



Newsletter March 2022

CHAPTER BOARD

PRESIDENT

Joe Anderson 336-324-1008
joeanderson1970@yahoo.com

1st VICE PRESIDENT/PROGRAMS

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chuckmartin63@msn.com

2nd VICE PRESIDENT/MEMBERSHIP

Ron Morgan 704-708-8866
rbmorgan943@aol.com

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Tony Castle 980-224-8965
ccastle645@gmail.com

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Ron Wilsbach 704-844-9450
rwilsbach@carolina.rr.com

DIRECTORS

Larry Stawicki 704-814-9739
stawickilp@aol.com

Ed Grant 704-998-7428
Edward.grant08@gmail.com

SURVIVING SPOUSE LIAISON

Mary Cuthbertson 704-293-6704
marycut3@aol.com

IMMEDIATE PAST PRESIDENT

Jay E. Garbus 704-400-0160
jgarbus@carolina.rr.com

CHAPLAIN

Ed Grant SAME AS ABOVE

PERSONAL AFFAIRS OFFICER

William Walker
walkerwilliams3rd@gmail.com

NEWSLETTER PUBLISHER

Jay E. Garbus Same as above

NEXT MEETING

March 20, 2022; 3 p.m.
(RED ROCKS CAFE)
 4223 Providence Rd
 Charlotte, NC



President's message

I appreciate the opportunity to share the Charlotte-Metrolina Chapter 2022 Operational Plan with you during the February Chapter meeting. We discussed initiatives for new membership growth and enhancing the value of active chapter membership for all members of the Charlotte Metrolina Chapter. We talked about the need for each one of us,

including surviving spouses, to see ourselves involved in actions directed towards achieving chapter goals.

We continue to encourage chapter members to consider serving on a committee, such as the Membership Committee, Program Committee, 50th Anniversary Planning Committee, Surviving Spouse Affairs Committee, JROTC Scholarship Golf Committee, Legislative Affairs Committee, and others, which will allow you to bring clearer focus to our individual efforts. If you are interested in serving on a committee, please contact me or a member of the Board of Directors. We are looking forward to announcing our JROTC Scholarship award winners in April and making the awards in May. As you know, the Scholarship Benefit Golf Tournament, which is the primary source of funding for these scholarships will take place on October 7. We will be calling on you for your support of this, our signature event, to help make it a successful event again this year.

This is going to be another momentous year in the nearly 50-year history of Charlotte Metrolina Chapter. Just how impactful it will be will depend largely upon the extent of your engagement. Thank you, in advance, for committing to making a difference.

NEVER STOP SERVING.

Joe L. Anderson, LTC (RET) President, Charlotte Metrolina Chapter, MOAA, 336-324-1008



Our mission statement is in concert with the Military Officers Association of America purposes and objectives. The goal is to foster fraternal relations among retired, active, and former officers of the uniformed services and their Reserve and National Guard components. Our aim is to actively promote the protection of the rights and interests of members of the uniformed 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 – CW4 Jay E. Garbus, USA

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.charlottesmoaa.org/> / **MOAA Website** <http://www.moaa.org/>



MOAA Chapter coin
\$10.00 - contact Ron

CHARLOTTE METROLINA CHAPTER NEWS

PROGRAMS/MEETING DATES FOR 2022:

March 20th: Ann Spitzer, Background of WW I Battle in Flanders Field

April 10th: General Ken Wilsbach, USAF, Commander, INDO-PACAF Command. Topic: SITREP.

May 15th: JROTC Scholarship Award Presentations

June, July, and August – (NO CHAPTER MEETINGS)

RECRUITING/RETENTION

“WHY JOIN MOAA” AND/OR THE LOCAL CHAPTER – HOW YOU CAN HELP!

The best recruiting for MOAA membership and local Charlotte-Metrolina chapter membership is by individual chapter members recruiting current, past, former, and retired officers that they meet in everyday life. This can be from work, church, social groups, civic organizations, clubs, family friends, and even strangers we meet in grocery stores, restaurants, and kids/grandkids soccer, etc. games. We can sometimes recognize former military service members by the baseball caps they wear or the auto decals or license plate frame that indicate their past military service.

