



**5 STAR
2015,18**



**5 STAR
2014,15,17,18**



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Newsletter

Jay E. Garbus Same as above

NEXT MEETING

**Sept 20th meeting is
cancelled**

Red Rocks Café
4223 Providence Rd
Social Time **Cancelled**

NEWSLETTER SEPTEMBER 2020



PRESIDENT'S MESSAGE

COVID-19 restrictions are still around so we remain limited on having an in-person meeting. We are scheduling a **Zoom call chapter meeting for October 18th**. We will be sending out a notice/invitation to everyone to register in advance and to cover instructions how to use Zoom before the meeting on the 20th.

Joe Anderson our 1st VP is working hard on future chapter programs whether it be in person or on Zoom. We look forward to the time when we can meet again in person.

Joe Anderson is also the Chairperson for chapter officer and board nominations. Contact him if you want to become an officer or serve on the Board of Directors for 2021. We need and want new and long-time members willing to serve the chapter.

The JROTC Scholarship Fund Golf tournament will be schedule again in 2021. Hopefully, the economy will be better and local businesses will be able to participate as they have in the past.

If anyone has something they would like to share with the chapter please email me so I can put it in the newsletter. It could be weddings, birth announcement, the trip you took (or will take) or something else that you are proud to share.

Jay E. Garbus, CW4, USA (Ret), President

The mission of the Charlotte-Metrolina Chapter of the Military Officers Association of America (MOAA) is to promote MOAA purposes and objectives. This will foster fraternal relations among retired, active, and former officers of the uniformed services, and their Reserve and National Guard components. The goal is to actively promote the protection of the rights and interests of members of the uniform services, their family members including survivors, provide useful services for members and their families, and serve the community, the active military forces (past, present, and future), and our nation.

Publisher and Editor – Jay E. Garbus

The **Newsletter** is published monthly for members and friends of Charlotte-Metrolina Chapter, MOAA.

Editorial Policy: The Charlotte-Metrolina Chapter is affiliated with national MOAA. As such, the Charlotte-Metrolina Chapter is nonprofit, politically nonpartisan. Editorial policies are established by the Chapter's Publisher and Editor and are in consonance with MOAA's. Advertising and sponsorship are accepted based on MOAA policies and standards.

Editor may be reached at (704) 400-0160

Chapter Website <https://www.charlottemoaa.org/> / **MOAA Website** <http://www.moaa.org/>

MOAA "Take Action" <http://www.moaa.org/takeAction/>

Membership Open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services or their surviving spouses.

CHAPTER MEMBERSHIP ZOOM

The chapter now has a Zoom account that allows many users and has no time limit. We will have a lesson on being on Zoom sometime before our Zoom meeting on the 18th of October. More information will be coming out on the Chapter emails.

PROGRAMS – The May meeting was cancelled and there were no June, July and August meetings scheduled.

September 20, 2020 / **Cancelled**

October 18, 2020 - Will be on Zoom. Meeting presentation - **Stress Management and Relaxation Techniques during the COVID 19 pandemic** presented by David Laws and Robert Kitchen.

This workshop presentation will be limited to 20-25 people. A couple is considered 1 person and you will need to register with your email address for this meeting. More information will follow on emails.

This virtual resiliency workshop was developed to bring support to military, veteran and military family communities during the COVID-19 pandemic. This module offers stress-management and relaxation techniques to connect with the pandemic as a live, interactive virtual workshop.

It will be facilitated by two licensed Behavioral Health Professions

WHAT IS COVERED?

- Managing the Stress of Isolation
- Managing Health
- Caring for Family members
- Healthy communications during stressful times
- Getting Healthy Sleep
- And much more

ATTENDANCE AT THIS MEETING/WORKSHOP WILL REQUIRE REGISTRATION!!

If you are interested in attending this virtual workshop that will be conducted via zoom, please email Joe Anderson at joeanderson1970@yahoo.com NLT midnight, Sunday Oct 4 . Please contact Joe at 336-324-1008 if you have any questions.

***** **REPLY** *****

I plan to attend the virtual workshop that will be conducted by the American Red Cross during the MOAA Chapter meeting on October 18 at 3:00 p.m.

My spouse WILL participate – () My spouse WILL NOT participate – ()

(MEMBER NAME) - _____ TEL # - _____

E-MAIL ADDRESS - _____

(SPOUSE NAME) _____

November 15, 2020 / at Red Rocks Café, 4223 Providence Rd 8, or via zoom. Meeting at 3 p.m./Monthly Business meeting, election of Officers.

December 13th, 2020 / at Red Rocks Café, 4223 Providence Rd or via zoom. Meeting at 3 p.m./Monthly Business meeting and Christmas celebration.

