

### THE TRIBUTE

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



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## Protecting Yourself From Identity Theft

Some of the biggest scams these days are from unsolicited phone



calls, emails, texts or just plain odd “asks.” With so many scammers today, it is important to be hyper-aware and cautious when trusting others.

Here are six tips to employ to help pre-

vent falling victim to identify theft:

- 1-Be careful about giving out personal information, and always question why and how it will be used.
- 2-Check your credit report each year. You can get a free copy of your credit report from each credit reporting company at <https://www.annualcreditreport.com>.
- 3-Pay attention to billing cycles. If a bill does not show up on time, contact the company.
- 4-Do not provide your social security number unless it is absolutely necessary. Your SSN is the scammers key for identity theft. Consider setting up your personal My Social Security account to keep an eye on your benefits, even if you are not claiming them yet.
- 5-Always make online purchases through a secure website (Tip: look for the “https” in the website link).
- 6-Secure your accounts by adding multi-factor authentication, such as face ID or email verification for your login.

 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 January and February chapter luncheons. We've had two very interesting and informative programs with more to follow in the coming months. Details for upcoming luncheons and other events are available on our chapter website ([www.hrcmoaa.org](http://www.hrcmoaa.org)), so be sure to check there often for the latest information and updates on future events.

Here are the highlights of what we have planned in the coming months:

March 15, 2024: Mr. Patrick Shuler, Administrator of the Jones & Cabacoy Veterans Care Center.

April 19, 2024: Commanding Officer, Joint Expeditionary Base Little Creek-Fort Story

May 24, 2024: Ms. Lisa Oliver discussing VA Burial Benefits

June 21, 2024: Thomas Jefferson and James Monroe (Special Spouse Appreciation Event)

July 2024: Tri-Chapter Brunch – Location and exact date TBD

August 16, 2024: Congresswoman Jen Kiggans

September 20, 2024: Mr. Dave Huffman, Executive Director of Mission: POW-MIA. Mr. Huffman will be accompanied by his wife, Jeanie Jacobs Huffman. Jeanie is the youngest daughter of CDR Edward Jacobs Jr, USN, who was declared MIA on 25 Aug 1967 after failing to return from a night photo recon mission in his RA-3B Skywarrior off the coast of Hon Me, North Vietnam. Plan to join us for this special event which coincides with National POW/MIA Recognition Day this year.

October 18, 2024: TBD

November 15, 2024: Annual Toys for Tots/USMC Luncheon

December 7, 2024: Christmas Dinner Dance at Atlantic Shores

Thank you for all those who have renewed their membership in the chapter. Dues from members is our largest source of income. We continue to try to hold the price of our luncheons at \$25.00 per person even though we are experiencing a slight increase in cost this year. It is important that we cover those costs and dues help us to be able to hold the price to luncheon attendees at \$25.00. Despite the increase in [SEE PRESIDENT CONTINUED ON PAGE 5](#)

### HRCMOAA DIRECTORY

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Vacant

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LCDR Christopher Mayfield, USN (Ret.)

CDR John Uhrin, USN (Ret.)

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SURVIVORS



Many states have made legislative decisions that show appreciation for the sacrifices of servicemembers and veterans and their survivors. Benefits differ in each state, though. To know what the benefits are in your state, you need to do homework. Your research could result in monetary savings and opportunities.

Below are some resources and places to start:

