAA chapter, took on the job as their surviving spouse liaison, was appointed to the national MOAA's Surviving Spouse Advisory Council, and became active in the Surviving Spouse Virtual Chapter.

SEE **SPOUSE** CONTINUED ON PAGE 6

Reminder —Time to renew Chapter Dues

If you haven't renewed your dues for 2023, please remember that they expired on 31 December 2022. We encourage you to renew for three years as it's the best deal and helps the chapter!

Dues for 2023 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

Visiting the MOAA website

https://chapterdues.moaa.org/Membership.aspx

Social Media Clicks





Twitter



MOAA 🤣 @MilitaryOfficer · Dec 7

MOAA is proud to be recognized by @thehill as a top lobbyist for the 16th year.

#Veterans #NeverStopServing



moaa.org

MOAA Named to Top Lobbyist List for 16th Consecutive Year The honor from The Hill newspaper recognizes significant legislative victories in 2022.

Facebook



Military Officers Association of America (MOAA)

With new tactics and approaches needed, adapting to today's recruits might be the best move.

IV V ARMY

MOAA.ORG

Facing a 'Perfect Storm': The Military Recruiting Crisis

Why the services have struggled to fill their ranks, and five ideas to improve a sinking system.





New VA Life Insurance Coming Soon



From the Veterans Administration website: VA Life Insurance policies have been serving our nation's Veterans, service members, and their families for over 100 years. Starting January 1, 2023, enrollment opens for <u>Veterans Affairs Life Insurance (VALife)</u>—a new program offering increased access for Veterans age 80 or under with any level of service-connected disability (0-100%).

Life insurance is a key component for future financial planning. With the right policy and coverage amount, life insurance can cover end-of-life costs, provide an inheritance to family, serve as income to a spouse, or cover some outstanding debts.

Those currently enrolled in VA's current policy for service-connected Veterans, <u>Service-Disabled Veterans Life Insurance (S-DVI)</u>, may keep their coverage or switch to VALife. Although S-DVI will be closed to new enrollments after December 31, 2022.

For further information

New VA Life Insurance Coming Soon (govdelivery.com) or

http://content.govdelivery.com/accounts/USVABA/bulletins/336d4a1



JONES FROM PAGE 1

Jim enlisted in the Navy as a seaman in 1958, where he completed studies at Basic Submarine School, Nuclear Power School, served on the USS Spikefish, earned a B.A. Degree in Government Relations from Naval Post Graduate School, Montery, CA and also completed studies at the Indian National Defense Services College Wellington, Southern India. He attended Officers Candidate School and received his commission as an Ensign in Sept. 1963.

USS Furse: Oct 1963— July 1965 USS Truxton: Nov 1965—May 1968 USS Sample: Jan 1971—Dec 1972 USS Wiltsie (XO): 1974—July 1975

Chief of Naval Operations: Aug 1975—July 1977 Destroyer Squadron Ten: Sept 1977—Aug 1978

Naval Surface Force, US Atlantic Fleet: Aug 1978—Feb 1982

Naval Sea System Command: Mar 1982—June 1988 Naval Sea Combat System: Jun 1985—July 1988

Engineering Station (Commander)

Naval Attache Malaysia, Kuala Lumpur: Jul 1988—July 1992

After retiring from 34 years of service in the Navy, he worked with Long and Foster, VA Beach, VA as a Realtor, Trainer, and Consultant for over 29 years. He was past President of the National Tin Can Sailors, past President of the local VFW Post 4809, an active Rotarian, and an active KPC Church Member.

Jim will be missed beyond words. He touched so many lives. In lieu of flowers, the family requests donations be made to the Virginia <u>American Cancer Society</u> or the Virginia Beach Chapter of the Rotary Club.

PRESIDENT FROM PAGE 2

MG John McLaren, USA (Ret) remains on the board as the Immediate Past President. The newly elected board members will be installed at the first luncheon in 2023, currently scheduled for February 17, 2023 at Atlantic Shores. Two board positions were unfilled: Treasurer and the fourth Director position reserved for our chapter Surviving Spouse Liaison. The Surviving Spouse Liaison does not have to be a surviving spouse. Any chapter member in good standing is eligible to serve in this position. If there is anyone interested in either of the two vacant positions, please contact me at

<u>Loren.Heckelman@cox.net</u> or via telephone at (757) 646-6448.

