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NEVER STOP SERVING

JAN & FEB Issue 2023

THE TRIBUTE

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



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Virginia State Tax Update:

By Kipp Hanley, MOAA:

MOAA's Virginia Council of Chapters is supporting legislation put forth by Delegate John J. McGuire ([HB 1436](#)) and state Sen. Bryce E. Reeves ([SB 1194](#)) to remove the age requirement from [last year's tax exemption law for military retirees](#).

In 2023, Virginia military retirees 55 years and older will have up to \$20,000 exempt from their retirement income after receiving a \$10,000 exemption in 2022. Retirees will receive a \$30,000 exemption in 2024 and \$40,000 in 2025 and beyond. The new law would remove the age requirements for all exemptions beginning with the 2023 tax year.

The law includes Guard and Reserve members and also applies to surviving spouses of military retirees, but does not include retirees from the U.S. Public Health Service and NOAA.

"There is very strong bipartisan support to remove the age 55 restriction for military retirees," said Virginia Council of Chapters State Legislative Affairs Chair Col. Monti Zimmerman, USA (Ret). "MOAA will look at helping get PHS and NOAA added to this in subsequent legislation."

Virginia MOAA is also supporting a bill sponsored by state Sen. T. Montgomery Mason ([SB 1210](#)) that would provide a tax credit of \$6,000 for members of the Virginia National Guard serving at the paygrade of O-5 or below. Members O-3 or below currently receive a \$3,000 tax credit. If passed, the law would take effect for the 2023 tax year.

 Hampton Roads Chapter, Military Officers Association of America



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,

Greetings as we are well into the new year of 2023. Your new HRCMOAA board, having been elected at last November's annual meeting, will be installed at the February 17th luncheon and is eager to get this year's program of events off and running. The February luncheon will be held in the Magnolia Room at Atlantic Shores. We are fortunate that Atlantic Shores is once again able to support our luncheon events. Our planned schedule of events is published on the chapter website (www.hrcmoaa.org) and also in this issue of the newsletter.

I'd like to thank everyone who contributed to our 2022 Scholarship Fund Campaign. The five-year campaign, which completed on December 31, 2022, was very successful and we exceeded our five-year goal of raising \$25,000.00 by over \$2,000.00. Based on the success of both of the last two campaigns, the board has decided to commission another campaign to run from 2023 – 2027. The annual goal remains at \$5,000.00 with a five-year total goal of \$25,000.00.

Here are the members of your HRCMOA board for the 2023-2024 term of office:

- President – Captain Loren Heckelman, USN (Ret)
- Immediate Past President – MG John McLaren, USA (Ret)
- Vice President – CDR Bert Ortiz, USN (Ret)
- Secretary – LtCol Matt Dumenigo, USMC (Ret)
- Treasurer – Vacant (Captain Loren Heckelman, USN (Ret) is acting until the position is filled)
- Director – Col Larry King, USMC (Ret)
- Director – Captain Andy Baan, USN (Ret)
- Director – LCDR Chris Mayfield, USN (Ret)
- Director/Surviving Spouse Liaison - Vacant

[SEE PRESIDENT CONTINUED ON PAGE 5](#)

HRCMOAA DIRECTORY

[PRESIDENT: \(757\) 646-6448](#)
[CAPT Loren Heckelman, USN \(Ret\)](#)

[VICE PRESIDENT: \(757\) 482-1995](#)
[CDR Bert Ortiz, USN \(Ret\)](#)

[SECRETARY: \(910\) 554-8575](#)
[LtCol Matt Dumenigo, USMC](#)

TREASURER:
Vacant

[PAST PRESIDENT: \(757\) 237-3611](#)
[MG John McLaren, USA \(Ret\)](#)

DIRECTORS

[Col Larry King "Live", USMC \(Ret\)](#)

[CAPT Andrew Baan, USN \(Ret\)](#)

[LCDR Christopher Mayfield \(Ret\)](#)

Vacant

COMMITTEES

[PROGRAMS: \(757\) 482-1995](#)
[CDR Bert Ortiz, USN \(ret\)](#)

