

CELEBRATING 30 YEARS OF SERVICE

POT-CHA-CHA



MILITARY OFFICERS ASSOCIATION OF AMERICA, POTOMAC CHAPTER
P.O. BOX 876
MONTROSS, VA 22520-0876 VOL. XXX NO8 AUGUST 2017

MEETING: TUESDAY AUGUST 8TH, 5:30PM

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VACANT

2nd Vice Pres
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LTC John Huber
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President's Post:

At our July luncheon at Pancho Villa we heard from Joseph Fordham, Dahlgren Centennial Commemorative Planner, for the 100 year celebration, beginning in October 2017 through October 2018. He presented many interesting details about the base importance in National Defense. We are all invited to attend the various programs. Details will be announced later.

We had Mr. John Lee Grindstaff, our Scholarship Recipient as a guest. He gave us a review of his accomplishments and hopes as he continues his education and career goals.

Now, more than ever, we need to continue to stay in contact with our Representatives so we can stay informed and let them know what we expect of them. Our August meeting will feature Congressman Rob Wittman, so it's a good chance to get some answers and give him some input about our concerns. Try to make it to this important meeting.

On Friday, July 28, I and several others had the opportunity to attend a celebration of the life of friend and fellow Chapter member John Golden, as he joined the many who have gone before us who have served God and Country. We will miss him. "Godspeed John".

"Old Soldiers never die, they just fade away." – Gen. Douglas MacArthur

Interesting August Dates

8/4/1790 – US Coast Guard established

8/7/1964 – Congress approves "all necessary action" in Vietnam

8/11/1972 – US combat troops leave South Vietnam

8/14/1945 – V-J Day

"That's one small step for man, one giant leap for mankind" – Neil Armstrong

Army Strong – HOORAH!
Bill Jester

- Tuesday, August 8, 2017** Dinner Meeting – Riverboat Restaurant, Colonial Beach
Speaker – Congressman Rob Wittman
Cost: \$25.00
- Wednesday, September 20, 2017 Luncheon Meeting – Bella’s in Tappahannock
- Speaker – TBA
- Cost = \$25.00

Minutes of the General Membership Meeting held on July 19, 2017

The meeting was held at the Pancho Villa Restaurant, Dahlgren, VA

The gathering period started at 11:30 AM

President Jester called the meeting to order at 1200.

President Jester led the Pledge of Allegiance to open the meeting.

Director Lloyd Adams said the invocation.

There were 13 Chapter members, spouses, auxiliary members and guests at the meeting.

President Jester introduced our special guests: Scholarship recipient John Lee Grinstaff from Rappahannock High School and his mother Bonnie. John Lee Grinstaff earned 43 credits from Rappahannock Community College. He is a first Lieutenant in the JROTC program at the school. He will be attending the Honors College at Old Dominion University where he will major in engineering.

President Jester introduced our speaker Mr. Joseph S. Fordham. He is the Dahlgren Centennial Commemorative planner.

Mr. Fordham provided an outline of upcoming events at Dahlgren for the coming year. The events will kick off on October 16, 2017 leading up to the 100th anniversary on October 16, 2018. On November 13, 2017 there will be a special Veterans Day Ceremony. We are invited. He will provide us with a schedule of events so we can publish them in the POT-CHA-CHA.

The business portion of the meeting was called to order.

The minutes of the June 21, 2017 General Membership meeting were approved as published in the POT-CHA-CHA.

Treasurer Mulholland provided the treasurer’s report via e-mail. The Chapter has \$3,576.98 in our bank account. There is \$1,881.00 in the Scholarship fund. The unencumbered balance is \$1,695.98.

VCOC Representative Huber stated that the Biannual meeting of the VCOC will be on October 11 at Ford’s Colony in Williamsburg. Patriots Colony will be provided funding. Further details will be provided as they become available. VCOC is still in need of a secretary for 2018-2020.

Dee Adams won the 50/50.

Director Adams provided the smile moment.

The next Membership meeting is Tuesday, August 8, 2017 at the Riverboat Restaurant in Colonial Beach. It is a dinner meeting starting at 5:30 PM. Our speaker will be Congressman Rob Wittman.

