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VOL 47—No 6

**NEVER STOP SERVING**

NOV & DEC Issue 2023

## THE TRIBUTE

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



## Commonwealth's Veterans Day Ceremony and Grand Opening of the Jones & Cabacoy Veterans Care Center



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The Virginia Department of Veterans Services hosted the Commonwealth's Veterans Day Ceremony and Grand Opening of the Jones & Cabacoy Veterans Care Center at 2641 Nimmo Parkway in Virginia Beach on Friday, November 10, 2023. Keynote speaker was The Honorable Glenn Youngkin, 74<sup>th</sup> Governor of the Commonwealth of Virginia. Other speakers included Virginia Secretary of Veterans and Defense Affairs The Honorable Craig Crenshaw, U.S. Congresswoman Jen Kiggans, Virginia Senator Bill DeSteph, Virginia Beach Mayor Bobby Dyer, Ms. Anne Jones Gilfillan, daughter of Colonel William A. Jones, III and Ms. Tamara Cabacoy, widow of Staff Sergeant Christopher Cabacoy. Attendees from the Hampton Roads Chapter of MOAA included John and Mary Uhrin, Chris Mayfield, Larry King and Loren Heckelman.

**[SEE CENTER 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,

Thank you to all who attended our November luncheon where we hosted cadets from supported ROTC units in the area, U.S. Marine Corps Toys for Tots representatives and Colonel Matt Good, U.S. Marine Corps, Deputy Commander, Fleet Marine Force Atlantic. By the time you are reading this, I hope to have seen many of you at our annual Christmas dinner dance event at Atlantic Shores on December 2nd.

We're working on the schedule for luncheons and other events in 2024 and anticipate having a variety of informative speakers on topics of interest to all of our chapter members. Please review the schedule of events on the chapter website ([www.hrcmoaa.org](http://www.hrcmoaa.org)) for the latest information and updates on future events.

Your chapter participated in several veteran related events in November. LtCol Clarissa Blair, our chapter's newly appointed active-duty liaison, and I were at American Legion Post 25 in Newport News for Honor Flight Mission #5 on Saturday, November 4<sup>th</sup>. LtCol Blair coordinated participation of ARMY and NAVY ROTC (university) and NJROTC (high schools) from the southside for color guard and honor guard representation. The cadets and midshipmen greeted the veterans and visited with them during the pre-departure breakfast, before forming an honor cordon as the buses departed. Old Dominion Honor Flight's mission is to transport America's Veterans to Washington D.C. to visit those memorials dedicated to honor their sacrifice and service.

John and Mary Uhrin, Chris Mayfield, Larry King and I attended the Commonwealth's Veterans Day Ceremony and Grand Opening of the Jones & Cabacoy Veterans Care Center on Nimmo Parkway in Virginia Beach on November 10th. Keynote speaker was The Honorable Glenn Youngkin, 74<sup>th</sup> Governor of the Commonwealth of Virginia. The chapter is planning to have the care center's administrator or director of admissions as a luncheon speaker early next year.

Clif Furedy, Jim Smith, Jack Hilgers and I rode in the Virginia Beach Veterans Day parade on November 11th. Thanks to Clif for driving his vehicle adorned with flags and the HRCMOAA magnetic banners. Upon conclusion of the parade, there was a brief ceremony at the Tidewater Veterans Memorial, which was followed by the Veterans Day luncheon at the Doubletree Hotel. We were joined at the luncheon by Doug Williams.

**[SEE PRESIDENT CONTINUED ON PAGE 6](#)**

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SURVIVORS



By Nora Durham, MOAA

What is a 55-and-older community? These residential communities are designed to be friendly to seniors with low-maintenance amenities such as pools and clubhouses and close proximity to shopping, restaurants, and attractions. There are more than 19,000 retirement community businesses in the U.S. as of 2023, an increase of 1.2% from 2022, according to [IBISWorld.com](https://www.ibisworld.com).