[LEGISLATIVE AFFAIRS: \(757\) 754-1667](#)
[COL Jack Hilgers USMC \(ret\)](#)

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

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

[MEMBERSHIP: \(757\) 650-1086](#)
[Col Larry King, USMC \(ret\)](#)

[WEBMASTER: \(757\) 490-5792](#)
[Maj Clifton G. Furedy, USAF \(ret\)](#)

[TRANSITION LIAISON: \(757\) 646-6448](#)
[CAPT Loren Heckelman, USN \(ret\)](#)

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

PERSONAL AFFAIRS:
Vacant

COMMUNITY AFFAIRS:
Vacant

ACTIVE DUTY LIAISON:
Vacant

SURVIVING SPOUSE LIAISON:
Vacant

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Surviving Spouse Corner: Benefits of Pet Adoption

Nancy Mullen, MOAA:

According to the ASPCA, well over 6 million companion animals enter U.S. animal shelters every year and just under 1 million are euthanized each year. Thankfully, that number has been declining in recent years due in part to more publicity around adoption as well as ease of technology tools like social media and microchips that can help to reunite a lost pet with its family.

You might have thought about pet adoption and perhaps have some misgivings, and it is true that pet ownership is not right for everyone. After all, it can be a commitment of up to 20 years. Here are some adoption myths and why pet adoption might be right for you.

- *"Why adopt, not shop?" Adoption is cheaper, and you can save a life. Look into your local pet rescues and animal control shelters. Many will offer low cost adoption days or assistance with adoption fees and spay/neuter costs. Buying a pup from a pet shop may encourage the use of "puppy mills" or overbreeding. True, there are very reputable breeders that take great care of their animals, but consider all the animals that currently need a loving home that you could provide.*
- *"I can't get a purebred from a shelter." You'd be surprised at what you can find through your local rescues and shelters. If you want*

[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 12, 2022
Thank you, @jonstewart for your continued support of servicemembers and veterans! #PACTAct #burnpits #AgentOrange



Facebook

Military Officers Association of America (MOAA) · 21h · 🌐

Have you ever heard about Earl Hancock "Pete" Ellis? Here is why his legacy lives on.



MILITARY.COM
A Marine Predicted All of World War II in the Pacific 20 Years Before Pearl Harbor
When people think of World War II Marines, they probably think of John Basilone, "Pappy" Boy...



VA**U.S. Department
of Veterans Affairs**

Veterans, Gold Star Families get free lifetime pass to national parks, wildlife refuges, other public lands

On Veterans Day 2022, the National Park Service will unveil a lifetime pass providing free entrance to [national parks](#) for Veterans and their families. The Interagency Military Lifetime Pass waives entrance fees for the National Park Service and the U.S. Fish and Wildlife Service, and standard amenity recreation fees for the Bureau of Land Management, Bureau of Reclamation, U.S. Forest Service and U.S. Army Corps of Engineers sites for current military service members and their dependents, Veterans and Gold Star Families.

Veterans and their families have free access to approximately 2,000 public locations spread out across more than 400 million acres of public lands, which host activities to fit any lifestyle—from serene to high octane, including hiking, fishing, paddling, biking, hunting, stargazing, camping, and much more.

The Military Pass has been expanded to include a pass that does not expire for Veterans and Gold Star Family members. The National Defense Authorization Act of 2022 authorized a free lifetime pass to national parks and other federal recreational lands for eligible Veterans and Gold Star Families. In recent years, they were able to receive annual passes.

The America the Beautiful – the National Parks and Federal Recreational Lands Pass (Interagency Pass) Program

The Interagency Pass Program includes a free annual pass for active-duty members of the U.S. Military and their dependents. Current Military service members must show a valid (unexpired) Department of Defense ID. Dependents of current service members must show a valid (unexpired) DD Form 1173 AD or DEC.

How to get your Interagency Pass

Interagency Passes can be obtained in person while visiting a participating site. Visit [Places to Get Interagency Passes](#) for a searchable list and be sure to contact the site before you go, to make sure they are open and have passes in stock. In addition, Military passes, as well as those for seniors and persons with permanent disabilities, are available online through the [USGS Online Store](#) with an additional processing fee. Existing passes remain valid. You do not need to obtain a new pass if you already have a Lifetime Senior or Access Pass.

