

### 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 [Veterans Yoga Project](#)
- 5 [Honor Flight \(cont.\)](#)
- 6 [President \(cont.\)](#)
- 7 [Military ID Card Notification](#)
- 7 [Career Corner](#)
- 8 [Upcoming Events](#)
- 8 [Battleship Barrell](#)
- 9 & 10 [5 Year Scholarship program](#)
- 11 [From the Editor](#)
- 12 [Leadership Awards](#)
- 13 [ODU Commissioning](#)
- 14 [NSU Commissioning](#)
- 15 [Chapter Luncheons](#)

### Honor Flight

By CAPT Mike Barea, USN (Ret.)

For the past 14 years a Zero Dark Thirty muster occurred on two Saturdays annually. One in the Fall and the other during the Spring.



Countless numbers of active duty, students, volunteers, family members and friends have come out to pay collective respects and render honors to WWII, Korean War and Vietnam War Veterans as they loaded up in waiting buses to take them to Washington DC to visit War Memorials built in their honor.

On Saturday October 20, 2018 was the FINAL MISSION #20 under the title "Honor Flight Historic Triangle (Williamsburg, Virginia). For over ten years Old Dominion University NROTC Hampton Roads, Old Dominion University AROTC Monarch Battalion, Princess Anne

and Lands Town High Schools respective Navy/Army ROTC and NJROTC students were there supporting our veterans. Other civic organizations were also present during these events. Board of Director members from the Hampton Roads Chapter Military Officers Association of America,

**SEE HONOR FLIGHT CONTINUED ON PAGE 5**

 Hampton Roads Chapter, Military Officers Association of America



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,

Thanks to those who attended our April and May luncheons. Both were well attended and interesting programs. Our next event is the joint brunch with The Portsmouth Area Chapter (PAC), Peninsula Chapter (VIP), and the Hampton Roads Chapter (HRC). The brunch buffet will be at Roger Brown's Restaurant on Sunday 16 July from 1000 to 1300. The address for Roger Brown's is 316 High Street Portsmouth, VA 23704. More information will be published on our web site and emailed out, if it hasn't already by the time you are reading this. Plans are in work for the remainder of our luncheons this year and the schedule of events is published on the chapter website ([www.hrcmoaa.org](http://www.hrcmoaa.org)).

I'd like to thank John Uhrin for volunteering to return to the board in one of our vacant director positions. He was voted in by the membership and installed as a board director for the 2023-2024 term at the April luncheon. We are still looking for additional assistance so please consider helping out in whatever capacity is appropriate for you.

I also want to thank all those who helped with the recent commissioning and leadership award cycle. We had several new volunteers for those events and also for the Old Dominion Honor Flight Mission #4 send-off. The more volunteers we have, the lighter the load for each of those participating. Thank you to LtCol Clarissa Blair USMC, Captain Kevin Kearney USN (Ret), Captain John McKone USN (Ret), Captain Steve Nimitz USN (Ret) and LCDR Jim Landis USN (Ret), who all joined our long-time presenters in representing the Hampton Roads Chapter at both ROTC and JROTC commissioning and award ceremonies over the past month or so. We greatly appreciate your assistance.

Our biggest challenge remains sustaining and growing our membership. We need everyone's support in introducing potential members to the chapter. Bring them to an event as your guest and tell them how the chapter supports its membership with luncheons, this newsletter,

[SEE PRESIDENT CONTINUED ON PAGE 6](#)

## 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 (Ret.)

TREASURER:  
Vacant

PAST PRESIDENT: (757) 237-3611  
MG John McLaren, USA (Ret.)

## DIRECTORS

Col Larry King "Live", USMC (Ret.)

LCDR Christopher Mayfield, USN (Ret.)

CDR John Uhrin, USN (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

**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: LT Hans P. Juhl Hidle, USN (Ret). Telephone (757) 343-0114 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.



SURVIVORS



From celebrating joyous occasions like Mother’s Day and graduations and welcoming warmer weather and spring flowers to enduring the sometimes melancholy days of spring showers and the remembrances of the fallen at Memorial Day, the month of May can sometimes feel like an emotional roller coaster.