Sincerely, Loren Heckelman Captain, USN (Ret.) Never Stop Serving



SPOUSE FROM PAGE 3

I also found not only a mentor but a dear friend because of a chance meeting in 2015. Patricia "Pat" Farnsworth shared her vast knowledge of surviving spouse issues, her wisdom, and her

wonderful sense of humor. She encouraged me to do the best I believed I could be — and then pushed for more. Pat died on Oct. 14 at age 86. She was an inspiration to many and a friend to all.

We will never forget our loved ones. We will always miss them. But I have found peace and comfort in my new normal. I hope you find the same.

https://www.moaa.org/content/publications-and-media/ news-articles/2022-news-articles/surviving-spousecorner-finding-a-new-normal/

SURVIVORS

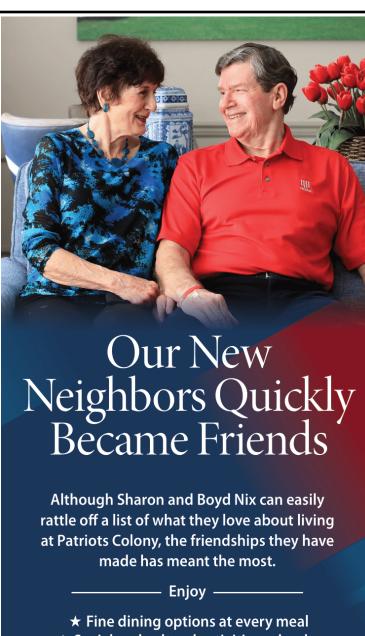




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Patriots Colony is a Riverside Health System active retirement community whose Independent Living is exclusive to former military officers, federal civil employees and their spouses or widow(ers).



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.



Join the HRCMOAA on LinkedIn at: https://www.linkedin.com/groups/5047678/



MOAA Career Networking https://www.linkedin.com/groups/164686/

Here is a list of local military career fairs and networking opportunities:

February 2, 2023

DAV | Recruit Military - Hampton, VA (11:00am to 3:00pm) https://success.recruitmilitary.com/events/hampton-veterans-job-fair-february-2-2023

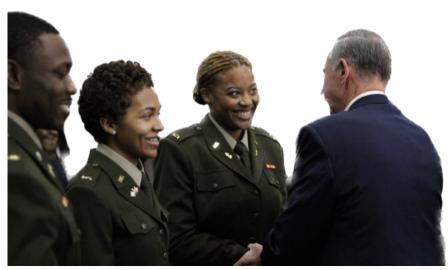
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Norfolk State Commissioning Ceremony



On 9 December 2022, MG John McLaren, USA (ret) presented three newly commissioned Second Lieutenants from Norfolk State University with their first GOLD BARS. In an outstanding ceremony, the three Senior Reserve Officer Training Corps Cadets became the Army's newest Officers. Cadets Charles Nicolas, Jordan Thomas, and Tajah Worthyp were impressive, motivated and dedicated to support of the Nation.

Get Protected with New COVID-19 Booster and Flu Vaccine



By TRICARE Communications, Oct 20, 2022

There are two vaccines you should consider getting this fall. It's the beginning of flu season in the U.S., so now is a good time to get your annual flu vaccine. But did you know that you can also get the latest COVID-19 booster at the same time?

"The bivalent COVID-19 booster targets the latest Omicron variants of the virus," said Dr. David Hrncir, regional medical director of Central Region Vaccine Safety Hub for Defense Health Agency Immunization Healthcare Division. "We need to work together during fall and winter to curb the spread of both COVID and flu. The vaccines are critical to protect you and those around you."

Receiving the bivalent booster can help restore protection that's waned since your previous vaccination. It can also provide broader protection against newer variants. The booster covers the most recent Omicron subvariants currently circulating, BA.4 and BA.5. These subvariants are more contagious. They're also more likely to evade antibodies made against earlier subvariants, according to the Centers for Disease Control and Prevention (CDC).

USPS delays and your eMail address



and email.

Recent postal mail delays have caused popular events to be cancelled. Part of the reason is that local mail is no longer sorted locally. Rather, all is sent to Richmond before it is sorted and sent back to the Hampton Roads area. They call efficiency, but I am not totally convinced about that fact. The second part is of course the continuing impact of COVID-19.