For more information about eligibility and passes, visit [Free Entrance to National Parks for Veterans and Gold Star Families \(U.S. National Park Service\) \(nps.gov\)](#).

The participating agencies also offer several fee-free days for everyone throughout the year to mark days of celebration and commemoration. Examples of fee-free days include the birthday of Martin Luther King, Jr., National Public Lands Day, Veterans Day and the signing of the Great American Outdoors Act.

Fee-free days and fee policies vary among the agencies, so it's best to check the agency website or contact the site you plan to visit in advance of your trip.

<https://news.va.gov/110751/free-lifetime-pass-to-national-parks>



Congressional Report Aims to Cut Deficit, But Would Cost Retirees Thousands

By Allison Reilly, MOAA:

A biennial report from the Congressional Budget Office (CBO) offering options to cut the deficit includes several proposals which could weaken or eliminate earned benefits for nearly all members of the uniformed services and veteran communities.

The CBO provides a 10-year overview of deficit-reduction measures once every two years, before the start of a new congressional session. As with past years, the report includes ways to reduce both mandatory and discretionary funding, as well as ways to increase federal revenue ... but it does not consider any long-term implications of these potential savings, nor the impact cuts would have on affected communities or on significant challenges facing the nation, such as military recruitment and retention.

These proposals, if enacted, could cost servicemembers past and present – and their families, survivors, and caregivers – thousands of dollars every year. Retirees and survivors would face TRICARE For Life enrollment fees and increased medical costs, and receive smaller cost-of-living increases for their retirement pay and survivor benefits. Veterans would see significant reductions in available VA care and reduced benefit payments. Servicemembers and their families would suffer from a cap on pay raises and cuts to a critical housing benefit.

MOAA has identified 13 options from the CBO report which could inflict such harm; we will continue to fight for our constituents to ensure proposals like these are not enacted, or even considered.

To read the full report: <https://www.cbo.gov/publication/58611>, to see a shortlist of proposed cut areas go electronic newsletter page 16.

PRESIDENT FROM PAGE 2

We are still seeking someone to join the board in the director position that is reserved for our Surviving Spouse Liaison. The Surviving Spouse Liaison does not have to be a surviving spouse. Any chapter member or spouse of a chapter member can fill this position. The main responsibilities of the Surviving Spouse Liaison are to maintain communications between surviving spouses and the chapter and chapter board – including providing relevant information for the newsletter and chapter website, to recruit new members and to encourage renewal when a surviving spouse membership expires. We also support Surviving Spouse luncheons and other events in addition to regular chapter events and the planning committee is available to help with coordination of any Surviving Spouse events.

We solicit your support with bringing new members to the chapter and ask that you invite eligible neighbors and friends to join us for a luncheon or other event to see what we offer. Membership is the lifeblood of our chapter and we need everyone's help to sustain current membership and bring aboard new members. Please share your Tribute newsletter with potential members in your neighborhood and other organizations you belong to and invite them to review the chapter website at www.hrcmoaa.org.

The best recruiters of new members are our current members and the best way to get a new member is through a personal contact. You can also refer potential members to our chapter membership chair, Colonel Larry King, USMC (Ret.), at 757-650-1086.

Lastly, we are still working to ensure we have a good email address for every member of the chapter. We are constantly working to ensure good communications via the newsletter and chapter website. Occasionally we need to send out notices electronically, but we don't have email addresses for all our current chapter members. To ensure we can communicate important or time sensitive 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 and email.

If you are interested in helping the chapter as a member of the board or any of our committees, please contact me at Loren.Heckelman@cox.net or via telephone at 757-646-6448.