It might help to have some strategies for handling lows. Consider these tips:

- Seek out the friendship and companionship of others. Do something you enjoy with a friend or family member.
- Take a walk, and enjoy being outside on a nice day.
- Give your time to a worthy cause. Support those less fortunate, or visit someone who is lonely.
- Learn something new. Try a new craft or hobby.
- Listen to music. Maybe try a genre or artist you have not listened to before.
- Label and organize your photos. Relive the happy memories by documenting the stories behind your photos.
- Write a letter. A handwritten note or card is always welcomed.
- Attend a patriotic event. Watch a Memorial Day parade, or help place flags at a local cemetery.
- Make new friends by participating in your local MOAA chapter or the Surviving Spouse Virtual Chapter.

SURVIVORS



# Social Media Clicks



## Twitter

MOAA Retweeted

**Brian T. Kelly** @MOAAPrez · May 18

Reserve component members who earned early retirement pay through deployment credits should receive their full retirement package, including health care coverage.



military.com

Guardsmen and Reservists Who Retire Early Could Get Cheaper Hea...  
National Guardsmen and reservists who retire before age 60 would be eligible for low-cost military health care plans under a bill being ...

2 retweets, 2 likes, 181 views

## Facebook

Military Officers Association of America (MOAA)

1d · 🌐

Learn how to take action and urge your legislators to support H.R. 542 and Provisions in S. 141.



MOAA.ORG

These MOAA-Backed Bills Will Help the VA Support Older Veterans  
Mark Older Americans Month by asking your lawmakers to join our work to tackle this growin...

7 likes, 1 share

Like Comment Share

Write a comment...





U.S. Department of Veterans Affairs

## Veterans Yoga Project supports recovery through mindful resilience yoga

By Erik Dahlgren, VA: Yoga is a mind and body practice with origins in ancient Indian philosophy. It combines physical posture, breathing and meditation techniques, which have demonstrated improved mental health, sleep and quality of life outcomes for Veterans suffering from PTSD.

According to the National Center for PTSD, approximately 7 out of every 100 Veterans will experience PTSD at some point in their lives. Some also struggle with chronic pain, depression and anxiety. These challenges can make it difficult for Veterans to transition back to civilian life and find ways to manage their symptoms.

Dr. Daniel Libby recognized the potential benefits of yoga and mindfulness while providing psychotherapy for Veterans recovering from PTSD. “One of my Veterans approached me and told me that he had stopped taking his sleep medications because now he could meditate to go to sleep. That moment was profound,” he said.

Dr. Libby began offering free yoga classes to Veterans in his community, which quickly grew into a larger organization dedicated to serving the unique needs of the Veteran population. In 2014, he founded the nonprofit organization Veterans Yoga Project (VYP) ([www.veteransyogaproject.org](http://www.veteransyogaproject.org)) with the aim of providing accessible and effective healing practices for Veterans and their families. Today, VYP provides yoga and mindfulness resources, teacher training programs, and community building opportunities to support recovery and resilience among Veterans and their loved ones.

On the journey to recovery and building resilience, the first step can be the hardest one. VYP has several ways to help Veterans get started:



### Find a free online yoga class:

Search the schedule of yoga classes specifically for Veterans, their families and caregivers. Classes are offered daily and cover stretching, breathwork, and stress management from beginning to advanced levels.

### Attend an in-person class

Search the class locator to find free, in-person classes. Classes are taught throughout the country by graduates of VYP’s Mindful Resilience Training for Trauma Recov-

ery program.

### Get training to teach Mindful Resilience

VYP’s goal is to make mindful resilience techniques available to all Veterans. To accomplish this, they offer no-cost access to their training programs through scholarship programs for those wanting to teach in their community.



HONOR FLIGHT FROM PAGE 1

Veterans of Foreign Wars (VFW) members and VFW Riders were also present providing much needed support.

Old Dominion University's (ODU) Army ROTC Monarch Battalion provided a Non-Commissioned Officer-In-Charge (NCOIC) ensuring the placement of personnel and adhering to the itinerary to make the Southside Departure Ceremony run smoothly and efficiently so that buses were loaded and departed on schedule.

Now under the banner of The Old Dominion Honor Flight (ODHF) Mission #4 the rendering of honors to our wars veterans continued and was conducted during the early hours on Saturday April 22, 2023, at The Mariners Museum in Newport News. Despite the change in the venue's location adding significant travel time for southside participants it was still well supported. ODFH Mission #1 was executed on Nov 2, 2019, and the Indian River Road Park & Ride was the Southside departure point.