We send out notices electronically, but we don't have email addresses for all our current chapter members. To ensure we can communicate important information to you, our members, we are asking everyone to visit this link and fill in your name and email address. www.hrcmoaa.org/member There are spaces for other information if you wish to provide it. The most important part is your name



Community Affairs - Hampton Roads Chapter ROTC Scholarship Fund

The MOAA Scholarship Fund Board gives preference in awarding scholarships and grants to children with HRCMOAA chapter member parents. While not guaranteed to go to the child of a chapter member, those children applying for MOAA scholarships with a parent who is a chapter member will receive favorable consideration and the review board will give preference in awarding scholarships to those children. Regardless of whether the student's parent is a chapter member or not, students selected for MOAA scholarships in the chapter name will always be from the area represented by our Hampton Roads Chapter. Below is the status of our chapter scholarship fund both for this year and overall for the 5-year goal. Thank you to all that have contributed and hope you will all continue to contribute in 2022 and beyond. The following is a breakdown of the chapter members who

HRCMOAA Scholarship Drive Status as of December 1, 2022	GOAL	Contributed	% of Goal	Need Dates	Still Need	
	Total 5-Year Goal \$25,000	\$25,434.50	102%	Need by 12/31/2022	-\$434.50	
	Annual Goal for 2022 \$5,000 (Year 5 of 5)	\$3,168.00	63%	Needed by 12/31/2022	\$1,832.00	

have contributed to the scholarship fund this year. New contributions are shown in blue.

There are three ways of donating. All donations are tax deductible as the MOAA Scholarship Fund is a qualified IRS 501(C)(3).

The **first** way is for members to submit their donations online by utilizing the following website URL (Although the chapter is not an input on that page, MOAA will credit the contribution to the chapter utilizing your name and address): https://ebiz.moaa.org/PersonifyEbusiness/Default.aspx?TabId=171

The **second** way is to submit a check, made out to the MOAA Scholarship Fund and mail it to:

MOAA Scholarship Fund PO Box 1824 Merrifield, VA 22116-9917

SEE SCHOLARSHIP CONTINUED ON PAGE 10

2022 Contributions

DI A	[@ 5 00	and above

CDR Roberto Ortiz, USN (Ret.)

CAPT Doug Williams, USN (Ret.)

GOLD - \$250 to \$499

CAPT Loren Heckelman, USN (Ret.)

LCDR Daryl Holland, USN (Ret.)

CAPT Roger Blood, USN (Ret.)

SILVER - \$100 to \$249

Mrs. Joyce Harlan

CDR Carl Thoren, USN (Ret.)

LT Steven Hackney, USN (Ret.)

BRONZE - Under \$100

CAPT Mark Flaherty, USN (Ret.)

CAPT Ken Golden, USN (Ret.)

Mrs. Barbara Smith

CAPT John McKone, USN (Ret).

CAPT William Seaman, USN





<u>February Luncheon (02/17/2023)</u> - Atlantic Shores - Virginia Beach, VA. Social—1100 hours and Lunch —1200 hours. Menu and Speaker TBD. Reservations required by 1200 hours Tuesday, 14 February 2023. Call: CDR Bert Ortiz, USN (Ret) 757-560 -3671 or e-mail <u>bertortiz@cox.net</u>.

SCHOLARSHIP FROM PAGE 9

Note on your check that it is for the Hampton Roads Chapter ROTC Scholarship Fund. MOAA will continue to send receipts.

A **third** way is to contribute directly from bequests, wills, trusts, or IRA's. The fund tax identification number is 54-1659039. By contributing from the Required Minimum Distribution (RMD) of a qualified IRA, the taxable IRA income can be reduced by the amount of the contribution. The contribution check must be marked as a charitable contribution. With the change in the tax laws last year, some of our members have found this method to be beneficial. For additional detail, it would be best to contact your IRA fund manager for specifics relating to your IRA.

Veterans and transitioning military get a free year of LinkedIn Premium

LinkedIn offers <u>Veterans</u>, <u>VA caregivers</u>, and <u>Fry Scholars</u> a free 1-year premium career subscription, including one year of access to LinkedIn Learning.