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



SPOUSE FROM PAGE 3 *a specific breed, reach out to your local rescue organizations and shelters, and fill out an application listing your preference.*

- *"Shelter pets have behavioral issues." Some do, some don't, and there is no guarantee of an animal's disposition even if you buy one from a breeder. Most rescues want to see a successful placement so they will try their best to match an animal to a potential family based on their breed and observed demeanor. Want an energetic pup? They have it. Want a cuddly cat? They have those, too. House-trained pet? Yep. No time for pet training? Many will offer that as well. Just remember that you and your shelter pet need an adjustment period to get used to a new routine.*
- *"I'm older. What if the pet outlives me?" First, as many of us know, tomorrow is not guaranteed and as such, regardless of our age we should all have a care plan for who will care for our pets when we no longer can. Second, consider adopting a senior pet or fostering through a reputable rescue.*
- *"I can't afford it." Yes, pets can be expensive. If this is a concern, check into long-term foster programs where costs may be covered in part or in full. You might also want to consider pet insurance. ([MOAA Insurance](#) even offers a plan.)*

My two senior pups recently passed away, and when I was ready, I reached out to a few rescues in my area. I am now the dog mom to a 2-year-old, lazy, fully housebroken 45-pound, ridiculously cute, mixed-breed bundle of love and couldn't have asked for a better pup.

SURVIVORS



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Our New Neighbors Quickly Became Friends

Although Sharon and Boyd Nix can easily rattle off a list of what they love about living at Patriots Colony, the friendships they have made has meant the most.

Enjoy

- ★ Fine dining options at every meal
- ★ Social and cultural activities calendar
- ★ Fitness center with an indoor heated saltwater pool



Schedule a Personal Tour Today
757-220-9000 | PatriotsColony.com

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.

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>

February 16, 2023.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm)
<https://www.corporategray.com/jobfairs/467>

March 16, 2023.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm)
<https://www.corporategray.com/jobfairs/468>

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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 _____



Hampton Roads Chapter Successfully Completes Five-year Scholarship Fund Campaign

Congratulations and thank you to all the chapter members who contributed to our five-year Scholarship Fund campaign that ended on December 31, 2022. While we fell short by \$182.00 in the final year, we exceeded the overall five-year goal of \$25,000 by \$2,084.50.

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. The following is a breakdown of the chapter members who have contributed to the scholarship fund this year. [New contributions are shown in blue.](#)

2022 Contributions

PLATINUM— \$500 and above	
CDR Roberto Ortiz, USN (Ret.) (x2)	Capt. Doug Williams, USN (Ret.)
GOLD— \$250 to \$499	
Capt. Roger Blood, SC, USN (Ret.)	Capt. Loren Heckelman, USN (Ret.)
LCDR Daryl Holland.	CDR Robert Armour, SC, USN (Ret.)
SILVER— \$100 to \$249	
Mrs. Joyce Harlan	LtCol Matt Dumenigo, USMC (Ret.)
CDR Carl Thoren, USN (Ret.)	LT Steven Hackney, USN (Ret.)
BRONZE— Under \$100	
Mrs. Barbara Smith	Capt. Mark Flaherty, USN (Ret.)
Capt. Ken Golden, USN (Ret.)	Capt. John McCone, USN (Ret.)
Capt., Victor Olivarez, USN (Ret.)	Capt. William Seaman, USN (Ret.)

Below is the final status of our chapter scholarship fund campaign for 2022 and for the five-year campaign that covered 2018 – 2022:

	GOAL	Contributed	% of Goal	Need Dates	Still Need
HRCMOAA Scholarship Drive Status as of December 31, 2022	Total 5-Year Goal \$25,000	\$27,084.50	108%	12/31/2022	0 (exceeded goal by \$2,084.50)
	Annual Goal for 2022 \$5,000 (Year 5 of 5)	\$4,818.00	96%	12/31/2022	\$182.00



New Five-Year Scholarship Fund Campaign Begins for HRCMOAA

Based on the success of the two previous five-year scholarship fund campaigns, the HRCMOAA board voted to renew the five-year campaign program for 2023-2027. The board recognizes and appreciates the generosity of the chapter membership in helping the chapter continue this program to help students in our area with scholarships and grants from the Military Officers Association of America.

