



5 STAR
2015,18,19



5 STAR
2014,15,17,18



Officers From the Army, Marines, Navy, Air Force, Space Force, Coast Guard, Public Health Service & NOAA

NEWSLETTER March 2021



President's Message

It is hard to believe that we are nearing the end of the first quarter of this new year, 2021. Already, we have received a long-awaited visit from a representative from MOAA National, COL (RET) Terri Coles, Senior Director, Council and Chapter Affairs, who shared with us some of the National MOAA goals for 2021. We have also received a visit from COL Jim Brumit, President, NC Council of Chapters. During the March 21 meeting, I, as Chapter President, will discuss how we will operationalize the MOAA NCCOC and MOAA National goals at the Chapter level and talk about what each chapter member needs to do for MOAA as an organization to achieve its goals for 2021.

During 2021, we want to continue to encourage the involvement and participation of EVERY chapter member, including Surviving Spouses. Opportunities for involvement include being a member of a committee such as the Membership Committee, Finance Committee, Program Committee, Surviving Spouse Affairs Committee, Legislative Affairs Committee, and others. **If you are interested in serving on a committee, please contact me or a member of the Board of Directors.**

This is going to be a great 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.

With your help in 2021, we will **NEVER STOP SERVING.**

Joe L. Anderson, President, Charlotte Metrolina Chapter, MOAA, 336-324-1008

CHAPTER BOARD

President

Joe Anderson 336-324-1008
ioeanderson1970@yahoo.com

1st Vice President/Programs

Chuck Martin 571-239-5630
chuckmartin63@msn.com

2nd Vice President/Membership

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

3rd Vice President/Legislative

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

Secretary/Treasurer

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

DIRECTORS

Chris Coke 571-286-0994
Mongo.coke@gmail.com

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

Surviving Spouse Representative

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

IMMEDIATE PAST PRESIDENT and BOARD MEMBER

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

CHAPLAIN

John Samb 704-572-0460
jwsamb@novanthealth.org

Newsletter

Jay E. Garbus Same as above

NEXT MEETING

March 21

Via Zoom

At 3:00 PM

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.

CHARLOTTE METROLINA CHAPTER NEWS

PROGRAMS

(All programs will be done virtually via ZOOM unless otherwise indicated.)

February 2021 – Speaker – COL Terri Coles, Senior Director, MOAA Council and Chapter Affairs

Highlights of COL Cole's Presentation:

MOAA Key Objective for 2021 – EDUCATE AND INFORM CONGRESS

- Protect Value of Military Health Care Benefit
- Military Family Support Programs
- Equity of benefits and protections for Guard and Reserve
- Access and Quality of Veteran Healthcare

KEY DATES:

May 2021 – Advocacy in Action (formerly Storming the Hill)

Sep 17/18, 2021 – Southeast Regional Leader's Workshop (Raleigh, NC)

FUTURE CHAPTER PROGRAMS

March 21, 2021; 3:00 p.m. – Presenter- - Joe Anderson, Chapter President - 2021 Chapter Operating Plan.

April 18, 2021; 3:00 p.m. TBA

May 16, 2021; 3:00 p.m. - JROTC Awards

MEMBERSHIP/RETENTION

Why maintain your membership in MOAA?

The Military Officers Association of America (MOAA) is the country's leading organization protecting the rights of military servicemembers and their families. Those who belong to MOAA not only lend their voices to a greater cause, but they also gain access to extensive benefits tailored to the needs and lifestyles of military officers. MOAA members proudly hail from every branch of the uniformed services. To them, we have made the same promise that they have made to their country: Never Stop Serving.

MOAA's greatest mission is to improve the lives of those who serve and their families, which is achieved largely through the tireless advocacy efforts taking place in our nation's capital. MOAA's experts in Washington are there to support legislation that benefits the military community and are equally vigilant when fighting to stop legislation that threatens our livelihood. The larger our numbers, the greater our voice.

WELCOME NEW CHAPTER MEMBERS

Bob Osterhoudt, CAPT, USN (Ret)

David Myers, CAPT, USN (Ret)

Walker M. Williams III, COL, USAF (Ret)

William S. Bivens, CAPT, USAR

Jonathan T. Neumann, COL, USA (Ret)

Natalie W. Terry, 1st LT, USA

Mrs. Rachel M. Rankin

Robert B. Cameron, CAPT, USN, (Ret)

Gary Eifried, COL, USA, (Ret)

CHAPTER DUES

If you have not paid your chapter dues for the 2021 Calendar year, why not take care of this important matter today? Please complete the Renewal Form included on the last page of this newsletter and mail along with your check day.

JROTC COLLEGE SCHOLARSHIPS - Applications have been received from 9 JROTC Seniors. We intend to announce scholarship awardees in April and formally award the scholarships at our May 2021 meeting. For the past several years, the chapter committee has selected 4 or 5 awardees.

JROTC SCHOLARSHIP FUND GOLF TOURNAMENT - The Chapter's Scholarship Golf Tournament is scheduled for Friday, October 8, 2021 at Olde Sycamore Golf Plantation. After having to cancel the 2020 tournament due to Covid restrictions and the resulting sponsor financial issues, the 2021 tournament is critically important to rebuild the scholarship fund account so that we may continue to provide annual scholarships for deserving cadets.