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January 24th, 2021 / 3:00 p.m./ Officer Installation at Red Rocks Café, 4223 Providence Road - Dinner meeting
Monthly Business meeting and potential national MOAA rep visit/presentation

February 21, 2021; 3:00 p.m. at Red Rocks Café, 4223 Providence Road 8, Charlotte, NC 28211/Dinner meeting
Looking for a program

March 21, 2021; 3:00 p.m. Red Rocks Café, 4223 Providence Road 8, Charlotte, NC 28211/Dinner meeting

NOMINATIONS (ELECTIONS) 2021 CHAPTER OFFICERS AND BOARD – "In accordance with our Chapter By-Laws, elections of officers for the 2021 Calendar Year will take place at our November meeting to be held on Nov 15, 2020 at 3 p.m. If you interested in serving our chapter as an officer or as a board member, **please contact Joe Anderson, Chair, Nominating Committee NLT Sunday, November 1.** He can be reached at mobile # 336-324-1008 or email: joeanderson1970@yahoo.com.

Thank you for your attention to this matter and for the fact that you are.....**STILL SERVING AMERICA."**

CHAPTER DUES FOR 2021 – It is not too early to start thinking about paying annual chapter dues that are due by December 31st, 2020. If you earlier paid for multiple years and are unsure when you need to pay again, please contact Ron Wilsbach

LEGISLATION – **Legislative Notes** As you may have seen in your monthly *Military Officer* magazine from national MOAA, a great deal of attention has been paid to the DOD proposal to significantly reduce the number of military medical treatment facilities as well as the number of medical personnel in the Army, Navy, and Air Force. These proposals were included in the 2017 National Defense Authorization Act which was passed by Congress well before the current pandemic. Largely through the efforts of lobbyists from MOAA and other veterans organizations, these proposals have been put on hold, at least for the present time.

As the health crisis in the country eases, there will be more attention to this issue, so stay tuned. If you are a beneficiary of healthcare from a military treatment facility, it would be a great idea to let your Congressman(or woman) know of your opinion about these planned cutbacks, as the idea is to transfer care to the civilian sector, which may not be a good idea.

Additionally, the Senate Armed Services Committee has recently proposed a look at Tricare and the way that system is currently managed. You may well have noticed an increase in various copays if you are eligible for care under the Tricare system, which were implemented in an effort to reduce costs of the program. Changes to Tricare are only in the speculative phase, and there are no concrete proposals to share with you yet. Here again, if you have an opinion about these ideas, your representative in Congress is the best way to relay your thoughts. If these proposals begin to materialize, the best sources of information will be the MOAA newsletter which comes via email, and the *Military Officer* magazine. Feel free to call or email me if you have any further questions. Tony Castle (ccastle645@gmail.com)

Federal - HR 5995 - A bill to amend title 10, United States Code, to expand eligibility to certain military retirees for concurrent receipt of veterans' disability compensation and retired pay or combat-related special compensation, and for other purposes.

Federal - HR 413 A bill to amend the Internal Revenue Code of 1986 to allow the work opportunity credit to small businesses which hire individuals who are members of the Ready Reserve or National Guard, and for other purposes.

Federal - HR 847 A bill to provide interim appropriations for the Coast Guard Retired Serviceman's Family Protection and Survivor Benefits Plans for each fiscal year after fiscal year 2018, and for other purposes.

NORTH CAROLINA COUNCIL OF CHAPTERS

November 14th - A two-day weekend, Friday and Saturday, is planned but that will be determined later.

NC STATE COUNCIL OF CHAPTERS- HELP WANTED AD: The North Carolina Council of Chapters is seeking an energetic person to become the secretary of the Council. Duties: Attend quarterly NCCOC meetings, take minutes of the meetings and forward to the webmaster for inclusion in moaa-nc.org (web site for the NC Council). Maintain historical records for the Council. Correspond with chapter presidents. Provide members with timely notification of meetings. Handling all administrative tasks at meetings (sign ins, desk name plaques, etc.,)

Qualifications: Previous corporate secretary experience not required.

Hours: 30 per year

Compensation: Free coffee at meetings. Also, we offer comradery with Council Officers and Chapter Presidents. Otherwise, the compensation is \$0.00, but the comradery is priceless.