National MOAA

The most recognized and effective advocate voice with DoD, Congress and the administration for active duty, reserve, retired and veterans in obtaining, maintaining, and protecting the rights and benefits of service members and their families. MOAA is a leader of “military coalition” advocating for military personnel and benefit issues.

- Local chapter membership benefits:

- Camaraderie – fellowship and friendship with those that have also served as military officers.
- Monthly newsletter with federal/State and local information on legislation that directly affects those that have and are serving.
- Monthly dinner meetings with great speaker programs, both military related and local interest
- Opportunities to serve as a volunteer in community-based veteran support programs, i.e., Veterans Bridge Home (VBH), Patriots Path, Mecklenburg Community Veteran Support Council,
- Chapter supports 40 high school JROTC programs and 2 ROTC programs with Leadership Awards. Notably, CMS high school JROTC programs have a 99% graduation rate.
- Chapter provides a JROTC Academic Scholarship program that provides 4 to 5 \$ 2,000 scholarships annually
- Annual chapter JROTC Scholarship Golf Tournament to fund scholarship program. Scheduled for October 7, 2022

Give those you meet, a chapter application or send them an email with the application attached. OR you can pass along contact information to Ron Morgan at: rbmorgan943@aol.com

SURVIVING SPOUSE CORNER:

Mary Cuthbertson, marycut3@aol.com - Surviving Spouse Liaison

Surviving Spouses are encouraged to visit MOAA.org, where you can sign up to receive *The MOAA Newsletter* and choose areas of most interest to you, such health care and earned benefits, finance, and spouse and family.



VETERANS BRIDGE HOME – See links below to support VBH.

- [Sign up for the Newsletter](#)
- [Join us for an upcoming Event](#)
- [Request Assistance](#) for yourself or a Veteran you know
- [Make a Donation](#)

THE PATRIOT MILITARY FAMILY FOUNDATION is again offering \$10,000 scholarships, paid to the school \$2500 per year for four years. This scholarship is available to any service member or veteran or their dependents for their 4-year bachelor's degree at a North Carolina college or university. Applications are due by 31 March. Please get this word out to any appropriate military or veteran family. The following link allows them to download the application: [Scholarships - Patriot Military Family Foundation \(patriotmilitaryfamilyfoundation.org\)](http://patriotmilitaryfamilyfoundation.org)

MOAA NATIONAL 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

IMPORTANT DATES:

National MOAA Workshop, 12, 13 August 2022, Hilton, 3415 Wake Forest Rd., Raleigh, NC

MAJOR BREAKTHROUGHS ON TOXIC EXPOSURE REFORM FROM VA, CONGRESS, WHITE HOUSE

By: Kevin Lilley **MARCH 02, 2022**

In a little more than 24 hours, the push to provide veterans exposed to toxins during service with the benefits they deserve took significant steps forward on all fronts, from the halls of Congress to the State of the Union address to a major change in VA policy.

MOAA has worked with both the legislative and executive branches for years to secure comprehensive toxic exposure reform, looking to avoid the mistakes and major delays from previous generations and create a transparent, rapid process for determining and rewarding benefits to veterans. The issue took center stage March 1 as part of the president's State of the Union address.

"The VA is pioneering new ways of linking toxic exposures to diseases, already helping more veterans get benefits," President Joe Biden said. "And tonight, I'm announcing we're expanding eligibility to veterans suffering from nine respiratory cancers. I'm also calling on Congress: Pass a law to make sure veterans devastated by toxic exposures in Iraq and Afghanistan finally get the benefits and comprehensive health care they deserve."

[TAKE ACTION: [Ask Your Lawmakers to Support the Honoring Our PACT Act](#)]

Here's more about the VA expansion and the latest from the House of Representatives, which began consideration of an omnibus reform bill March 2 with a vote on the measure expected March 3.

MOAA'S NEVER STOP SERVING PODCAST tackles issues you care about most: your pay and benefits, health care, career transition tips, and more. Each week, host [Lt. Col. Olivia Nunn, USA \(Ret\)](#), talks with currently serving officers, veterans and veteran service organization leaders to provide expert guidance and insights.