Pros of living in one of these communities include:

- **Like-minded people.** Because of the age requirements, many people living there are likely to be from your generation and share your interests. This will help making new friends easier.
- **Activities and events.** Many of these communities have a clubhouse where you can find social events, games, movies, concerts, speakers, and more. These activities are usually open to the whole community, so you can participate in as many as you want.
- **Less maintenance.** You'll probably need to pay an HOA fee for maintenance and repairs, but you won't need to worry about managing the outside of your property. The fee could also include services such as trash collection, cable, water, and security.
- **Various amenities.** Many of these communities have a pool, a gym, tennis courts, golf, a game room, and more.
- **Transportation.** Some communities offer shuttles to shopping centers or health appointments.
- **Quiet, kid-free environment.** Besides holidays when grandchildren can come to visit, most of these communities are quiet.
- **Safety and security.** Many of these communities are gated and have low crime rates. They also often have security staff, well-lit areas, updated fire alarms, smoke detectors, and other safety features.

Having lived in a gated 55-plus community since 2020, I find the only con is that I did not move here sooner. But for some, cons of these communities might include less privacy, higher costs, challenges selling, and younger family members potentially being restricted.

If you're considering moving to a retirement community, before you buy, make a list of other questions and ask the homeowner association (HOA) for answers. Get a copy of the HOA rules (which are also called restrictive covenants) and fees, and make sure you understand them before you make your decision.

# Social Media Clicks



## Facebook

**Military Officers Association of America (MOAA)** 4h · 🌐

Did you miss the first Fall session of Dare to Dream today? 🗨️ **GOOD NEWS!** It is not too late to sign up for the remainder of the series! You will not want to miss out! Register TODAY! 😊



MOAA.ORG  
**Register for MOAA's Dare to Dream Event Series**  
 This virtual event series will help you discover your purpose. Register today! Discounts availab...

**Military Officers Association of America (MOAA)** 12h · 🌐

Your **#GivingTuesday** donation will ensure our community has the support of The MOAA Foundation and MOAA Scholarship Fund every day of the year. Every gift, no matter the size, will help positively impact our nation's heroes. **#MOAAGives** ❤️





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

VA released its National Veteran Suicide Prevention Annual Report, providing a comprehensive analysis of Veteran suicides through the year 2021. The report shows that 6,392 Veterans lost their lives to suicide in 2021—an increase of 114 over 2020—emphasizing the urgent need for continued efforts in suicide prevention. Simultaneously, non-Veteran suicides also increased, reaching 40,020 deaths, an increase of 2,000 from 2020. These figures underscore the magnitude of the challenge and the pressing need for effective prevention, intervention and postvention strategies.

The year covered by this report, 2021, was the first full year of the COVID-19 pandemic, which led to greater financial strain, housing instability, anxiety and depression levels, and barriers to health care—all of which are associated with increased risk of suicide for Veterans and non-Veterans alike. There was also an increase in firearm availability in 2021, which is proven to increase both the risk of suicide and the risk of dying during a suicide attempt.

Amid the challenges of 2021, there were some anchors of hope. The number of annual Veteran suicides has decreased from 6,718 in 2018, and suicide rates fell for Veteran men aged 75 and older. However, this report makes clear that there is still much work to be done.

Ending Veteran suicide is VA's top clinical priority and a top priority of the Biden-Harris administration, and we're continuing to work urgently to end Veteran suicide through a public health approach that combines both community-based and clinically based strategies to save lives.

Here are some of the critical steps that VA has taken since 2021 to prevent Veteran suicides and save lives:

#### Offering no-cost suicide prevention care

Since Jan. 17, 2023, Veterans in acute suicidal crisis have been able to go to any VA or non-VA health care facility for emergency health care at no cost—including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Thus far, this expansion of care has helped prevent Veteran suicide by providing no cost care to more than 33,000 Veterans in times of crisis.