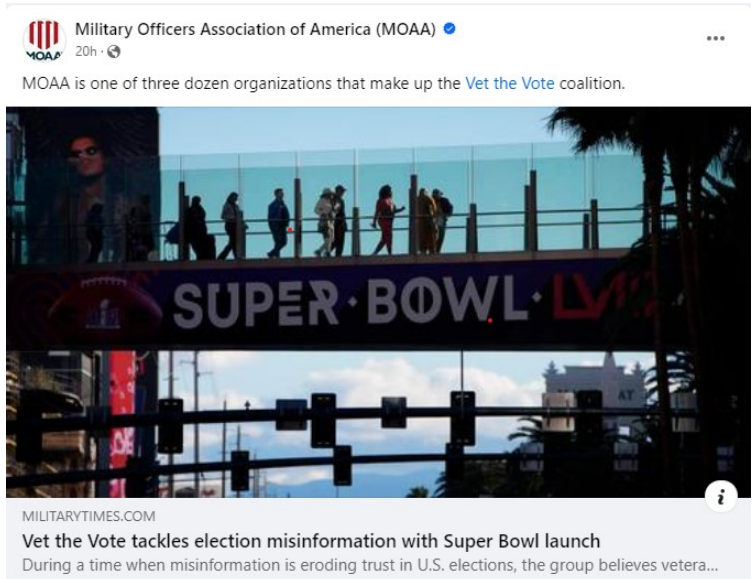
- **Veterans Service Office:** There might be printed materials that enumerate county and state benefits for surviving spouses.
- **MOAA Council and Chapter Legislative Chairs:** Ask about benefits they are aware of that apply to surviving spouses.
- **County Property Appraiser:** Ask about a homestead exemption, a widow (widower) exemption, or an over age 65 exemption on your property tax or school tax. If income caps apply, what are your state’s limits and guidelines? In Florida, for example, there is a homestead, widow, and age exemption and property taxes on homesteaded homes. In addition, the property tax for homesteaded homes of disabled veterans is reduced by the same percentage of the disabilities affecting the veteran as certified by the VA. In Florida, that benefit passes to the unremarried surviving spouse and is transportable to a down-sized home.
- **State Legislator.** If you have income tax in your state, some or all of your military retirement pay, or Surviving Benefit Plan may be deducted from your reported income. Ask about any other benefits from the state.
- **Mayor’s Office.** Call and ask about the benefits the city offers.

Aside from taxes, some additional areas to explore are scholarship opportunities for surviving spouses and dependent children; state, county, or city policies giving employment and/or promotion preference to a surviving spouse; portability of a professional license or forgiveness of fees; and discounts on passes to parks and museums.

# Social Media Clicks



## Facebook





U.S. Department of Veterans Affairs

## VA continues to expand access to health care and benefits for toxic-exposed Veterans

**WASHINGTON** — On February 9th this year, the Department of Veterans Affairs issued a proposed rule outlining plans to expand the locations and time frames for which VA presumes exposure to Agent Orange and other herbicides. If this proposed rule becomes final, VA will implement a new presumption of exposure to locations where herbicides were tested, used, or stored outside of Vietnam. Specifically, this proposed rule would add locations in the United States (full list of US locations where Agent Orange was tested or stored), Canada, and India to the existing presumptives for Agent Orange in Vietnam, Cambodia, Johnson Atoll, Guam, American Samoa, Korea, Laos, and Thailand.

A presumption of exposure means that VA automatically assumes that Veterans who served in certain locations were exposed to certain toxins. Presumptives lower the burden of proof required to receive disability benefits, helping Veterans get the benefits they deserve as quickly as possible. This expansion of presumptives will help Veterans who served in the specified locations receive health care and benefits for certain cancers and chronic conditions. To be eligible, a Veteran must have served in the identified location(s) during a specific time period and currently have a condition(s) presumptively associated with herbicide exposure.

Delivering world-class health care and benefits to toxic-exposed Veterans is a top priority for VA and the Biden-Harris Administration. As a part of President Biden’s pledge to serve Veterans with military toxic exposures, over the past few years, VA has expanded presumptive service connection for more than hundreds of health conditions related to toxic exposures under the PACT Act – the largest expansion of Veteran care and benefits in generations. Thanks to this historic action, VA is delivering more care and more benefits to more Veterans than ever before in U.S. history.

