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VOL 48—No. 4

**NEVER STOP SERVING**

JUL & AUG Issue 2024

## THE TRIBUTE

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



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## Anchor Allies Membership Mixer

On May 15th chapter members and prospective applicants gathered at one of our favorite establishments - Anchor Allie's on Shore Drive in Virginia Beach. A fantastic time was had by all, as approximately twenty-five attendees enjoyed each other's company over complimentary beer and hors d'oeuvres, reliving glory days. Of note, we signed four new chapter members and left a fantastic impression on those guests considering membership. The chapter plans on hosting similar events in the near future. We hope to see you there!

A special thanks to Anchor Allie's, a veteran owned and veteran friendly business whose owners, Allie and Cherish reserved the entire establishment for our event.



 Hampton Roads Chapter, Military Officers Association of America

[SEE ANCHOR ALLIES CONTINUED ON PAGE 8](#)



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,

Many thanks to Matt Dumenigo and Mike "Breeze" Barea for setting up the Membership Mixer at Anchor Allies on Shore Drive on May 15th. It was a great event and resulted in several new members joining the chapter. We hope to do more of these and welcome members to attend and bring potential members with you so they can learn more about MOAA and the Hampton Roads Chapter.

Thanks also to Breeze for his coordination of the most recent Old Dominion Honor Flight mission.

Honor Flight is looking for more veterans to take on their missions to visit the war memorials in DC. Of greatest interest is the large population of Vietnam War era veterans in the Hampton Roads area. You don't have to be an actual combat Vietnam War veteran to attend. If you were on active duty anywhere in the world during the Vietnam War era (1955-1975), then you qualify to participate in an Honor Flight mission. The next Old Dominion Honor Flight mission from our area is on October 19, 2024. There are details in this issue about Honor Flight and how to sign up. Also in this issue is a flyer on how you can assist with the Honor Flight mission as a guardian. Lastly, the Hampton Roads Chapter will again participate in the send-off for the veterans participating on October 19<sup>th</sup>.

Thank you to all our new members and to those who have renewed their membership in the chapter. Current members are our best recruiters to help bring in new members. Please invite your friends and neighbors who are eligible for MOAA membership to come with you to a luncheon or other chapter event. We need everyone's help to recruit new members and retain current members. MOAA and HRCMOAA are your strongest voices at the national and state level to advocate for benefits they have earned through their military service.

Here are the highlights of upcoming chapter events:

July 14, 2024: Tri-Chapter Brunch at Atlantic Shores

August 16, 2024: Congresswoman Jen Kiggans

[SEE PRESIDENT CONTINUED ON PAGE 5](#)

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Lt Col. Clarissa Blair USMC

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SURVIVORS



Survivor Benefit Plan (SBP) annuitants may have experienced fluctuations in the amount of their monthly survivor benefit check. They have to do with changes in federal withholding regulations that weren't implemented until April and didn't appear until your May 1 annuitant deposit (although some annuitants experienced fluctuations earlier).

Here's an explanation from the pay centers that annuitants may have received via letter within the last few weeks:

**What You Need to Know**

"The annual tax table is typically updated at the end of each calendar year with changes in January. In the most recent update, the Internal Revenue Service also directed changes to withholding requirements. As a result, DFAS [Defense Finance and Accounting Service] modified the Annuity Pay System to correctly withhold federal income taxes. However, the additional time required to perform system modifications delayed implementation until your May 1, 2023, payment. This may have resulted in an unexpected change in your tax withholding. We apologize for any inconvenience this may have caused."

**What You Need to Do**

"No action is required from you at this time. **However, you may wish to review your year-to-date withholdings to determine how the delay in updating your federal tax withholdings may impact you, given your individual tax circumstances.** If you want to change your federal tax withholding, please log

[SEE SBP PAGE 5](#)

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Military Officers Association of America (MOAA) 9 hours ago

Join us in celebrating all the women who have served today. 🇺🇸



Military Officers Association of America (MOAA) 2 days ago

Combat-injured veterans need your help!



MOAA.QUORUM.US

Ask Your Lawmakers to Support Combat-Injured Veterans

The Major Richard Star Act would ensure these veterans, who were unable to complete 20 yea...



## August Luncheon Speaker: Congresswoman Jen Kiggans



Congresswoman Jen Kiggans is proudly serving Virginia’s Second Congressional District in the U.S. House of Representatives, which includes Virginia Beach, the Eastern Shore, part of Chesapeake and Southampton, Isle of Wight, Suffolk, and Franklin City.