#### Launching the shortened Veterans Crisis Line number

Since the launch of "Dial 988 then Press 1" as the shortened Veterans Crisis Line number in July 2022, the crisis line has fielded more than 1.3 million contacts. This includes over 1,098,000 calls, an increase of 12.9% from the same timeframe from the previous year, with an average speed to answer of 9.5 seconds. There was also a year-over-year increase in text messages (40.6%) and online chats received (10.5%). This increase in contacts is evidence that the hotline is working—Veterans in crisis are getting the help they need at the moment they need it.

Recent studies also show that Veteran callers to the crisis line were over five times more likely to have less distress at the end of a call than at the beginning, almost five times more likely to have less suicidal ideation at the end of the call than at the beginning, and 11 times more likely to have less suicidal urgency at end of call than beginning. Also, among Veterans who had suicidal thoughts who called VCL, 82.6% reported that using the VCL played a role in stopping them from acting on those thoughts.

#### Investing in prevention

Recognizing the severity of the issue, VA has allocated \$105 million in Veteran suicide prevention grants since 2021 through the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program. These funds support various initiatives through 80 community-based organizations that provide or coordinate the provision of suicide prevention services for eligible Veterans and their families.

#### Public awareness and resource campaigns

VA has launched a multifaceted approach to reach Veterans at risk, including public service announcements (PSAs) that have reached over 7.9 million Veterans and driven more than 3.5 million visitors to our support website, VA.gov/Reach. These campaigns serve as a crucial tool in raising awareness about the resources available and encouraging Veterans to seek help when needed.

#### Governor's Challenge and community engagement

The "Governor's Challenge to Prevent Suicide among Service Members, Veterans and their Families" now includes all 50 states and five territories, which is a testament to the collaborative work being done to prevent Veteran suicides. In a coordinated effort to implement the National Strategy for Preventing Veteran Suicide, each state and territory has developed a strategic action plan focused on suicide prevention. VA has also partnered with more than 1,700 community-based coalitions to engage Veterans in crisis at the grassroots level, leveraging local resources and support networks to address the diverse needs of Veterans.

[SEE VA REPORT CONTINUED ON PAGE 5](#)





## CENTER FROM PAGE 1

The Jones & Cabacoy Veterans Care Center provides affordable, long-term skilled nursing care, Alzheimer's/memory care, and short-term rehabilitative care for Virginia's veterans. The care center includes the latest in technology and design features, and is nestled on twenty-five beautiful wooded acres surrounded by walking trails and ponds in the Princess Anne community of Virginia Beach. The Center is one-story throughout and features eight 16-room households. Each household includes a common living room, kitchenette and dayroom with access to an open courtyard. Every resident enjoys a spacious private room with restroom and walk-in shower. There are lounges located throughout the Center and residents have access to a game room, library, activity rooms, and chapel to pursue individual interests.

Operated by the Virginia Department of Veterans Services (DVS), the Jones & Cabacoy Veterans Care Center is proudly named in memory of two military heroes from the Hampton Roads area for their brave and noble service to our Nation: Colonel William A. Jones III, U.S. Air Force, Norfolk (1922 – 1969) and Staff Sergeant Christopher A. Cabacoy, U.S. Army, Virginia Beach (1979 – 2010).

The Center is accepting applications for admission. Admission criteria include: -Honorable discharge from any branch of the U.S. Armed Forces, National Guard or Reserves

-Virginia residency at the time of admission or entry into the Armed Forces from Virginia

-Meets medical requirements for nursing home care.

The admissions staff can provide complete details on these criteria. For more information, visit [www.dvs.virginia.gov](http://www.dvs.virginia.gov).

The chapter is planning to have the care center's administrator or director of admissions as a luncheon speaker early next year.



## VA REPORT FROM PAGE 4

### Firearm safety and lethal means prevention

The report highlights a troubling statistic: 72% of Veteran suicides involved firearms in 2021. Recognizing the correlation between firearm accessibility and suicide rates, VA has initiated efforts to promote secure storage of firearms—including distributing more than 400,000 gun locks; providing lethal means safety training to 2,300 community health care providers; and conducting lethal means safety outreach to Veterans, garnering more than 137 million views and 6.8 million website visits.