Each episode can be streamed below, or access the podcast on [Apple Podcasts](#), [Spotify](#), [Amazon Music](#), [Google Podcasts](#), [PodChaser](#), or [TuneIn](#). Check back for even more platforms!

MOAA HAS FOUR VIRTUAL CHAPTERS: the [Uniformed Services Nurse Advocates Virtual Chapter](#), the [Surviving Spouse Virtual Chapter](#), the [Public Health Service Virtual Chapter](#), and the [Chaplains Virtual Chapter](#).

DID YOU KNOW? Learn More About These Benefits, Programs, and Resources

Member Benefits: While MOAA's basic membership provides an all-electronic experience to members, paid membership (Premium and Life) provides member access to books and guides, financial advice, career transition services, expert advice on military pay and benefits, and so much more.

Surviving Spouse Programs: MOAA's surviving spouses are initiating new programs, keeping many programs thriving, and being recognized for the work in their communities. [Learn more and find out how MOAA's Surviving Spouse Advisory Council helps surviving spouses.](#)

Starting a chapter: If you've ever thought about starting a new MOAA chapter (geographic or virtual), it's easier than you might think. To find out how to get started, take a look at the [Policies & Procedures Guide](#). The Council and Chapter Affairs staff is ready to support, help connect you with your state or

virtual council, and provide tips to recruit new members. Reach out to chapters@moaa.org when you're ready to get started.

Virtual Chapters: MOAA's very first virtual chapter was chartered in 2016. Our MOAA [Uniformed Services Nurse Advocates Virtual Chapter \(MUSNAVC\)](#) led the charge and paved the way for other trailblazers to start a virtual chapter. MUSNAVC was established by [Col. Jeri Graham, USA \(Ret\)](#), the chapter's first president and member of MOAA's board of directors. Jeri pioneered this effort in 2016 and even created a "Virtual Chapter Starter Kit" to assist other leaders who are interested in starting a virtual chapter. The chapter started with approximately 30 dedicated nurses and now has a total of 366 members. [Find out more about this chapter, other virtual chapters, and even how to start your own virtual chapter.](#)

COVID-19 BURIAL BENEFIT - <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>. This is a very important benefit for anyone who has lost someone due to COVID. Please help get the word out about this.



SURVIVING SPOUSE CORNER: REFLECTING ON 2021 Surviving Spouse Corner: Tips for Downsizing and Decluttering If you're moving to a smaller home, these resources can help you determine what belongings should stay and go.

By [Renée Brunelle](#), MOAA Surviving Spouse Advisory Council member and co-founder of Pathfinders Downsizing Solutions

Most people would agree they have experienced a move that did not go as planned. Missing items, broken items and often a vague timeline for delivery from the moving company can make anyone have a few sleepless nights. Perhaps you have decades of "treasures" in your home you had planned on sharing with family. Then it is revealed all are not going to get passed down after all. Where do you start?

You must consider how long you have lived in the residence and how many people have lived there. As you add number of years and people, you also increase the number of weeks it will take to declutter. I use the Marie Kondo "Magic of Tidying Up" approach to look at a client's home with my business as a senior move manager. Start where there is the least emotional connection: clothing and accessories. Often, if you just declutter the clothes that don't fit any longer and donate them, it can be a great way to start. Then tackle the books, papers, general areas (including bedroom, bathroom, office, and kitchen). End with mementos that hold the most sentimental triggers.

Luckily, help is available to begin this process and provide some professional guidance when needed. The [National Association of Senior Move Managers](#) has a website to find trusted professionals in a specific geographic area. They are experienced in helping someone sort their belongings and decide what is best to take, possibly sell, donate, or throw out. They can help with floorplan designs and mover scheduling if the final plan is to move. Depending on the business, they will charge by the hour or by the project.

Senior move managers often are a wealth of resources that can save you and your family often time and/or money. They network with movers, senior placement specialists, senior living communities, realtors, estate sale professionals, and many other businesses to be sure they can assist their clients when needed. Family members often have good intentions to help with the decluttering and downsizing process. However, their own emotional attachment to items can complicate the downsizing process.