Jen is a proud Navy Wife to her husband Steve, a retired F-18 pilot, and mom to their four amazing children who motivate her every day to fight for a stronger future for Virginia and our nation as a whole.

Prior to serving Virginians in public office, Jen served as a helicopter pilot in the U.S. Navy and worked in our nation’s healthcare system as a Geriatric Nurse Practitioner, serving America’s aging population.

Jen was winged as a Naval Aviator in 1995. She served our nation for a total of 10 years as a helicopter pilot flying H-46 and H-3 helicopters, completing two deployments to the Persian Gulf. As a former Navy helicopter pilot, Navy spouse, and now Navy Mom, Jen is a tireless advocate for the military community and is a strong voice for them in Congress.

After serving in the U.S. Navy, Jen used her GI Bill benefits to go back to school and become a board-certified Adult-Geriatric Primary Care Nurse Practitioner. A graduate of Old Dominion University’s Nursing School and Vanderbilt University’s Nurse Practitioner program, Jen has worked in several long-term care and nursing facilities in Virginia Beach and Norfolk in addition to serving as a primary care provider for a After years of growing frustration listening to politicians on the evening news and watching as division and negative rhetoric derailed legislative progress on issues important to her family and her community, Jen took her experience of working with a team to accomplish the mission at hand to Richmond. She served three sessions in the Virginia State Senate, where she successfully championed legislation to establish a Military Spouse Liaison and advocated for patients, families, and caregivers in long-term care facilities.

Jen comes to Congress determined to bring civility and competence to politics –something she believes is severely lacking in all levels of government – and provide Virginians with the strong, independent leadership in Washington they deserve.

### Reminder: Upgrade your Military ID Card in 2024.

There is a new ID card for military retirees and dependents. If you have not updated your old one to the Real ID Card System, then you need to make an appointment (or walk in) and get it done next year. There has not been much info put out on this and no date has been promulgated to have it completed but, it is advisable to get it done soon and avoid the rush, once the date is published.

Shown on the left are two photos of sample IDs, the new ID on top and old on the bottom. The new "Identification and Privilege Card" is tied into the Real ID program that follows other forms of ID like your new Driver's License.

The phone numbers for NAS Oceana is 757-433-2184, Norfolk: 757-445-3124, or email them at: [idcardofficeonline@mail.mil](mailto:idcardofficeonline@mail.mil). There is also a website (<https://idco.dmdc.osd.mil/idco>) where you can make an appointment or order the ID card online and yes, have it mailed to you vice going into Pass & ID to get one.

If you have any questions, please feel free to contact me.

Jim Daniels, HRCMOAA ID Card Program, Capt, USN (Ret)  
757-375-3973, [jakaoc@aol.com](mailto:jakaoc@aol.com)



**SBP CONTINUED FROM PAGE 3**

into your myPay account at <https://mypay.dfas.mil> or <https://www.dcms.uscg.mil/ppc/ras/> and take the following actions:

1. Click 'Federal Withholding' under 'Pay Changes' on the menu on the left.
2. Click the yellow square with the pencil to edit your extra withholding.
3. Verify your marital status by selecting the appropriate option.
4. Identify the additional amount you would like withheld from each pay period.
5. Enter the identified amount in the 'Extra Withholding' box.
6. Click the 'Continue' button.
7. Review your changes, and then click 'Submit.'

You can also submit a new 2023 IRS Form W-4P by mail, fax, or electronically via [askDFAS](mailto:askDFAS) or Report a Pay Issue via [ppc-dg-customer@uscg.mil](mailto:ppc-dg-customer@uscg.mil).”

DFAS Customer Service can be reached at (800) 321-1080, Monday through Friday, from 8 a.m. to 5 p.m. Eastern time. The Coast Guard Pay and Personnel Center can be reached at (866) 772-8724, Monday through Friday, from 7:30 a.m. to 4 p.m. Central (8:30 a.m.-5 p.m. Eastern).

Reviewing your federal withholding throughout the year is important to avoid incurring a large tax burden in April. The pay centers only know the income they're sending you. If you have other significant income, consider using the [IRS Withholding Estimator](#) to calculate your annual federal taxes.

**PRESIDENT CONTINUED FROM PAGE 2**

September 20, 2024: Mr. Dave Huffman, Executive Director of Mission: POW-MIA.