The MOAA Scholarship Fund Board gives preference in awarding scholarships and grants to children with HRCMOAA 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 the MOAA scholarships in the chapter’s name will always be from the area represented by our Hampton Roads Chapter.

The chapter has already received its first contribution toward this new five-year campaign and the board hopes we will be as successful in this campaign as we have been in the previous two.

Below is the current status of our chapter scholarship fund campaign for 2023 and for the five-year campaign that will cover 2023 - 2027:

HRCMOAA Scholarship Drive Status as of January 31, 2023	<u>GOAL</u>	<u>Amount Contributed</u>	<u>% of Goal</u>	<u>Need by Date</u>	<u>\$ Still Needed</u>
	Total 5-Year Goal: \$25,000	\$50.00	0%	12/31/2027	\$25,000.00
	Annual Goal for 2023 (Year 1 of 5): \$5,000	\$00.00	0%	12/31/2023	\$5,000.00

New Five-Year Campaign began January 1, 2023 and runs through December 31, 2027

How You Can Contribute to the Hampton Roads Chapter Scholarship Fund

The Hampton Roads Chapter has been very successful and fortunate in its previous two five-year scholarship fund campaigns thanks to the generosity of the chapter members and their commitment to helping young men and women attend college through scholarships and grants from MOAA. As a result of the success in the previous two campaigns, the board decided to commission another five-year scholarship fund campaign to run from 2023 through 2027 with an annual goal in each year of \$5,000.00 and an overall five-year goal of \$25,000.00.

There are several ways you can donate to the HRCMOAA scholarship fund. All donations are tax deductible as the MOAA Scholarship Fund is a qualified IRS 501(c)(3) entity.

The first way is for members to submit their donations online by using the following website URL:
<https://charities.moaa.org/>

The second way is to submit a check, made out to the MOAA Scholarship Fund and mail it to:
 MOAA Scholarship Fund
 P.O. Box 1824
 Merrifield, VA 22116-9917

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

A third way is to make a Qualified Charitable Distribution. 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 recent changes in the tax laws, some of our members have found this method to be beneficial.

You can make qualified charitable distributions (QCDs) of varying amounts to more than one charitable organization each year. IRA owners age 70 ½ or older can give up to \$100,000 a year directly from their IRA to qualified charities. But you can split that amount among multiple charities. Say you want to give a total of \$50,000 through the



2023 CONTRIBUTIONS FROM PAGE 9

QCD move. You could give five charities \$10,000 each, for instance, or two charities \$25,000 each. Just tell your custodian which charities you want to support and how much to transfer directly from your IRA.

Not only will the charity benefit from the QCDs, but you will too. The QCD amount is excluded from your taxable income and can also count toward your annual required minimum distribution. It's a win-win-win. For additional details, it would be best to contact your IRA fund manager, personal financial planner or tax accountant for specifics.

You also may contribute directly from bequests, wills, or trusts. You can find suggested language here:

<https://www.moaa.org/content/about-moaa/scholarship-fund/scholarship-fund-planned-giving/>

Finally, the chapter treasurer or president will accept cash contributions or checks at any of our chapter events.

2023 Contributions

PLATINUM— \$500 and above

GOLD— \$250 to \$499

SILVER— \$100 to \$249

BRONZE— Under \$100

UPCOMING Events

February Luncheon (02/17/2023) - Atlantic Shores - Virginia Beach, VA. Social—1100 hours and Lunch —1200 hours. Menu TBD, Speaker TBD and Installation of Officers.

Reservations required by 1200 hours Tuesday, 14 February 2023. Call: CDR Bert Ortiz, USN (Ret) 757-560-3671 or e-mail bertortiz@cox.net.

April Luncheon (04/21/2023) - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Menu TBD, Speaker HRBT Tunnel Expansion Brief.

Luncheons planned for 2023: 5/19/2023, 9/22/2023 and 11/17/2023. Other events on the calendar for 2023. Dinning Out—Mar, TBD. Multi Chapter Brunch—Jun/Jul, Chapter Brewery Social— Aug, TBD, Christmas Dinner Dance— 12/2/2023, Atlantic Shores.