VETERANS ADMINISTRATION - VETERANS' BENEFITS

VA Changes: Hours before Biden's address, [the VA announced](#) plans to add nine new cancers to the list of [presumed service-connected ailments](#):

- Squamous cell carcinoma of the larynx.
- Squamous cell carcinoma of the trachea.
- Adenocarcinoma of the trachea.
- Salivary gland-type tumors of the trachea.
- Adenosquamous carcinoma of the lung.
- Large cell carcinoma of the lung.
- Salivary gland-type tumors of the lung.
- Sarcomatoid carcinoma of the lung.
- Typical and atypical carcinoid of the lung.

MOAA JOINED HOUSE LEADERSHIP, veterans advocates (including comedian Jon Stewart), and others at a media event supporting the passage of the Honoring our PACT Act ([H.R. 3967](#)), a comprehensive reform measure supported by MOAA and dozens of other military and veterans advocacy groups. The bill would provide access to care for 3.5 million veterans exposed to burn pits, said Rep. Mark Takano (D-Calif.), the chairman of the House Committee on Veterans' Affairs and the bill's sponsor. It would add 23 respiratory illnesses/cancers – including those in VA's proposed rule – to the list of presumptive ailments, and would also make the following significant changes to benefit eligibility:

- Recognizing radiation exposures for veterans who served in the Enewetak Atoll and Palomares, Spain, and Agent Orange exposure for those who served in Thailand, Laos, and Cambodia.
- Adding hypertension as an Agent Orange presumptive illness.
- Eliminating the sunset for benefits related to Gulf War illnesses.

"There is no other toxic exposure legislation in Congress like it in scope or soundness," Takano said. "And with the support of 42 veterans' organizations and 100 co-sponsors, we have the momentum." MOAA has supported the legislation [since its introduction in June](#).

"We look forward to collaborating with Congress to ensure implementation of these long-needed reforms to the presumptive process, and to ensure these new standards are applied to the provisions in the bill not yet supported by scientific evidence," MOAA President and CEO Lt. Gen. Dana T. Atkins, USAF (Ret), said.

MOAA IN ACTION:



TAKE ACTION Jim Carman, CAE, Vice President Council/Chapter and Member Support, Military Officers Association of America

First, regarding the Advocacy in Action topics, the national board of directors held a special board meeting on February 4 and approved the following topics for the campaign

that will run from April 1 to 29:

1. Military Pay Raise at 4.6% per the Employment Cost Index (ECI)

MOAA supports the full pay raise for all and will guard against any reductions to fund pay-table overhauls.

2. The Richard Star Act

This bill would end an unjust offset faced by tens of thousands of combat-injured retirees who were unable to complete 20 years of service due to their combat injuries. Retired pay is for completed years of service paid by DoD, while disability compensation is for lifelong injury paid by the VA. Two different payments for two different purposes. To reduce retired pay because of a disability is an injustice.

3. The Stop Copay Overpay Act

This bill would reduce mental health copays that were more than doubled through military health system reforms. Mental health is increasingly important and getting attention on the Hill due to pandemic impacts and the effects of social media on children's well-being. This issue impacts currently serving families on TRICARE Select, working age retirees and their families.

Finally, there is a webinar scheduled on March 24 from 4:00 to 5:00 PM EDT that will provide more background on this year's Advocacy in Action topics and share best practices for connecting with Congressional offices. I don't have the registration information for this event just yet, but there will be more information shared via The MOAA Newsletter in the coming weeks.

Jim Carman, CAE
Captain, U.S. Navy (Ret)
Vice President Council/Chapter and Member Support
Military Officers Association of America
201 North Washington Street
Alexandria, Virginia 22314
800-234-6622; ext 107
Direct: 703-838-8107

IMPORTANT PHONE NUMBERS & WEBSITES:

THE SURVIVORS OUTREACH SERVICES OFFICE (SOS): Find your nearest SOS coordinator at <https://dcs9.army.mil/safr/sos/sos-find.html> Use the dropdown lists to find survivor coordinators by state/county or country/region. If a coordinator is not listed, please call 855-707-2769 for survivor assistance.