### We have more to do

Suicide is a complex public health issue, and there is no single cause and no single solution. To end Veteran suicide, we need to understand all facets of the problem, and that is what this annual report is all about. It serves as a comprehensive overview of the current state of Veteran suicides, the initiatives in place to address the crisis, the progress made in certain demographics and the work still to be done. As we continue to confront this critical issue, the findings from this report will provide valuable insights that can guide future strategies and interventions to save lives and support those who have sacrificed so much for our country.

As Secretary McDonough has said, "There is nothing more important to VA than preventing Veteran suicide—nothing. One Veteran suicide will always be one too many, and we at VA will use every tool at our disposal to prevent these tragedies and save Veterans' lives."



**PRESIDENT FROM PAGE 2**

Also in attendance at the luncheon were chapter members Mike and Laurel Rohlf and John Uhrin. These were all great events and an opportunity for our chapter and board members to be seen in the community participating in and supporting military and veteran related events. We hope more of our chapter members will join us for similar events in the future.

We are wrapping up year one of our third five-year scholarship fund campaign. Each of the previous two campaigns has met our overall goal of \$25,000. As of the November luncheon, we have received contributions totaling \$2,435.00 toward our annual goal of \$5,000. Please consider contributing to help us reach our goal. Details of the various ways you can contribute are in each issue of the newsletter, including how to include the MOAA Scholarship in your annual charitable contribution planning. Our scholarship fund drive continues. Please consider making a contribution toward our annual goal of \$5,000.

The chapter is still in need of help with a few positions on the board. We would be grateful for as much or as little assistance any chapter member can give as a committee member or chair for legislative, personal affairs and community affairs. We are also still in search of the right person to fulfill the duties of Treasurer. "Many hands make light work" and a cooperative effort from the group makes everything go more smoothly and successfully.

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. You can very quickly and easily provide an update by visiting this link and filling 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.

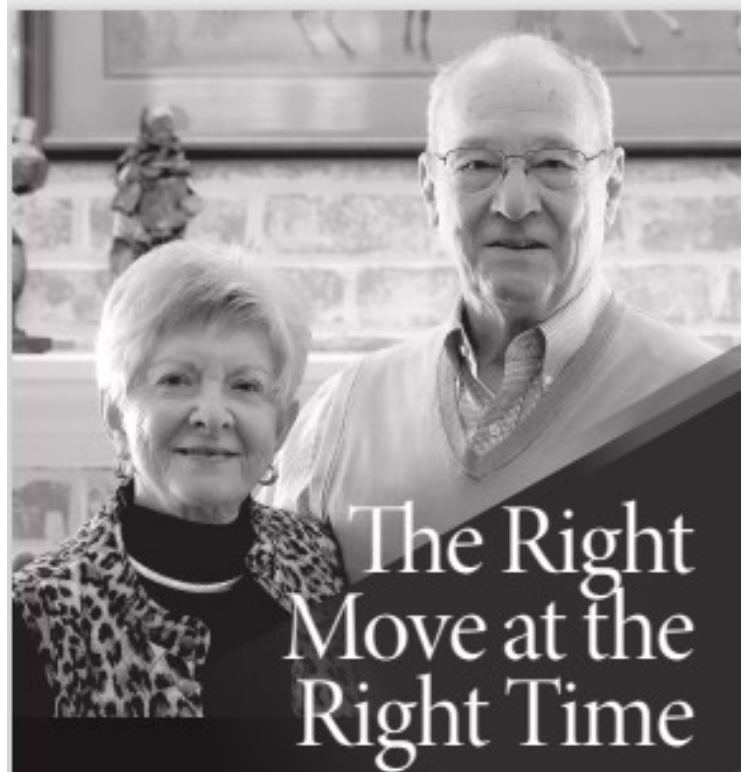
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Captain, USN (Ret.)  
*Never Stop Serving*

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## 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)**



## 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:

### January 18th , 2024.

DAV Recruit Military (11:00am to 3:00pm) <https://my.recruitmilitary.com/events/hampton-veterans-job-fair-january-18-2024>

### January 18th , 2024.

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

### February 22nd, 2024.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm) <https://www.corporategray.com/jobfairs/486>

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

Signature and Date \_\_\_\_\_





# UPCOMING Events

**January 19th, 2024** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker TBD.

Reservations required by 1200 hours Tuesday January 16th, 2024. Call: CDR Bert Ortiz, USN (Ret) 757-560-3671 or e-mail [bertortiz@cox.net](mailto:bertortiz@cox.net).