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

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

Make checks payable to HRCMOAA

Table with columns: Regular Dues, NEW RENEWAL, Surviving Spouse Dues. Rows for 1 Year, 2 Years, 3 Years.

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, Not a National MOAA member yet?, Enclosed is \$, Signature.

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

From the Editor

Hans Peter Juhl Hidle, LT USN (Ret)

I am back with another edition of the Tribute. Hope everyone had a great Holiday Season and have started the New Year, 2023 on a great note by setting goals for the year. Hans' big goal for the year is to get in better shape. You know Hans, round is a shape too. Yes it is, but not the desired shape I wish to be in and therefore needs a little refinement.

After thinking about it, why not go big. So here it is: Hans' biggest goal for 2023 is to complete the Marine Corps Marathon in Washington D.C. on 29 October in under 4 hours, which is about 9 minute mile pace. Whether or not I succeed only time will tell. I will provide updates on my progress in future



newsletters.

As I said in the last newsletter, I need your help in creating a great newsletter. Only you know what you want to see in the newsletter. Without your input I am just stabbing in the dark for topics you may enjoy reading. Have a humorous story from your days in uniform, send it over. It is amazing the number of great stories that are lost over time. When stationed in Hawaii, we, a group of Naval Intel Professionals, thought that there were no more December 7th, 1941 stories and we were wrong: very wrong. Also, in my "spare time", I am putting together my USN service time coffee table book with pictures and other mementos from my 20 years and I am finding that some of the details are becoming a little fuzzy around the edges as time has gone by. So, send me your stories.

To ensure the newsletter comes out in a timely manner, I need your stories ahead of time. The date for this newsletter has, of course, already past, but you have 5 more chances this year to make it up to me this year alone. Input dates are as follow; 15 March, 15 May, 15 Jul, 15 September and 15 November. Thanks for your input.

Sincerely,

Hans P. Juhl Hidle



THE TRIBUTE

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PERMIT #2135

MEMBERSHIP ALERT

If the date on your mailing label shows 2022, your membership expires 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.

ADDRESS SERVICE REQUESTED

“Dated Material Do Not Delay”

JAN/FEB 2023

(Label Here)



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



Electronic Newsletter

To keep up with the trends in the pharmacy community, Naval Medical Center Portsmouth (NMCP) is transitioning to an electronic prescription only system. On the next three pages, we are providing our members information on changes at area Pharmacies. The next chapter luncheon on 2/17/2023, a representative from NMCP Pharmacy will brief members on the newly implemented changes.



Transition to Digital Prescriptions

E-prescriptions are safer and quicker to process than hard copy (paper) prescriptions. Naval Medical Center Portsmouth Pharmacy will soon transition to only accepting E-prescriptions.

What this means for you, our patrons:

As of 3 January 2023, hard copy (paper) prescriptions will no longer be accepted at Naval Medical Center Portsmouth or its Branch and TRICARE Prime Pharmacies.

[Hard copy \(paper\) prescriptions for controlled substances will be accepted through 1 February 2023](#)

Please share this information with all of your healthcare providers.

Starting 3 January 2023, all non-controlled prescriptions must be sent electronically from your Doctor's office.

The Doctor's office can E-prescribe to our pharmacy at:

- [DoD PORTS VA NMC ePhcy \(Pharmacy NCPDP/NPI Number is 4845371/1548673205\)](#)
- We will only accept hard copy (paper) prescriptions for controlled substances until 1 February 2023 at which point, all prescriptions must be submitted electronically.
- Before presenting to the Pharmacy to pick up your medications, activate your new or renewed prescription by texting "get in line" to 1-833-217-2199.

[Please ask any pharmacy staff member for clarification or additional information.](#)



Q-Anywhere



New Prescription Activation by Text

It's easy to activate your new prescriptions at the pharmacy by text using the Q-Anywhere system.

Just follow these 10 steps.

Step 1 – Just text the words “get in line” to **833-217-2199**.

Step 2 – The system will ask for the 10-digit DoD Id number for the patient receiving the medication.

Step 3 – Enter the DoD ID Number - found on the patients ID or in DEERS.