A cloudy damp and cool morning and sunrise was the backdrop for the continued presence of University ROTC and High School NJROTC students who continued their remarkable support. Students and family members enjoyed having a sit-down breakfast with veterans before loading up the buses. As veterans loaded the buses, they were honored by students rendering honors

standing at attention with hand salutes held until the last veteran boarded the bus. Students then repositioned to render honors when buses departed. Veterans of Foreign Wars (VFW) Riders and Virginia's State Police escorted Buses from The Mariner's Museum to places north of Quantico, Northern Virginia. In addition to participating attendees several Board of Directors Hampton Roads Chapter Military Officers Association of America (HRCMOAA) were present lending their assistance.

No words can express the thanks and gratitude to these Honor Flight participants who showed up in force to show their respects that left a favorable impression with our treasured veterans.

Many of the veterans commented on the presence of our Active Duty, University and High School students stating how lucky we are having our country's youth take up the call to defend the cloth of our nation. The veterans were very proud of them all. It is very gratifying seeing all of them coming out supporting this very important and meaningful departure event for the past 14 years.

As many of you know Honor Flight is a national organization that takes WW II (not many left), KOREAN WAR and VIETNAM veterans to Washington, DC to visit their WAR MEMORIALS built in their honor. Honor Flight Historic Triangle Virginia (HFHTVA) was a Williamsburg-based non-profit organization established in October 2008 with one goal: To take every World War II, Korean War and terminally ill veteran in the Hampton Roads and Richmond areas that is able and has not visited the World War II Memorial built in their honor on a charter bus day trip to Washington, DC. That same charter has been assumed by Old Dominion Honor Flight with Mission #5 will be conducted in the Fall November 4, 2023. There is no charge to the veterans as they paid for it through their dedicated service to our great nation. The National Honor Flight Network, which was founded in 2005 has a network of 130 participating programs in 45 States and is responsible of transporting over 250,000 Veterans to the nation's capital. Please go to <https://olddominionhonorflight.org> for further information regarding veteran's application process and serving as a guardian.



PRESIDENT FROM PAGE 2

our website and emails with valuable information regarding benefits and legislative initiatives of concern. 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](http://www.hrcmoaa.org).

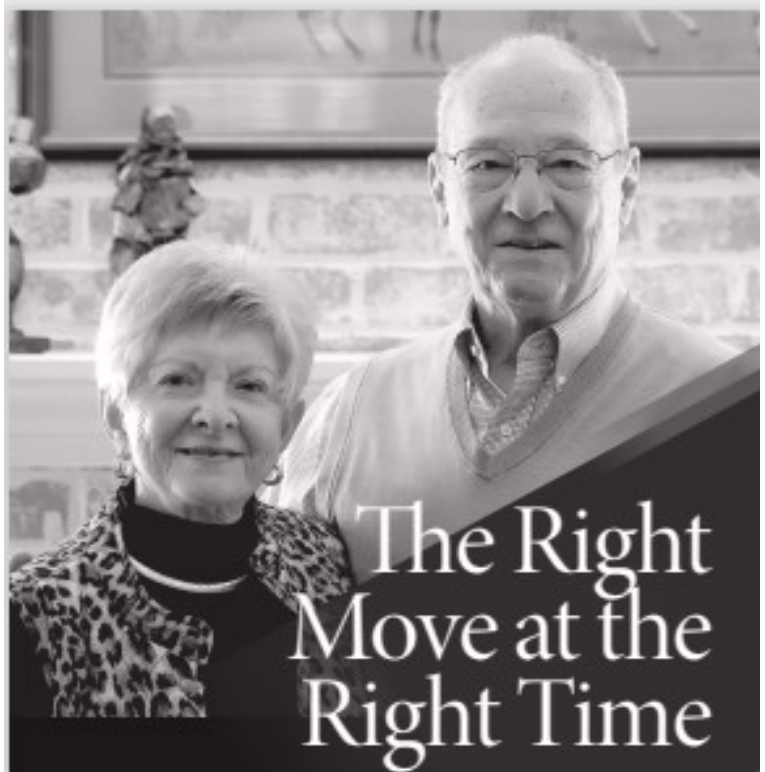
*The best recruiters of new members are our current members and the best way to get a new member is through a personal contact. You can also refer potential members to our chapter membership chair, Colonel Larry King, USMC (Ret.), at 757-650-1086.*

If you aren't receiving emails from the chapter periodically, then we either don't have an email address for you or the one we have is no longer valid. We work hard to ensure good and timely communications via the newsletter and chapter website but occasionally we need to send out notices electronically to our 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](http://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. We do not share our member email addresses with anyone.