## Virginia Beach, Veterans Day Parade



1. HRCMOAA participated in the 2023 Virginia Beach Veterans' Day Parade on Saturday, November 11, 2023. Shown at the start of the parade are (L to R): CAPT Loren V. Heckelman, USN (RET), Maj Clifton G. Furedy, USAF (Ret), Col Jack W. Hilgers, USMC (RET), COL James A. Smith, USA (RET). Many thanks to Major Furedy for volunteering to provide the parade transportation.

2. HRCMOAA had several board and chapter members at the 2023 Virginia Beach Veterans' Day Luncheon at the Doubletree Hotel on Saturday, November 11, 2023. Shown at the table are (L to R): Colonel Jack Hilgers, USMC (RET), Captain Doug Williams, USN (RET), CAPT Loren V. Heckelman, USN (RET), COL James A. Smith, USA (RET) and Maj Clifton G. Furedy, USAF (RET). Also in attendance at a different table (not pictured) were CDR John Uhrin, USN (RET) and Major Mike Rohlf, USMC (RET) and his wife, Laurel.





## HRCMOAA Dinner Dance



On December 2nd, HRC MOAA held its annual Christmas Dinner dance. A good time was held by all in attendance.



## Now is a Great Time to get your Flu and COVID-19 vaccines

By Jay Shiffler, National Center for Health Promotion and Disease Prevention

Flu and COVID-19 viruses can change, and so do the vaccines. Updated vaccines protect you from more recent virus strains.

It's important to get the vaccines as soon as you can. Since it can take up to a couple of weeks for a vaccine to fully protect you, be sure to get both your flu and COVID-19 vaccines. This way, you will be fully protected before any holiday get-togethers so you can enjoy the family fun. You'll also feel good knowing you're taking steps to protect those around you.

The updated vaccines are free of charge for Veterans receiving care at VA and also for VA employees. Check with your local VA medical facility to make an appointment. Some locations offer walk-in hours, too.

Eligible Veterans can also get these and other vaccines at no cost within your community from one of nearly 65,000 in-network pharmacies or urgent care locations. Use our online [VA locator](https://www.va.gov/find-locations) (https://www.va.gov/find-locations) to find a location nearest you.

### Get both vaccines at the same time

Do you need both vaccines? Yes, to be best protected you should receive both flu and COVID-19 vaccines as soon as you can. And you can get them both at the same time. Many people may find it more convenient to get both vaccines at one visit.

If you choose to get them on separate days, you can do that too. There's no recommended waiting time between getting a flu and a COVID-19 vaccine.

VA is now offering updated 2023-2024 COVID-19 vaccines at VA medical centers and many of its community-based outpatient clinics. The updated 2023-2024 COVID-19 vaccines target a newer strain of the COVID-19 virus. Sites may offer the Pfizer-BioNTech, Moderna or Novavax COVID-19 vaccines, so call ahead if you are looking for a specific vaccine.

Due to changes in the virus and weakening immunity, it is important to get the updated 2023-2024 COVID-19 vaccine as soon as you are eligible. One dose of an updated 2023-2024 vaccine is recommended for all adults at least two months after any older COVID-19 vaccine dose. Anyone who has not yet received any COVID-19 vaccine should receive one single dose of an updated 2023-2024 Pfizer or Moderna vaccine or a series of two doses three weeks apart of an updated 2023-2024 Novavax vaccine.