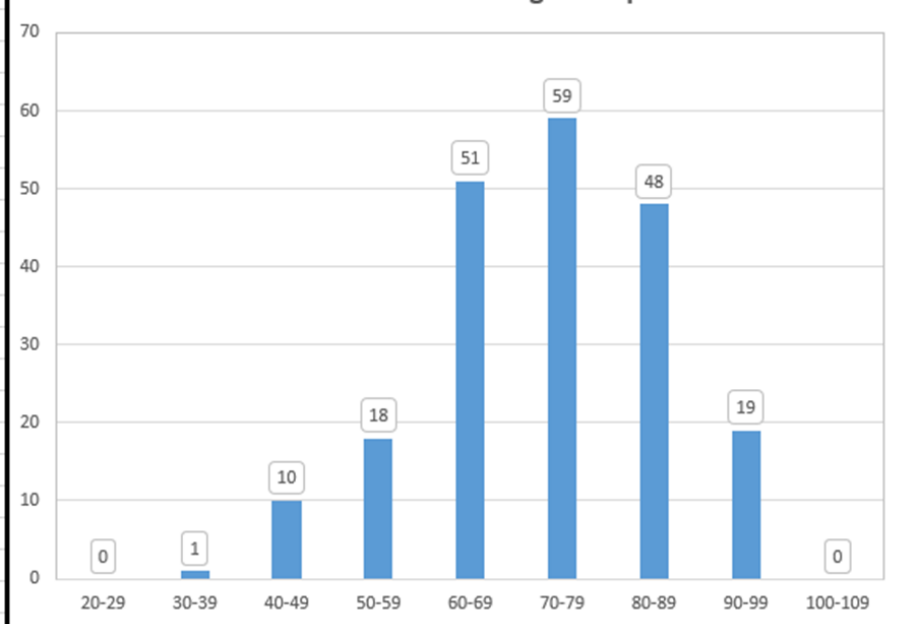
“This proposed change would make it easier for Veterans exposed to herbicides who served outside Vietnam to access the benefits they so rightly deserve,” said **VA Secretary Denis McDonough**. “Our goal is to provide every Veteran – of every era – with the VA health care and benefits they deserve, and this is another step in the right direction.”

Veterans who want to file an initial claim for a herbicide-related disability can visit VA’s website, use VA Form 21-526EZ, Application for Disability Compensation and Related Compensation Benefits, or work with a VA-recognized Veterans Service Organization to assist with the application process.

Veterans may also contact their state Veterans Affairs Office. Survivors can file claims for benefits based on the Veteran’s service if the Veteran died from at least one of the recognized presumptive herbicide diseases.

This proposed rule also codifies provisions in the PACT Act, the Blue Water Navy Act of 2019, and the National Defense Authorization Act for 2021.

HRCMOAA Member Age Groups



**ID THEFT CONTINUED FROM PAGE 1****Avoid Robocalls at all costs**

Robocalls happen every day, and scammers have figured out several different methods to get you to answer. A recent study says Americans get an average of 3.7 fake calls every day. Ninety-one percent (91%) of us say we no longer answer calls from unknown numbers.

Here are four ways to identify a fake caller before you answer:

- 1-Robocalls received from an area code similar to your own (called “neighbor spoofing”).
- 2-Calls from your bank’s phone number asking for your account information.
- 3-Caller ID displays “911 Emergency” or something similar that hides the caller’s identity.
- 4-Caller ID displays “IRS” and claims there’s a tax refund you are owed, or “Social Security” and says there is some problem with your account.

Cons and scammers will experiment with almost any type of caller ID label hoping you will pick up their call. If you are suspicious or do not recognize the number, do not pick up those calls. And if you do, just hang up. It is crucial to avoid any situation that can put you at any risk.

**PRESIDENT CONTINUED FROM PAGE 2**

cost, the board decided recently to hold the price at \$25.00 for members in good standing and their guests, but increase the price to \$30.00 for non-members and expired members. The address label on your newsletter will tell you the expiration date of your membership. Beginning in March, expired members and non-members will be charged \$30.00 per person to attend our luncheons. This does not apply to someone who attends as the guest of a member in good standing.

We need everyone’s help to bring in new members and retain the members we have, which is why I ask in each of my Tribute messages that you help us with bringing new members to the chapter. If you have friends or neighbors who are active duty, former or retired military officers, or surviving spouses, please introduce them to our chapter and invite them to visit a chapter luncheon. Hopefully they will find value in our organization and decide to join the chapter.