October 18, 2024: Ms. Barb Smith, "What to do before your spouse becomes a survivor"

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

December 7, 2024: Christmas Dinner Dance at Atlantic Shores

Details for upcoming luncheons and other events are available on our chapter website ([www.hrcmoaa.org](http://www.hrcmoaa.org)). Be sure to check there often for the latest information and updates on future events.

At the November luncheon, we will have our annual Toys for Tots / USMC luncheon. This is also the occasion of our annual meeting and election. We are looking for chapter members willing to help with the management of the chapter. Positions open on the slate include president, vice president, secretary, treasurer and all four director positions. Please consider giving back to the chapter by helping in a position on the board. Even if you aren't interested in an elected position, the chapter is grateful for as much or as little assistance any chapter member can give as a committee member with any of our committees.

It is critically important that every member of our chapter be an advocate for legislative efforts in support of our military and their families. It's very easy to write to your legislators on legislative issues. Just go to [www.moaa.org](http://www.moaa.org) and click on "Advocacy" and then on "Legislative Action Center". There you will find the active legislative campaigns that MOAA is undertaking. You can scroll through the list and click on "Write" to find pre-populated letters which you can send as written or edit to add your own comments.

We continue to have mail for chapter members returned to us as undeliverable. 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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**UPCOMING**  
*Events*

**July 14th, 2024** - Tri-Chapter Brunch (Portsmouth, Peninsula and Hampton Roads) at Atlantic Shores—Virginia Beach, VA. 1000—1300 hours. Reservations required NLT 1200 hours Tuesday, July 9th, 2024. Please RSVP to Loren Heckelman: (757) 646-6448 (cell) or via e-mail at [HRCMOAA@gmail.com](mailto:HRCMOAA@gmail.com)

**August 16th, 2024** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker: Congresswoman Jen Kiggans. Reservations required NLT 1200 hours Tuesday, August 13th, 2024. Please RSVP to Barb Smith: (757) 576-1114 (cell) or via e-mail at [barb4mom@cox.net](mailto:barb4mom@cox.net).

**September 20th, 2024** - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker: Mr. Dave Huffman, Executive Director of Mission: POW-MIA. Reservations required NLT 1200 hours Tuesday, September 18th, 2024. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at [barb4mom@cox.net](mailto:barb4mom@cox.net).

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## Chapter Member Events

At our luncheon on the 17th of May, our guest speaker was Lisa Oliver, a Funeral Pre-Planning specialist who discussed VA Burial Benefits and planning. On the left, our President Loren Heckelman presents the Jefferson cup to Lisa and on the right she is speaking to our attendees.



[SEE CHAPTER EVENTS PAGE 8](#)





## ODU Commissioning Ceremony

The Chartway Arena of Old Dominion University's (ODU) Ted Constant Convocation Center was the site for the annual Spring US ARMY and US NAVAL SERVICE ROTC Commission Ceremony held on Thursday 2 May 2024. The US Army's ODU Monarch Battalion, commanded by Lieutenant Colonel (LTC) Brandon Shah, USA commissioned 11 Second Lieutenants in the US Army, Army National Guard and Army Reserves. The Hampton Roads NROTC Unit, commanded by Captain (CAPT) Brian Becker, USN in his final Joint Commissioning Ceremony is a consortium 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 14 Ensigns in the Navy and 3 Second Lieutenants in the United States Marine Corps. A total of 28 students were developed morally, mentally, physically and were imbued with the highest ideals of duty, honor, and loyalty in order to commission college graduates as military officers. These newly commissioned officers possess a basic professional background, are motivated toward careers in the military, and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

Opening remarks were provided by LTC Shah, USA, Dr. Augustine "Austin" Agho, Pd.D., Old Dominion University Provost and CAPT Becker, USN. The commission ceremony was honored to have, as its guest speaker, LTG Donna W. Martin, USA, The Inspector General of the United States Army who provided keynote remarks and issued the Oath of Office.

LTG Martin, USA is a native of Yorktown, Virginia and graduated from Old Dominion University. LTG Martin, USA also earned a Master's Degree in Strategic Studies from the United States Army War College in Carlisle Barracks, Pennsylvania. LTG Martin, USA has served in a variety of staff positions from Battalion to Combatant Command (USAPACOM). LTG Martin, USA has also commanded twice at the brigade level and became the eighteenth Provost Marshal General and the fifteenth Commanding General of the U.S. Army Criminal Investigation Command.