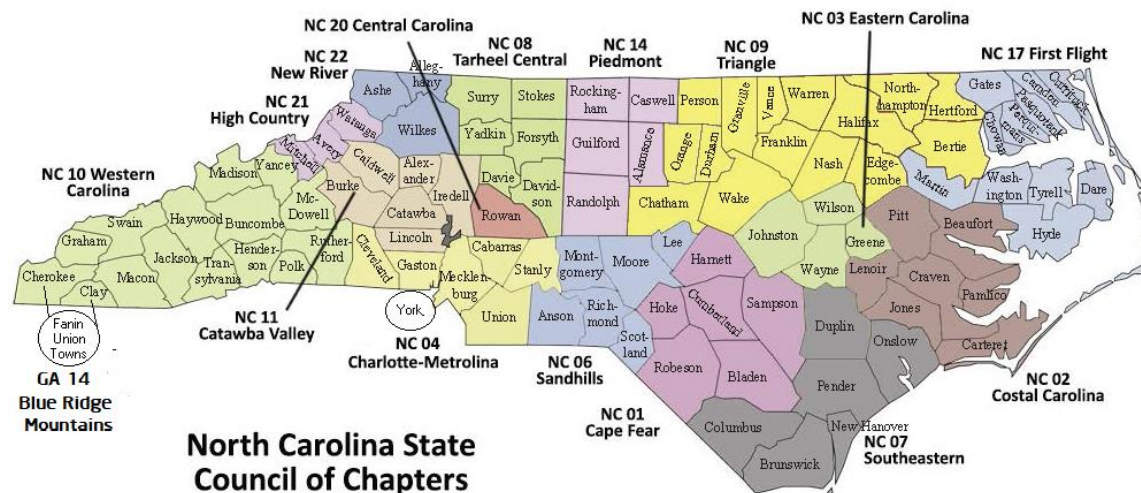
Vacation: 2,050 hours per year (2,080 available work hours per year less 30 work hours)

Healthcare: Whatever you currently have.

The position does not require a person to be an officer of the uniformed services of the U.S., but does require one to be a spouse and if you are currently serving in a chapter, this would be a good opportunity to learn what is happening at the Council level

Call COL (R) Jim Brumit, President, NCCOC or email at jimbrumit@aol.com

NEW NC STATE COUNCIL OF CHAPTERS AREA MAP -



MOAA NEWS

MOAA is the nation's largest and most influential association of military officers. We are a powerful force speaking for a strong national defense and representing the interests of military officers and their families at every stage of their careers. It is an independent, nonprofit, politically nonpartisan organization. To reach our Member Service Center, please call 1-800-234-6622 or email us at msc@moaa.org.

MOAA ANNUAL MEETING VIRTUAL - OCTOBER 23, 2020 / 2:00 PM - 3:50 PM EDT

All MOAA members are invited to attend the Annual Meeting of the Membership. All registered participants, whether you attend or not, will receive an email after the presentation with a link to the recorded session. If you can't make it, be sure to register to receive your link to the recording after the event.

At 2 p.m. Eastern, as part of the Annual Meeting, MOAA will host a **Lead-Off Webinar: An Overview of Scams and Frauds**. This 25-minute session will briefly discuss the nature of criminal activity, how to identify a problem, how to prevent being scammed, and what to do if you become a victim. It will be a practical lesson with some examples.

After a short break, the **Annual Meeting of the Membership** will begin at 2:30 p.m. Eastern. MOAA members and the Board of Directors will hear presentations on MOAA's current programs and initiatives. Members will have an opportunity to address questions to MOAA's president and corporate officers, and the leadership team will answer as many as possible during the allotted time.

The meeting is expected to last one hour and 20 minutes. Registrants will be admitted to the virtual site promptly at 2 p.m. and may join the event in progress at any time between 2 p.m. and 3:50 p.m.

Questions may be submitted in advance by email to MSC@moaa.org; please include "Annual Meeting Questions" in the email subject line.

For questions about registration and the program, email RSVP@moaa.org. After registering, you will receive confirmation emails leading up to the event and information about joining the webinar on the day of the event.

NOTE: *All registered participants* will receive an email with a link to the recorded session. Additionally, the video will be archived on our MOAA website for all paid MOAA members.

SURVIVING SPOUSE LIAISON - Information or to join MOAA's Surviving Spouse Virtual Chapter, email mssvc02@gmail.com. An [online application](#) also is available.



Surviving Spouse Corner: Navigating the First Year After Loss

After the death of your spouse, you're now in charge, to plan and direct the course of your new life.

By Barbara Smith, Surviving Spouse Advisory Council member

You have become a surviving spouse. Intense agony comes with grief. People grieve in different ways. There is no right or wrong way, you just need to find your way. Grief is private and personal. It's OK to cry. It's OK not to cry. It's OK to laugh.

The first year after losing your spouse will be extremely difficult. You will have birthdays, anniversaries, and holidays without your loved one. Lifetime events become very painful. There will be days when you feel heartbroken.

Reach out to family, friends, whoever brings you comfort, and don't be afraid to share your thoughts and fears with them. Love from those around you and that are close to you can be very healing. Don't be afraid to seek counseling if you need to or see your doctor.