The chapter is still in need of help with several areas of our chapter operations. We would be grateful for as much or as little assistance any chapter member can give as a committee member or chair for legislative and community affairs. The Personal Affairs/Surviving Spouse committee is looking for committee members. Contact LtCol Matt Dumenigo at [mattdumenigo1@gmail.com](mailto:mattdumenigo1@gmail.com) to offer your help with the important work of this committee. We are also still in search of the right person to fulfill the critical duties of Treasurer. We are heading into the JROTC leadership award season and also will soon be participating in university commissioning ceremonies. We invite any chapter member to join our group of volunteer presenters to attend these ceremonies on behalf of the chapter and present leadership awards to the cadets and Gold Bars to the newly commissioned officers. Contact Captain Mike Barea at [michael.barea@gmail.com](mailto:michael.barea@gmail.com) to volunteer or you can contact me at [loren.heckelman@cox.net](mailto:loren.heckelman@cox.net).

Lastly, your newsletter editor, Hans Juhl Hidle, is in search of “cub reporters” who are willing to submit articles or stories about any subject or activity of interest to our chapter membership. Contact Hans at

[hansjuhlidle@gmail.com](mailto:hansjuhlidle@gmail.com).

Please keep us updated on email or postal address changes so we can keep in touch. 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. As a reminder, we do not share our member email addresses with anyone.

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



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## Vietnam Veterans of America (VVA)

VVA’s goals are to promote and support the full range of issues important to Vietnam veterans, to create a new identity for this generation of veterans, and to change public perception of Vietnam veterans. VVA strives to achieve the following:

- Aggressively advocate on issues important to veterans
- Seek full access to quality health care for veterans
- Identify the full range of disabling injuries and illnesses incurred during military service
- Hold government agencies accountable for following laws mandating veterans health care
- Create a positive public perception of Vietnam veterans
- Seek the fullest possible accounting of America’s POWs and MIAs
- Support the next generation of America’s war veterans
- Serve our communities

Valuable information is available for Vietnam Veterans and family members at the VVA website: [www.vva.org/](http://www.vva.org/). In addition, you can subscribe to a weekly email to receive relevant news delivered to your email in box. Sign up under “News” on the VVA website.



**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

**PATRIOTS COLONY**  
*At Williamsburg*

**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](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:

### March 21st, 2024.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm)  
<https://www.corporategray.com/jobfairs/489>

### April 18th, 2024.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm)  
<https://www.corporategray.com/jobfairs/488>

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

**March 15th, 2024** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker: Mr. Patrick Shuler, Administrator of the newly opened Jones & Cabacoy Veterans Care Center in Virginia Beach will be speaking about the opening of the Center and the current status of occupancy. He will also talk about the services they offer, staff openings, and the criteria for admission to the Center. Reservations required NLT 1200 hours Tuesday, 12 Mar 2024. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at [barb4mom@cox.net](mailto:barb4mom@cox.net).



**April 19, 2024** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker: Captain David Gray, U.S. Navy, Commanding Officer, Joint Expeditionary Base Little Creek-Fort Story. Captain Gray will provide an update on the joint base operations and services available to active duty and retired members and their families. Reservations required NLT 1200 hours Tuesday, 16 Apr 2024. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at [barb4mom@cox.net](mailto:barb4mom@cox.net).

## Chapter Member Events

The left picture is from our 16 February luncheon where Mr. Ryan Banas provided an update on the HRBT expansion. The right picture is an image of the ongoing project.





## 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 Jan. 31, 2024	<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	\$4,155.00	16.6%	12/31/2027	\$20,845.00
	Annual Goal for 2023 (Year 1 of 5): \$5,000	\$550.00	11%	12/31/2023	\$4,450.00

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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## 2023/2024 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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### 2024 Contributions

#### PLATINUM— \$500 and above

#### GOLD— \$250 to \$499

CAPT Loren Heckelman, USN (Ret.)