TO REPORT THE DEATH OF A MILITARY RETIREE: Call DFAS at 1-800-321-1080, or use the form at <https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=18004>

VA: 1-800-827-1000 <http://www.va.gov>

Social Security: 1-800-772-1213 <http://www.ssa.gov>

Update ID cards: 1-800-538-9552; www.dmdc.osd.mil/rsi

VA BURIALS & MEMORIALS PAGE: VA burial benefits can help service members, military retirees, veterans, and their family members plan and pay for a burial or memorial service, whether in a local cemetery or in a VA national cemetery. Family members can also order memorial items to honor the service of a Veteran. The VA Burial and Memorial Products Quick Start Guide (QSG) provides clear and concise information on VA burial benefits for Veterans, their families, caregivers and survivors; read the guide at <https://www.va.gov/burials-and-memorials-guide.pdf> Go to <https://www.va.gov/burials-memorials/#get> to find out how to apply for burial benefits and how to plan for a burial in advance or at time of need.

MILITARY FUNERAL HONORS: The National Defense Act of 2000 ([Public Law 106-65](#)) authorizes Military Funeral Honors to Active Duty Soldiers, Retirees and Veterans. Under the law, at a family's request, every eligible veteran will receive military funeral honors, to include the presence of a military funeral honors detail that will oversee folding and presenting the U.S. flag and playing "Taps". **Your funeral director is responsible for making the necessary arrangements.** Go to https://iris.custhelp.va.gov/app/answers/detail/a_id/183/~how-do-i-arrange-for-military-funeral-honors%3F for details. A complete list of resources for funeral directors and planners is at <https://www.militaryonesource.mil/leaders-service-providers/casualty-assistance/funeral-directory-and-planner-resources/>



NORTH CAROLINA COUNCIL OF CHAPTERS NEWS

NCCOC

QUARTERLY MEETING DATES

6 & 7, May 2022; 16 & 17 September 2022; 4 & 5 November 2022

HOW TO GET URGENT CARE UNDER YOUR TRICARE HEALTH PLAN

BY TRICARE COMMUNICATIONS

Urgent care might be an option for you if you don't believe you have an emergency," said Dr. Stacy Usher, lead nurse of Clinical Oversight and Integration for the TRICARE Health Plan. "Urgent medical conditions are usually ones that aren't considered emergencies but still require professional medical attention within 24 hours. Examples might include a small cut that might need stitches, a fever, or a sprained ankle."

[Emergency care](#) means care for an illness or injury that threatens your life, limb, sight, or safety. If you reasonably believe you have an emergency, always call 911 or your international emergency number. Or, go to the nearest emergency room.

If you have questions about your injury or illness, you can call the [Military Health System Nurse Advice Line](#). Nurses are available 24/7 to help you find the care you need. Are you in the U.S., Guam, or Puerto Rico? If yes, call 1-800-874-2273 and choose option 1. You can find other [countries' numbers](#) on the website.

Retirees and Family Members

If you're a retiree or retiree family member in TRICARE Prime or TRICARE Select, you can get urgent care from any TRICARE-authorized urgent care center without a referral. You should see a TRICARE network provider to avoid more out-of-pocket costs.

Would you like to know more about your potential costs? For details about all the network and non-network costs for urgent care, you can check out the [TRICARE 2022 Costs and Fees Sheet](#). Or, you can choose your health plan and your status on the [TRICARE Costs](#) page to see your current costs.

Remember, urgent care is for minor medical issues. You can search online for a [TRICARE-authorized urgent care center](#) near you. You can also call your [regional contractor](#) for help finding an urgent care center. Learn more about [urgent care](#), so you know where and when to go if you need care.



Charlotte-Metrolina Chapter

ENROLLMENT/RENEWAL FORM

New Member _____ Renewal _____ Date _____

First Name _____ Initial _____ Last Name _____

Rank _____ Branch _____ DOB _____

Spouse's Name _____ Street Address : _____

City _____ Email _____

State _____ Zip _____ National Membership Number _____

Ph/Cell: _____

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 31384
Charlotte, NC 28231-1384

Membership Requirements: Commissioned and Warrant Officers of the eight uniformed services (Army, Navy, Air Force, Space 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. 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.