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](mailto:Loren.Heckelman@cox.net) or via telephone at 757-646-6448.

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



# The Right Move at the Right Time

**Bonnie and Wayne Jefferson (USAFA '59) decided on Patriots Colony At Williamsburg**

Bonnie enjoys bridge and a Bible study group while Wayne tinkers with golf, a painting class and German club.

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). Enjoy gourmet dining options, an enriching social and activities calendar while being close to all the culture of this historic area.

*"When we moved in, it wasn't five minutes before our new neighbors brought us a bottle of wine. It's a great community."*



Schedule Your Personal Tour Today  
800-716-9000 | [PatriotsColony.com](http://PatriotsColony.com)

## HOUSE OF printing

(757) 631-6313 • [contact@houseofprintingva.com](mailto:contact@houseofprintingva.com)  
811 S. Lynnhaven Road • Virginia Beach, VA 23452  
(757) 631-6316 Fax • [www.houseofprintingva.com](http://www.houseofprintingva.com)

PRINTING - COPIES - DESIGN

## 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](http://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/>



Virginia Employment Commission at: <https://https://www.vex.virginia.gov/job-fairs>

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

### July 20, 2023.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm) <https://www.corporategray.com/jobfairs/472>

### Sep 21, 2023.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm) <https://www.corporategray.com/jobfairs/473>

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 \_\_\_\_\_



## UPCOMING Events

**Multi Chapter Brunch (0716/2023)** - Roger Brown's—Portsmouth, VA Brunch 1000—1300.

**September Luncheon (09/22/2023)** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker TBD.

**November Luncheon (11/17/2023)** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker TBD.

Reservations required by 1200 hours Tuesday, 20 September 2023 or Tuesday 11 November 2023. Call: CDR Bert Ortiz, USN (Ret) 757-560-3671 or e-mail [bertortiz@cox.net](mailto:bertortiz@cox.net).

Other events on the calendar for 2023. Chapter Brewery Social— Aug, TBD, Christmas Dinner Dance— 12/2/2023, Atlantic Shores.

## Battleship Barrell Moved



VIRGINIA BEACH, Va. (WAVY) – The newly restored USS Iowa (BB 61) Battleship Barrel #270 made its way from Portsmouth to Joint Expeditionary Base (JEB) Fort Story on 22 May.

According to a press release, the 70-foot long, 120-ton barrel made its way overnight from Marine Specialty Painting Facility and arrived at JEB Fort Story near the Old Cape Lighthouse. Marine Specialty Painting Facility unveiled the restored barrel on April 19. The company has been working to restore the barrel since it arrived at the facility in February.

This barrel is the last of nine that were previously stored at St. Juliens Creek Annex in Chesapeake. The USS Iowa, which is designated as the “World’s Greatest Naval Ship”, was built in New York and was commissioned in February 1943 at the height of World War II.





## New Five-Year Scholarship Fund Campaign Begins for HRCMOAA

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.

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 May 01, 2023	GOAL	Amount Contributed	% of Goal	Need by Date	\$ Still Needed
	Total 5-Year Goal: \$25,000	\$830.00	3.3%	12/31/2027	\$24,170.00
Annual Goal for 2023 (Year 1 of 5): \$5,000	\$830.00	16.6%	12/31/2023	\$4,170.00	

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 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.



---

**2023 CONTRIBUTIONS FROM PAGE 9**

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**

CAPT Loren Heckelman, USN (Ret.)

**CAPT Roger Blood, USN (Ret.)****SILVER— \$100 to \$249**

LtCol Carl W. Carrell, USMC (Ret.)

CAPT Patricia McFadden, USN (Ret.)

**BRONZE— Under \$100**

CWO4 Jim Fagnant, USCG (Ret.)

LT Stephen A. Hackney, USN (Ret.)

CAPT William B. Seaman, USN (Ret.)