The one year free upgrade to premium includes an incredibly valuable resource — a library of over 16,000 business, technical, and creative courses on LinkedIn Learning. This means that courses on software development, graphic design, leadership, data science, photography, and more are all available to eligible Veterans. Almost every professional skill has a course on LinkedIn Learning.

LinkedIn Premium also includes features such as InMail, seeing more profiles when you search, access to premium search filters, ability to view expanded profiles, and more. These are great for finding new career opportunities or developing new business leads.

Specifically for the Veteran community, LinkedIn has created two learning paths.

<u>Transition from Military to Civilian Employment</u>: This learning path will help you navigate your job search, helping you build your professional identity, prepare for interviews, negotiate salary, and even get promoted once you've been hired.

<u>Transition from Military to Student Life</u>: Covering everything from ACT/SAT/GRE test prep to essay writing, study skills, time management tips, and how to land an internship, this learning path should set you on a course to success — graduation and beyond.

To make the most of LinkedIn, use these resources:

<u>LinkedIn for Veterans</u>: This course provides a "LinkedIn 101" tutorial for everything from selecting and uploading the right picture to searching and applying for jobs.

Translating Your Military Skills to Civilian Employment: This course will help you understand the civilian hiring process and empower you to demonstrate your best self to potential employers.

<u>Finding Your Purpose After Active Duty</u>: This course is all about the intangibles of transition — understanding your value to civilian employers, dealing with the uncertainty of transition, and wrestling with some of the challenges inherent in this process.





Chapter Membership or Renewal Application

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

Surviving

	Ma	Make checks payable to HRCMOAA		Regular Dues		NEW		Spouse Dues	
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Please print (If renewing, enter of	only your name and infor	mation that has changed)		or Warrant	ember: Active, R Officer of the eigl Spouse: Survivoligible for regular	nt Uniformed r of any dece	Services. ased indivi		
Name**Last	,	First	Middle	or Initial	Date of	birth	//	YYYY	_
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E-mail address				Sp	ouse's Date of	birth	/ / -	YYYY	_
Mailing AddressNumber	and Street		City		S	tate	Zip	code	_
Home Phone	Work Ph	one		Ce	ll Phone				_
Member of National MOAA? Yes _ Not a National MOAA member yet?						mber? Yes	No _		
Enclosed is \$ in dues p	ayment								

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



From the Editor Hans Peter Juhl Hidle, LT USN (Ret)

Hi everyone. My name is Hans Peter Juhl Hidle and I am the new newsletter editor. If you don't think that my name sound really that American, well you are right. I was born and raised in Norway and after a year in Norwegian Army as border guard on the Norwegian—Soviet Union border, I enlisted in the US Navy as an Naval Aircrewman and Rescue Swimmer flying 2,500 hours in SH-3H Sea King and SH-60B Seahawk helicopters. After being promoted to Chief Petty Officer, I was commissioned as an Naval Intelligence Officer and served tours in Hawaii and here locally. Medically retired after 20 years, I

have worked as contractor or in the commercial sector as an Instructional Systems Designer (ISD) a fancy title for someone who creates eLearning and instructor led training.

As your newsletter editor, I need your help in creating the best possible newsletter. How can you help me do that? By sending me articles, photos, and anything else of interest to the chapter members. Participate in the Veterans Day parade? Send me a paragraph or two and pictures of the event. See an online article on new procedures at the VA Hospital that we all can use. Please send it my way. My email is—<u>hansjuhlhidle@gmail.com</u>. In advance, thank you.

I promise to include all your stories in the newsletter. It may not make the print edition of the newsletter, but it definitely will make the electronic version of the newsletter. Feedback, positive and negative, is always welcome. It may sting, but so does growth. Picture above is from our latest vacation trip to Hawaii a couple of weeks ago. We, the Boss and I, stayed at the Hale Koa as usual, which is highly recommended.

Warmest regards,

Hans P. Juhl Hidle



THE TRIBUTE

Hampton Roads Chapter, MOAA P. O. Box 4612

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MEMBERSHIP ALERT

If the date on your mailing label shows 2022, your membership expired on December 31, 2022. Please complete the membership renewal form on page 11. You may contact COL Larry King, USMC-Ret. at (757) 650-1086, Membership Chair. Rather than recycling your newsletter, please consider sharing your copy with a prospective member.

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Please consider volunteering your time with your chapter. Board of Director and Committee Member positions are available.