[SEE VACCINE CONTINUED ON PAGE 5](#)





## November 2023 Luncheon



### HRCMOAA Luncheon November 17, 2023

The chapter hosted its traditional Toys for Tots drive event for the November luncheon. Guest speaker was Colonel Matt Good, USMC, Deputy Commander, Fleet Marine Force Atlantic, Marine Forces Command, and Marine Forces Northern Command. Also in attendance were Sergeant Barrera from Marine Forces Command, USMC Toys for Tots representatives Corporals Karnafel and Adrian, and LTC Craig Starn and AROTC cadets Michael Books and Michael Phifer from Norfolk State Army ROTC.

Colonel Good began his presentation by showing a video featuring Fleet Forces Commander Admiral Daryl Caudle, USN and Command United States Marine Forces, Atlantic Brian Cavanaugh, USMC, discussing Navy and Marine Corps integration in recognition of the 248th birthday of the United States Marine Corps. He offered comments on a variety of current events and topics including the Israel-Hamas war, Ukraine, and recruiting and retention.

Chapter president Captain Loren Heckelman, USN (Ret.) presented Colonel Good with the traditional Jefferson Cup in appreciation for his remarks to the chapter.



### VACCINE FROM PAGE 9

If you haven't received your updated flu and COVID-19 vaccines yet this season, now is the time to make plans to get them. Check in with your local VA or community provider to make sure they have the vaccines you want, and ask if you need an appointment. It's good to bring [this](#) with you and show it to the provider if you prefer to get vaccinated in the community. Act now and be ready for a fun and safe holiday with family and friends.





## Old Dominion University Honor Flight, Mission #5

Old Dominion University's Honor Flight, Mission #5, was conducted on 4 November 2023. Old Dominion Honor Flight is a non-profit organization created solely to honor America's veterans for all their sacrifices. We are a 501c3 corporation. Old Dominion Honor Flight of Virginia serves the Richmond area and Southeastern Virginia to include the Outer Banks and Northeast North Carolina.

We transport our heroes to Washington, D.C. to visit and reflect at their memorials. This is made possible with the help of generous donors and volunteers.

For more information, go to: <https://olddominionhonorflight.org>.



## 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 Dec. 01, 2023	GOAL	Amount Contributed	% of Goal	Need by Date	\$ Still Needed
	Total 5-Year Goal: \$25,000	\$2,435.00	9.7%	12/31/2027	\$22,565.00
Annual Goal for 2023 (Year 1 of 5): \$5,000	\$2,435.00	48.7%	12/31/2023	\$2,565.00	

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.



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## [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.

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### 2023 Contributions

#### PLATINUM— \$500 and above

CAPT Roger Blood, USN (Ret.)

#### GOLD— \$250 to \$499

CAPT Loren Heckelman, USN (Ret.)

Maj Clifton & Bobbie Furedy, USAF (Ret.)

LCDR Daryl Holland, USN (Ret.)

**CDR Robert Armour, USN (Ret.)**

#### SILVER— \$100 to \$249

LtCol Carl W. Carrell, USMC (Ret.)

CAPT Patricia McFadden, USN (Ret.)

**LT Stephen A. Hackney, USN (Ret.)**

#### BRONZE— Under \$100

CWO4 Jim Fagnant, USCG (Ret.)

CAPT William B. Seaman, USN (Ret.)

COL Charles Shaver, USA (Ret.)

Anonymous Donor





## ***Thank you to our new and renewing members in our Hampton Roads Chapter of MOAA***

In order to ensure you know how much we appreciate our new members who have joined and our current members who have renewed their membership, we are starting a new practice of listing those members who have renewed since the last newsletter was published. Since this is our first time doing this, we've included new and renewing members going back several months. If we missed anyone, please let our newsletter editor, Hans Juhl Hidle know at ([hansjuhlhidle@gmail.com](mailto:hansjuhlhidle@gmail.com)) and we'll be sure to include you in our next "Thank you" list.

### **NEW MEMBERS**

LtCol Clarissa Blair, USMC  
Col Jeffrey Coleman, USAF (Ret.)  
CDR David Whetstone, USN (Ret.)