MOAA Hampton Roads Chapter Board of Director Captain (CAPT) Mike "Breeze" Barea, USN (Ret), and Active Duty Liaison LtCol Clarissa N. Blair, USMC attended the ceremony presenting GOLD BARS to newly Commissioned Officers following respective congratulations from the Official Party on stage. Following the ceremony a reception was held with food and beverages. Musical entertainment was provided by the U.S Fleet Command Brass Quintet.



ANCHOR ALLIES CONTINUED FROM PAGE 1



On 8 May 2024, MG (Ret) John McLaren, presented the MOAA Leadership Award for the Hampton Roads MOAA Chapter to NJROTC Cadet Lieutenant (Junior Grade) Jayden Gerber. Cadet Gerber demonstrated leadership and dedication to the NJROTC program at Green Run High School marked him for recognition among his peers. The Green Run program consistently is known for excellence nation wide due to the dedicated guidance from CDR (Ret) Brown and 1SG (Ret) Robles.



Cadet/LCDR Adrianna Grimes receives the MOAA Leadership Award from CAPT Steve Nimitz, USN (Ret) during the end-of-year unit award assembly at Frank W. Cox High School in Virginia Beach on 22 May 2024. Cadet Grimes is a student at First Colonial High School who will graduate in June 2025. She is interested in a career in the medical field.







On 8 May 2024, Capt (Ret) Jim Daniels, presented the MOAA Leadership Award for the Hampton Roads MOAA Chapter to NJROTC Cadet Lieutenant Commander (C/LCDR) Zachery Reyes. As the Unit Commanding Officer, Cadet Reyes demonstrated leadership and dedication to the NJROTC program at Landstown High School, marking him for recognition among his peers. In addition, the Landstown HS Unit was awarded Outstanding Unit for School Year 2023-24.



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

# Your nation asked for everything We have one more request....



We ask simply that you allow us the enormous privilege of showing you the appreciation and honor that you deserve with a day of honor and gratitude at the nation's capitol. Old Dominion Honor Flight gives local veterans the opportunity to share this momentous occasion with other comrades, remember the fallen, and share their stories and experiences with other veterans. Honoree veterans always travel free of charge.

Join us for one of our 2024 Honor Flight Missions  
Departing from the Mariners' Museum



- April 20, 2024
- October 19, 2024



Sign up today at  
[www.olddominionhonorflight.org](http://www.olddominionhonorflight.org)  
or call us at (877) 261-3430

Follow us on Facebook, Twitter, and Instagram



## 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:

### Jul 25th, 2024.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm) <https://www.corporategray.com/jobfairs/492>

### September 19th, 2024.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm) <https://www.corporategray.com/jobfairs/493>

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(Last, First, MI) (Day, Month, Year)

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TELEPHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_  
(Include area code)

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TELEPHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_  
(Include area code)

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

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



## New Five-Year Scholarship Fund Campaign Update

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 2024 and for the five-year campaign that will cover 2023 - 2027:

| HRCMOAA<br>Scholarship Drive<br>Status as of June<br>15, 2024 | <u>GOAL</u>                                       | <u>Amount<br/>Contributed</u> | <u>% of Goal</u> | <u>Need by Date</u> | <u>\$ Still Needed</u> |
|---|---|-------------------------------|------------------|---------------------|------------------------|
|   | Total 5-Year<br>Goal: \$25,000                    | 5,804.00                      | 23.2             | 12/31/2027          | \$19,196.00            |
|   | Annual Goal for<br>2024 (Year 2 of<br>5): \$5,000 | \$2,199.00                    | 44%              | 12/31/2024          | \$2,801.00             |

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.



**2024 CONTRIBUTIONS FROM PAGE 12**

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.

**2024 Contributions****PLATINUM— \$500 and above****CDR Daniel Edwards, USN (Ret.)****GOLD— \$250 to \$499**

CAPT Loren Heckelman, USN (Ret.)

CAPT Kenneth Marks, USN (Ret.)

Major &amp; Mrs. Clifton Furedy, USAF (Ret.)

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

COL Jack Hilgers, USMC (Ret.)

CAPT Stephen Nowak, USN (Ret.)

CDR Carl Thoren, USN (Ret.)

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

**BRONZE— Under \$100**

CAPT James V. Daniels, USN (Ret.)

LCDR Eddie Seaton, USN (Ret.)

LT Stephen Hackney, USN (Ret.)