#### SILVER— \$100 to \$249

COL Jack Hilgers, USMC (Ret.)

LT & Mrs. Hans P. Juhl Hidle, USN (Ret.)

#### BRONZE— Under \$100

CAPT James V. Daniels, USN (Ret.)

LCDR Eddie Seaton, USN (Ret.)

CDR Carl Thoren, USN (Ret.)

### *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.

#### RENEWALS

Ms. Nancy Cranford

Ms. Sharron D'Angelo

Ms. Theodora Rink

RADM John Kavanugh, USN (Ret.)

CAPT John Werner, 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

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

Make checks payable to HRCMOAA

Table with dues information: Regular Dues (1 Year: \$20.00, 2 Years: \$35.00, 3 Years: \$45.00), NEW RENEWAL, Surviving Spouse Dues (1 Year: \$10.00, 2 Years: \$17.00, 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)

Form fields for membership application including 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?, and Enclosed is \$ in dues payment.

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

From the Editor

Hans Peter Juhl Hidle, LT USN (Ret.)



Yes, the time between the last and this newsletter is short. We are frontloading the newsletters to advertise the next luncheons before they actually happen. What remains to be seen is if US Postal Service will cooperate with us in this effort...

If you would rather read the newsletter online, it is posted online and we normally include some extra articles and other information.

Unfortunately, my article on the allied retaking of Guam, Saipan and Tinian got left on the cutting board, but can be accessed via the Internet,

Since we are already almost in March, and by the

time you read this, we will be in March it's time to ask: How is your year going? We have a lot of events this year as the COVID-19 slumber is slowly wearing off though it seems to be lingering still. If are in a risk category, protect yourself.

Lastly, on page 10 is a breakdown of our member age brackets. We need your help in getting larger and younger. I know that by the time we join MOAA we are usually in our 40s or older, but there are a lot of former or retired uniformed members who, with a little encouragement, would join our merry bunch. Let me see you getting your recruiting hat on and increase the membership by 25% this year.

Sincerely,
Hans



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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.*



# The Battle for Guam, Saipan and Tinian

In my second installment of 1944, I will move from the Intelligence world of Europe to the battle field of the Pacific. The Battle for Guam, Saipan and Tinian raged from 21st July to the 10th of August, officially. As in many other cases, Japanese resistance continued long after the combat was supposed to have ended.



As part of a US and Australia exercise (Tandem Thrust), I visited Guam on several occasions while stationed in Hawaii. At a planning conference, the senior Marine Corp mentor asked if we would like to see the beaches where the Marines came ashore and as I couldn't think of anything else to do I tagged along.

Turns out our, our crusty old USMC general was a private and had been part of the initial wave of Marines coming ashore. He showed us exactly where he came shore and pointed at the pill boxes that fired interlocking fires right over his butt. After walking the beach, we walked up into the wooded area overlooking the beach. We came upon the canon or recoilless rifle trained down on the beach. In 1944, the Marines found a pair of them (the top picture shows one of the pair), which could have decimated the Marine landing force, except for the fact that the firing pin was not there.

After finishing up our tour of the landing beaches, we headed to the memorial on the island (2nd picture from the top) for American, Japanese and Guamanian who lost their life's in the battle. The memorial depicts folded hands in prayer. To the right of the memorial is a trail leading to a shallow canyon where the Japanese commander General Obata hid his command post in the final days before committing seppuku (ritual suicide) on 11 Aug 1944.

We walked the trail down to his last command post. In front of the cave signs briefly described the battle in both English and Japanese 3rd picture from the top). Further into the cave were bottles of beer, sake, burning incense and cigarettes.

We concluded our tour of battle fields at the US Navy facility at Guam where I had a picture taken in front of Japanese midget submarine very similar to those used in the Japanese attack on Pearl Harbor (picture to the right).



Guam is an interesting place to visit. If you ever get

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the chance, go and ensure to take a dive trip in Apra bay where can you swim over (at least back then) over the many WWII wrecks in the bay.





# 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.**



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# 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