### **RENEWALS**

Ms. Phyllis Adams  
Ms. Anne Darwin  
Ms. Adriana Grillo  
Ms. Della Wilson  
CDR Floyd Anderson, USN (Ret.)  
CDR Robert Baycar, USN (Ret.)  
LCDR John Bowser, USN (Ret.)  
CDR G. Thomas Coker, USN (Ret.)  
Captain Kendall Cook, USN (Ret.)  
Captain William E. Curtis, USN (Ret.)  
Captain Mark Flaherty, USN (Ret.)  
LtCol Robert Giovanelli, USMC (Ret.)  
Captain Edward Heuer, USN (Ret.)  
LtCol Deborah Jacobs, USAF (Ret.)  
Col Larry King, USMC (Ret.)  
LT Robert W. Koch, USN (Ret.)  
CDR Edward McCarthy, USCG (Ret.)  
Captain Robert W. Moore, USN (Ret.)  
CDR Stan Schnell, USN (Ret.)  
CWO5 Ronald Stebbins, USN (Ret.)  
CDR John J. Uhrin III, USN (Ret.)

### **TAPS**

We have learned of the passing of several current and former chapter members and spouses this past year. We extend our condolences to their families and friends.

If we missed anyone, please let our newsletter editor, Hans Juhl Hidle know at ([hansjuhlhidle@gmail.com](mailto:hansjuhlhidle@gmail.com)) so we can include them in our next newsletter.

Ms. Cheron Hargrave  
Ms. Penny Jones  
Ms. Margaret Saucier  
Ms. Christine H. Witt  
LCDR John T. Been II, USN (Ret.)  
COL Delbert M. Corum, USAF (Ret.)  
LTC John P. Dunn, USA (Ret.)  
Captain William Hargrave Jr., USN (Ret.)  
LCDR E. Dale Hendren, USN (Ret.)  
CDR Ronald A. Hess, USN (Ret.)  
Captain Joan C. Kanter, USAF (Ret.)  
Captain William W. King, USN (Ret.)  
Captain Jerold J. Larson, USN (Ret.)  
Captain James D. Laurance, USN (Ret.)  
Captain William Lehr, USCG (Ret.)  
RADM Fred Metz, USN (Ret.)  
LT Wanda C. Schmidt, USN (Ret.)  
CDR Edward Stolle, USN (Ret.)  
CDR Billy J. Wilson, 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 Circle one Active - Reserve - Retired - Former - Surviving Spouse Service Dates MM / YY to MM / YY Retired Date MM / DD / YYYY

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

E-mail address \_\_\_\_\_

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.)*



Winter is officially here. The days are getting shorter and temperatures are falling like a rock.

Changing out the Grand-daughters for a picture of the BOSS and I in Hawaii last year. But have no fear, the Angels will be back in the next newsletter coming in early February.

In this newsletter, I have included an articles from the opening of the new VA Center in Chesapeake, the next article is on getting your Flu and COVID-19 vaccines. Included an article on how the VA is combatting Veterans suicides. If you have ever had a friend or loved one commit suicide, it is something that you will never want anyone to go through as you are left with a 1,000 questions and few answers. If you think someone is even thinking about it, SPEAK UP, SPEAK OUT, and get them the help they need.

Looking forward to 2024. I will spend some space in our newsletter covering the 80th anniversary of D-day. If you have been to the beaches and would like to contribute photos or an article, please send me your input.

Also, thank you to our photographers who capture some great photos of members at events during the last couple of months.

If you want anything in the newsletter, which would make my life easier too, either email me at — [hansjuhlhidle@gmail.com](mailto:hansjuhlhidle@gmail.com) — or snail mail at — 2084 Queens Point Dr, Suffolk, VA 23434. I have scanners and other tools to convert your chicken scratch into computer ones and zeros.

Sincerely, Hans P. Juhl Hidle



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**MEMBERSHIP ALERT**

*If the date on your mailing label shows 2023, your membership expires on December 31, 2023. 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.*