Mrs. Sharron D'Angelo

**COL Charles Shaver, USA (Ret.)*****Thank you to our new and renewing members and in Memory of those who have passed 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**

CDR Lawrence Bittner, USN (Ret.)  
Captain Albert Brady, USN (Ret.)  
Major Clifton Furedy, USAF (Ret.)  
Captain Donald S. Ross, USN (Ret.)  
LCDR Floyd Singer, USN (Ret.)

**NEW MEMBERS**

LCDR Andrew Becker, USN (Fmr)  
CDR Frank Coyle, USN (Ret.)  
CWO3 Christian Flores, USN (Ret.)  
LtCol Tyler Freeburg, USMC (Ret.)  
LtCol John Kenneley, USMC (Ret.)  
CAPT Al Nugent, USN (Ret.)  
LT Mark Rickrode, USN (Ret.)

**TAPS**

CAPT Allen Weseleskey,  
USN (Ret), Navy Cross recipient





## 2024 Tri-Chapter Brunch



The Portsmouth Area Chapter (PAC), Peninsula Chapter (VIP), and the Hampton Roads Chapter (HRC) of MOAA are hosting a brunch buffet in the Magnolia Room at Atlantic Shores Retirement Community, Virginia Beach, from 1000 – 1300 on Sunday, July 14, 2024.

Atlantic Shores' address is 1200 Atlantic Shores Drive, Virginia Beach, VA 23454

### Brunch Buffet includes:

Scrambled Eggs  
 Savory Breakfast Casserole  
 Bacon and Sausage  
 Hash Browns  
 Omelet Station  
 Waffle Station with Whipped Cream, Cherry Pie Filling, Syrup, Butter  
 Fresh Fruit Platter (Strawberries, Grapes, Cantaloupe, Honeydew, Pineapple)  
 Blueberry muffins  
 Caesar Salad  
 Chicken Salad Croissants  
 Pasta Salad  
 Coffee, Tea, Orange Juice, Apple Juice  
 Cash Bar will be available for additional beverages.

Casual Attire

Cost of brunch is \$30.00 per person which includes tax and gratuity.  
 Payment at the door with cash or check made out to HRCMOAA.

**Reservations are required NLT noon on Tuesday, July 9, 2024**

via email to [HRCMOAA@gmail.com](mailto:HRCMOAA@gmail.com)

or via phone to Loren Heckelman at 757-646-6448.

HRCMOAA must pay for the number of people registered.

***A RESERVATION MADE IS A RESERVATION PAID!***





**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.)*

Summer is here. It's warm and the beach is calling us all. Remember though, that the sun can burn and make your life quite miserable. Use sunscreen or it could become much worse.

With the heat of summer here, do all those things you wanted to do during the winter time. We for example are off to the pool in our Suffolk neighborhood at least every Saturday and Sunday. Also try to get in some visits during the week. We are also attending our regularly scheduled 4th July, or close too, baseball game. This year, the boss and I will be part of the MOAA Board members baseball game on the 29th of June.

Remember friends and family. You never know when they are going to leave us. A couple of friends of mine, who I thought was going to hit a 100, before departing the pattern left us way to early. We are off to see Uncle Ben, the last of the previous generation in my family, for 4th of July in West Palm Beach.

I am writing this on June 6th 2024, the 80th Anniversary of D-Day, I am reminded that we need to interview and gather the last stories before the greatest generation leaves us forever.

We thought all the stories about Pearl Harbor were told and recorded until we, the Naval Intelligence Professionals (NIP), went on TV and asks whomever had not been interviewed to contact us. Almost a hundred interviews later, we discovered that there were a lot interesting stories that had never been recorded. If only for your family history. Do it now. We have a lot of work to do. If you want to publish it in our newsletter, send it to me any way you can.

Sincerely, Hans



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

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JUL/ AUG 2024

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**MEMBERSHIP ALERT**

*If the date on your mailing label shows 2024, your membership expires on December 31, 2024. 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.*







## 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



# MILITARY HEALTH SYSTEM **MHS GENESIS**

**You can now request prescription  
REFILLS online**

*Through the MHS GENESIS  
Patient Portal*



To access the MHS GENESIS  
Patient Portal, visit  
[patientportal.mhsgenesis.health.mil](https://patientportal.mhsgenesis.health.mil)  
or scan this QR code.  
(CAC or DS Logon Required)

Log in to your account and look for the  
**Rx Refills** tab.