This is also a good time to pursue a hobby, volunteer, travel, read, write, take an exercise class or dance lessons, sign up for a cooking class, or become more active in your church, etcetera. You don't get over the loss of your loved one; you learn to live with it. Nothing you do in the future will change your love for the person who died.

My hope for you is that you will find the strength to get through this. I hope you find a little happiness in each day and that remembering your spouse brings a smile to your face.

ON GOING EVENTS (If not cancelled during this period)

1. Mecklenburg Veterans Council – 1st Tuesday every month at 11:30 am. Valerie C. Woodard Center, 3205 Freedom Drive, Ste. 2000 (Community Support Services), Bldg. D, Charlotte, NC. The meeting room is the Queen City Conference Room, 2029
2. Veteran Network breakfasts on the first Thursday of every month, starting at 0730 at Another Broken Egg in Ballantyne. Total cost is \$ 13. Is available via zoom. See VBH newsletter
3. **Veteran Network Uptown Lunches** on the second Wednesday of every month starting at 11:45 at the Covenant Presbyterian Church Community Room. Total cost is \$ 10.00. Pre-register at Veterans Bridge Home website and lunch is only \$ 5.00. This lunch has great speakers. Is available via zoom. See VBH newsletter

AMAZON SMILE CHAPTER DONATIONS - **Ronald Wilsbach**, Thank you for registering Charlotte-Metrolina Chapter of the MOAA at org.amazon.com and welcome to AmazonSmile, where Amazon donates 0.5% of the price of eligible smile.amazon.com purchases to the charities selected by customers. Spread the word to your supporters so they can generate donations for your organization when they shop. When customers sign up for AmazonSmile, they're asked to select one of over a million charities to support. When customers click on your unique link, they skip this charity selection process. Instead, they're taken to smile.amazon.com and are automatically asked if they want to support Charlotte-Metrolina Chapter of the MOAA.

Your unique charity link: <https://smile.amazon.com/ch/38-3779812>

CORONAVIRUS (COVID-19) RESOURCES AND UPDATES

If you believe you may be suffering from the virus and you are:

- *A TRICARE beneficiary:* Call the Military Health System Nurse Advice Line at 1-800-TRICARE (874-2273), option 1, to receive guidance. You can also connect with a nurse via web or video chat at www.mhsnurseadvice.com.
- *A VA beneficiary:* Contact [your local VA facility](#) prior to visiting. You can also [send a secure message via the MyHealtheVet portal](#) to receive guidance. Learn more about virtual care options [here](#). UPDATE: As of March 19, Veterans Benefits Administration (VBA) Regional Offices no longer will offer in-person services, including scheduled appointments.
- *Outside the VA and TRICARE networks:* Call your health provider.

Coronavirus Resources

- [Coronavirus.gov](https://www.coronavirus.gov)
- [Centers for Disease Control and Prevention Coronavirus Website](#)
- [CDC Advice for Higher-Risk Individuals](#)
- [VA Coronavirus Website](#)
- [TRICARE Coronavirus Information](#)
- [DoD Coronavirus Response Website](#)
- [Health.mil Coronavirus Information](#)
- [National Institutes of Health Coronavirus Information](#)
- [Latest Coronavirus News from Military.com](#)
- [Latest Coronavirus News from Military Times](#)





Charlotte-Metrolina Chapter

ENROLLMENT/RENEWAL FORM

New Member _____ Renewal _____ Date _____

First Name _____ Initial _____ Last Name _____

_____ Rank_Branch _____ DOB _____

_____ Spouse's Name. _____ Street Address : _____

_____ Email _____ City _____

_____ State _____ Zip _____

National Membership Number _____ Ph: _____

Annual Dues - \$30.00

Surviving Spouse Dues remain at \$10.00 annually.

Please remit check and completed renewal form to: Charlotte-Metrolina Chapter MOAA
PO Box 31394
Charlotte, NC 28231-1394

Membership Requirements: Commissioned and Warrant Officers of the seven uniformed services (Army, Navy, Air Force, Marine Corps, Coast Guard, National Oceanic and Atmospheric Administration and U.S. Public Health Service) and the reserve and other components of these services may become regular members. Widows and widowers of any deceased individual, who would, if living, are eligible for membership as auxiliary members. Regular members must hold and maintain membership in both the national organization as well as the local Chapter. Spouse members are encouraged but not required to hold both memberships. (Surviving spouses of deceased MOAA Life Members retain their spouses membership.)

Not a MOAA national member yet? A basic membership is free. A Premium membership is available for \$48.00 per year. Get all the details at msc@moaa.org or call 800-234-6622.