Step 4 – The system will verify who the prescription is for.

Step 5 – Reply “edit” if the information needs to be changed. Reply “done” if it is correct. Or add an additional patients DoD ID if you are activating prescriptions for multiple patients.

Step 6 – The system will ask you to select the pharmacy you would like to pick up your prescription from.

Step 7 – Once you choose you will receive a confirmation and a Q-number for your prescription.

Step 8 – If there is a problem or question regarding your request, a pharmacy representative may reach out to you via phone or via text for clarification.

Step 9 – You will receive a text when your prescription is ready to pick up. Please do not report to the pharmacy until you receive this text.

Simply text “I am here” when you arrive at the pharmacy you chose that day.

If you are returning any day within the following 14 days, you will need to check in at the kiosk and get a Return for Pickup ticket.

Step 10 – The system will send you a message acknowledging your arrival. When it is your turn to be served, your Q-number will then be called to a pharmacy window.

Activate your prescription from anywhere

Pick them up when they are ready

January 6, 2023





NEW

Pharmacy Instructions

Naval Medical Center Portsmouth and Clinics



New Prescriptions

Use Q-Anywhere

- Available during your selected pharmacy's work hours.
- Text **"get in line"** to **(833) 217-2199** or scan the QR Code and follow the prompts.
- You will receive a text message when your prescriptions are ready for pickup.
- Once prompted, text **"I am here"** upon arrival at the pharmacy you selected and listen for your number.

Renew Prescriptions

Contact your provider

If your current prescription has no refills remaining, you must contact your provider for a prescription renewal.

Refill Prescriptions

Call The Refill Line

- (757) 953-6337
- or TOLL-FREE (866) 285-1008

- Hard copy prescriptions for non-controlled substances are no longer accepted at NMCP or its clinic Pharmacies.
- Hard copy prescriptions for controlled substances will no longer be accepted after February 1, 2023.
- After that date, all prescriptions must be submitted electronically by your provider.

For more information please visit the NMCP Pharmacy Website at <https://portsmouth.tricare.mil/Health-Services/Pharmacy> or call (757) 953-0258.

MHS GENESIS will "go live" at NMCP on January 21, 2023.

- The above processes will remain after the "go-live" date.
- Request prescription renewals and refills as early as possible (up to 21 days early on a 90-day supply).
- Patients will no longer be able to activate prescription refills through the TRICARE Online Patient Portal and this service will not be available in the new MHS GENESIS Patient Portal.

January 4, 2023



MOAA has identified 13 options from the CBO report which could inflict such harm; we will continue to fight for our constituents to ensure proposals like these are not enacted, or even considered.

Mandatory Spending

- Introduce Enrollment Fees for TRICARE For Life
- Introduce Minimum Out-of-Pocket Requirements in TRICARE For Life
- Means-Test VA Disability Compensation for Veterans with Higher Income
- End VA's Individual Unemployability Payments to Disabled Veterans at the Full Retirement Age for Social Security
- Reduce VA's Disability Benefits for Veterans Who Are Older Than the Full Retirement Age for Social Security
- Narrow Eligibility for VA's Disability Compensation by Excluding Veterans With Low Disability Ratings
- Use an Alternative Measure of Inflation to Index Social Security and Other Mandatory Programs

Discretionary Spending

- Cap Increases in Basic Pay for Military Service Members
- Replace Some Military Personnel With Civilian Employees
- Reduce the Basic Allowance for Military Housing to 80 Percent of Average Housing Costs
- Increase Prescription Drug Copayments for All Veterans
- End Enrollment in VA Medical Care for Veterans in Priority Groups 7 and 8

Revenues

- Include VA's Disability Payments in Taxable Income

How You Can Help

We need to let Congress know where beneficiaries stand on these issues. Watch *The MOAA Newsletter* and [MOAA's Advocacy News page](#) for ongoing updates throughout the year, beginning next month with an opportunity to tell Congress what you think about the CBO's ideas to increase out-of-pocket costs for Tricare For Life beneficiaries, especially in the face of recent cuts to the [TRICARE retail pharmacy network](#).