**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](http://www.hrcmoaa.org/join.shtml)

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

Make checks payable to **HRCMOAA**

<b>Regular Dues</b>	<b>NEW</b>	<b>Surviving Spouse Dues</b>
1 Year: \$20.00	<b>RENEWAL</b>	1 Year: \$10.00
2 Years: \$35.00	Circle years & amount	2 Years: \$17.00
3 Years: \$45.00		3 Years: \$23.00

**Regular Member:** Active, Reserve, Retired or Former Commissioned or Warrant Officer of the eight 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)**

Date MM / DD / YYYY Recruiter \_\_\_\_\_

Name\*\* \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Date of birth MM / DD / YYYY  
Last First Middle or Initial

Grade \_\_\_\_\_ Service \_\_\_\_\_ Component \_\_\_\_\_ (Ex: USAR, USMCR, USAFR, USNR, ANG, ARNG)

Status Active - Reserve - Retired - Former - Surviving Spouse Service Dates MM / YY to MM / YY Retired Date MM / DD / YYYY  
Circle one

Spouse's Name \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last First Middle or Initial

E-mail address \_\_\_\_\_ Spouse's Date of birth MM / DD / YYYY

Mailing Address \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Number and Street City State Zip code

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Member of National MOAA? Yes \_\_\_ No \_\_\_ If Yes, MOAA Number\*\* \_\_\_\_\_ MOAA Life Member? Yes \_\_\_ No \_\_\_

Not a National MOAA member yet? Check here to receive a BASIC National Membership at no cost to you \_\_\_

Enclosed is \$ \_\_\_\_\_ in dues payment

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

[Click on the above form to renew online \(or print and mail\)](#)

## From the Editor



*Hans Peter Juhl Hidle, LT USN (Ret.)*

Happy Summer. The weather is slowly getting warmer although it seems to be stuck on the cold side. Well at least lately. If you haven't figured it out. I am the ugly one in the picture the others are Sophia, Anabella, and Madelena, our grand-daughters.

Do I have to? Well, yes I do. Hans, how is it going. As soon as my sniffles were gone, I twisted my knee and since it's taking longer to heal as I am getting older, it took longer than expected to get into running. I am, however, back to pounding the pavement into submission.

Wow, did people step and contribute articles to the newsletter, absolutely. There were so many that some of them didn't make it. Keep it coming as it is better to have too much than not enough. In the newsletter, the highlight article is CAPT Barea's input from the latest Honor Flight.

We have elected to have a larger print version which articles and pictures from Leadership Award Ceremonies, and Commissioning Ceremonies at both Norfolk State University (NSU) and Old Dominion University (ODU). Thanks for your input. I am looking forward to seeing what you are doing this summer to include the Luncheon at Roger Brown's in July.

Sincerely,

Hans P. Juhl Hidle





## Green Run High School Leadership Award

On 10 May 2023, MG John McLaren presented the MOAA Leadership Award to Cadet Petty Officer Sherwin Buquid, Jr during the annual Awards Night at Green Run High School.

The NJROTC program has had national recognition over the years under the leadership of CDR Brown and 1Sgt Robles. Green Run High Schools NJROTC program has been ranked 1st in the Nation in 2018, 2nd in 2019, 8th in 2021, 4th in 2022, 7th in 2023, and 1st in Area Five in 2020. A distinguished record and outstanding and dedicated Cadets and staff, showing commitment to our Nation.

## Hampton Roads MOAA Chapter Leadership Award



On 15 April 2023, the annual MOAA Leadership Award from the Hampton Roads Chapter of MOAA was presented to Officer Candidate Matthew Allen of the Hampton Roads Naval Reserve Officers Training Corps. Representing HRCMOAA and presenting the award were MG John McLaren USA (Ret) and LtCol Clarissa Blair USMC.



## Old Dominion University Commissioning Ceremony



Old Dominion University's (ODU) Chartway Arena was the site for the annual Spring US ARMY and US NAVAL SERVICE ROTC Commissioning Ceremony held on Thursday 4 May 2023. The US Army's ODU Monarch Battalion, commanded by MAJOR Brandon Shah, USA commissioned 14 Second Lieutenants in the US Army, Army National Guard and Army Reserves. The Hampton Roads NROTC Unit, commanded by CAPT Brian Becker, USN is a consortium comprised of four universities and a community college: Old Dominion University, Norfolk State University, Regent University, Hampton University and Tidewater Community College. The Naval Service ROTC Unit commissioned 6 Ensigns in the Navy and 6 Second Lieutenants in the United States Marine Corps.