The JROTC Scholarship Fund Golf Tournament is Charlotte Metrolina Chapter's Signature Event. Its success is dependent upon the support of ALL members in volunteer roles, securing sponsorships, and in other capacities. **YOUR SUPPORT IS NEEDED AND REQUESTED. IF YOU WOULD LIKE TO VOLUNTEER IN ANY WAY, PLEASE CONTACT RON MORGAN (rbmorgan943@aol.com) OR RON WILSBACH. (rwilsbach@carolina.rr.com)**



SURVIVING SPOUSE CORNER

THE 4 FACETS OF GRIEF

By [Renée Brunelle](#), *Surviving Spouse Advisory Council member*, and *Ruth E. Field, MSW, LCSW*

Often one's grief journey has many variations or facets. After a loss, there are so many things that need to be completed and people demanding your attention that it's easy to forget about taking care of yourself. However, when the final tasks honoring our loved ones are completed, we need to focus on healing ourselves.

Ruth E. Field's book [The 4 Facets of Grief](#),

Facet 1: Accepting (the Unacceptable) — Having to recognize what has happened and is true. This does not mean approving, liking, endorsing, or embracing the situation. Accepting can help you find some clarity in the haze of the decision-making process under the circumstances. [MOAA publications](#) are a great place to find helpful information.

Facet 2: Adapting to a New Reality — Modifying your previous life and transitioning to something new. This adjustment can be very challenging especially when resisting the inevitable change that is happening. Of course, nothing will be exactly the same when a loved one passes, but often aspects can remain. Figuring out what needs to change and what doesn't is part of adapting.

Facet 3: Meaning Making — Creating an opportunity for personal growth and lifestyle changes. Examples include focusing more on religious or spiritual education, increasing family interaction, or even philanthropic causes. Remember you are still here and finding new activities to bring some positive energy to your life can be fulfilling.

Facet 4: Replenishing — It is common to become depleted by people, events, and even your own emotions during grief. Being a bit selfish (in a healthy sense) by taking care of yourself first is key. Identifying what activities you find fulfilling can assist in the healing process. Even thinking about a new or old pursuit could revitalize you.

Each of the facets joins together to create a new beginning.

1. **Accepting** brings you face to face with reality.
2. **Adapting** to new circumstances inspires fresh ideas.
3. **Meaning making** ponders the significance and implications of the loss.
4. **Replenishing** ensures continued healthy self-care.

Each person's journey is unique like a precious gemstone. When you use new skills like those in Field's framework, you become like a jeweler cutting a rough stone and polishing it into a beautifully faceted one. Then you can let the light in again.

Remember, try not to resist asking for help. Your MOAA surviving spouse liaison can be of assistance. Local resources are available to explore by simply asking your funeral director for a list. All are happy to provide additional support.

SURVIVING SPOUSE VIRTUAL CHAPTER

If you are a surviving spouse, consider becoming a member of the Surviving Spouse Virtual Chapter. It is open to any surviving spouse of an officer of any U.S. uniformed service across the country. If you are interested in joining, please send an email to: mssvc02@gmail.com. The group plans to hold hour-long virtual meetings every quarter.



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 mssc@moaa.org.

MOAA's 2021 Legislative Priorities

Here are MOAA's priorities for advocacy as the 117th Congress begins its work.

MOAA needs all members to be at the ready to reach out to your legislators, and keep that engagement going as needed to make sure your voice is heard.

- Recognize the COVID-19 Pandemic Changed the Landscape for Many of Our Priorities
- Protect the Value of the Military Health Care Benefit
- Protect the MHS Pharmacy Benefit and Achieve Flexibility in TRICARE Pharmacy Copays
- Address Barriers to Accessing Care Within the MHS, Including TRICARE Coverage Gaps and Mental Health Care Access Challenges
- Achieve Concurrent Receipt of Service-Earned Retirement Pay and VA Disability Pay
- Protect Family Support Programs, and Ensure Military-Provided Services (Housing, PCS, Child Care) Are Affordable, Readily Available, and Meet Quality Standards
- Reform the Presumptive Process to Support Veterans Claiming Service-Connected Disabilities for Toxic Exposures
- Achieve Equity of Benefits, Protections and Administrative Support for Guard/Reserve Members Consistent with Their Active-Duty Counterparts
- Sustain Veterans Health Administration (VHA) Foundational Missions and Services

- Protect Arlington National Cemetery as an Option for Those Currently Eligible to Receive Full Military Honors, Through Expansion of Our National Cemetery
- Sustain Pay Raises for Servicemembers and COLA Raises for Retirees
- Improve Survivor Benefits
- Ensure the Coast Guard Receives Pay During a Government Shutdown

MOAA NATIONAL – KEY DATES

September 2021 – MOAA National Leadership

October 2021 – MOAA National Annual Meeting

NORTH CAROLINA COUNCIL OF CHAPTERS NEWS

COUNCIL GOALS/OBJECTIVES FOR 2021:

- Advocacy
- Pass 4 laws to make NC military friendly.
- Support National MOAA on their priorities.
- Gain advocacy support from NC Veterans Council to get our priorities accomplished.

NCCOC MEETING DATES – 2021

May 15, 2021; September 2021; October 2021; November 13, 2021

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





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 31394
Charlotte, NC 28231-1394

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.