A total of 26 students were developed morally, mentally, physically and were imbued with the highest ideals of duty, honor, and loyalty to commission college graduates as military officers who possess a basic professional background, are motivated toward careers in the military, and have a potential for future development in mind and character to assume the highest responsibilities of command, citizenship, and government. Opening remarks were provided by University Representatives and the ceremony was honored to have, as its guest speaker, Rear Admiral (RADM) John Meier, USN, Commander, Naval Air Force Atlantic who provided keynote remarks and issued the Oath of Office.

RADM Meier is a graduate from the United States Naval Academy with a Bachelor of Science in General Engineering. Meier's operational and shore assignments included Electronic Attack Squadrons (VAQ), Carrier Air Wing Two and Executive Officer onboard USS Harry S. TRUMAN (CVN 75), Commanding Officer of Pre-commissioning Unit GERALD R. FORD (CVN 78) and commanded Carrier Strike Group Ten (CSG 10). He was recognized as Instructor Pilot of the Year, served as EA-6B placement officer and senior operations officer and emergency actions officer on the Chairman of the Joint Chiefs. He has accumulated over 4,000 flight hours and 675 carrier landings. His decorations include the Legion of Merit and various other personal and unit level awards.

MOAA Hampton Roads Chapter Board of Director Captain Mike "Breeze" Barea, USN (Ret), and LtCol Clarissa Blair, USMC attended the ceremony presenting GOLD BARS to newly Commissioned Officers following respective ceremonial acknowledgements.





## Norfolk State University Commissioning Ceremony

On 5 May 2023, MG John McLaren USA (Ret.) and Lt Col Clarissa Blair USMC (Ret.) presented Gold Bars to the Army's twelve newest Second Lieutenants.

The twelve Lieutenants are:

2LT Patricia Brown  
 2LT Michael Fletcher  
 2LT Ashley Flewellen  
 2LT Nathan Foster  
 2LT Nasheed Hinton  
 2 LT Tamia Houston  
 2LT Chigene Onyirimba  
 2LT Gerald Patterson  
 2LT Eric Ross  
 2LT Johntac Stokes  
 2LT Brandi Turner  
 2LT Wendy Wilson.

The ROTC staff at NSU produced a fine set of new officers for the Army and they are to be commended for these outstanding future leaders for our Nation.

All parts of the Army were represented by the Lieutenants commissioned, Active, National Guard and Army Reserve.

### — 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>



# Pictures from Chapter Luncheons



"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same."

President Ronald Reagan

## Never Stop Serving



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

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

ADDRESS SERVICE REQUESTED

“Dated Material Do Not Delay”

MAY / JUN 2023

---

(Label Here)





## 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.

## Veteran's Initiatives in the State Legislature 2023

On 25 February 2023 the General Assembly adjourned without passing an interim budget update. There were six initiatives proposed by the Joint Leadership Council of Veterans Organizations. Four initiatives passed and are on their way for the Governor to Sign. They are:

Expanded tax relief for surviving spouses of military service members "Killed in Action" to include those that "Died in the Line of Duty". This legislation will make it possible for the spouses of military members who died in the 11 September 2001 terrorist attacks in the United States eligible for tax relief.

Funds are provided to the Department of Veterans Services to cover any burial fee for (i) a member of the National Guard and Reserve or (ii) a deceased spouse of a member or veteran of the United States Armed Forces or of the National Guard and Reserve, regardless of whether such spouse's death precedes or succeeds the death of the member or veteran. Also, that Virginia work with Congress to secure funding in the Veterans Affairs (VA) Department budget to extend to the VA plot allowance to all state cemeteries nationwide.

Free admission to Virginia State parks will be provided for members of the Virginia National Guard.

Increase the amount of annual income excluded from National Guard member's State Income Tax from \$3,000 to \$5,500 for all enlisted and officer ranks below Lieutenant Colonel. This legislation and free admission to state parks are measures to incentivize enrollment in the Virginia National Guard. Two initiatives that did not pass the state senate, but may appear in the Governor's reconciliation of the budget when the General Assembly passes an updated biennial budget, are:

Amend the Veteran Real Property Tax law to make explicit that local jurisdictions must provide a veteran or surviving spouse the tax exemption as far back as the veteran or surviving is eligible, but not earlier than 1 January 2011.

Remove the 55-year limit on exemption of military retirement pay from state tax. This would be an incentive for retirees to come to or stay in Virginia when they retire and increase the qualified workforce in the state.

Updates on the legislation will be provided after the General Assembly Reconvene Session on 12 April 2023. State Budget updates will be provided by 30 June 2023.