The next Board of Directors Meeting is on Wednesday October 4, 0930 hours, at Stratford Hall.

There being no further business, the meeting adjourned at 1335.



Hmmm – food or speaker?



Ladies with their petite libations



Speaker Joe Fordham



Scholarship awardee John Lee Grindstaff and his mother Bonnie with President Jester

DONATIONS TO THE POTOMAC CHAPTER SCHOLARSHIP PROGRAM

The Potomac Chapter is a 501(c) (19) organization. Should you desire to donate funds specially to support the scholarships we award each year, you may do so and receive tax deductions as permitted by law. The funds will be kept separate from our other funds. You may also contribute to the MOAA National Fund. Please see their website for details.

VA REPRESENTATIVE AT DAHLGREN

VA representatives will be at Dahlgren on August 3rd and 17th. The representative is there on the first and third Thursdays of each month. Please call 1-800-500-4947 or 540-653-1839 for an appointment. This is also a good time to ask any questions about your benefits. You can also make appointments or visit the offices in Fredericksburg, Richmond, or go on line. In particular, you may want to check your eligibility for caregiver funding. You should see the Caregiver Coordinator to determine your eligibility.

MOAA National LIFE Membership

This is an opportune time to convert to a “**Life Membership**” because MOAA is still giving a 10% discount on membership conversion. In addition you ensure that your surviving spouse would be given full MOAA membership for the rest of their life. The cost of your Life Membership will be reduced by any unused portion of your current MOAA membership. If you desire more information **call 1-800-234-6622** and speak to a MOAA Life Member Service representative. You will need to specify that you are a MOAA member and then give the MOAA representative our Chapter Name (Potomac) and code (VA-14).

NOT A MEMBER OF THE POTOMAC CHAPTER, MOAA NATIONAL OR A LAPSED MEMBER?

MOAA is the United States’ largest Veterans organization for Active Duty, National Guard, Reserve, former, and retired military officers and their spouses. It is also open to officers of the Public Health Service and NOAA. If you want to join the Potomac Chapter, call our Membership Chairman listed on the first page or submit the application contained on the last page.

If you are not a member of MOAA National or are a lapsed member, and are not ready to become a Life Member with all its benefits, you need to help your Chapter and the National Organization by joining today as a Premium Member. The cost is as little as \$43.00 per year (savings for two or three year sign ups). Go to www.moaa.org or call **1-800-234-6622**. You will be glad you did (and so will we!).

LEGISLATIVE NOTES

The Potomac Chapter is a nonpartisan organization. We encourage our members to participate in the political process. However, members cannot use their membership in MOAA when supporting a candidate or political position. We are an advocacy organization for Veterans and military issues at the local, state, and national level.

Free Science Museum: The Science Museum of Virginia is offering free admission to Active Duty military, to include National Guard and Reserve, and their immediate family members from May 29 through Sept. 4, 2017.

USDVA recognizes VDVS

Congratulations to the Virginia Department of Veterans Service (VDVS) for receiving the prestigious Secretary's Award for Outstanding Achievement for 2017 from U.S. Department of Veterans Affairs (USDVA) Secretary David J. Shulkin, M.D. in recognition of Virginia's commitment, dedication, and collaborative efforts to end homelessness among veterans. Only one organization in the country is given this award every year. The award was presented at the annual Virginia Veteran Homelessness Best Practices Summit on June 8, 2017 at the Virginia War Memorial in Richmond.

Receipt of the Secretary's Award for Outstanding Achievement highlights Virginia's efforts to build partnerships and redesign community services and systems to ensure that veteran homelessness in the state is rare, brief, and non-recurring. The continued investments and effective interventions in Virginia, made possible by the coordinated efforts of DVS, USDVA, federal, state and local government agencies and community partners, has resulted in 3,086 homeless veterans being placed into permanent housing from October 2014 to April 2017.

Individual Unemployability (IU)

Many of you heard that the administration was proposing to terminate individual unemployability (IU) benefits for veterans with disability ratings of 60-90 percent who were deemed unable to work once they turned age 62. The VA Secretary initially had planned to use cuts to several disability benefits, including IU, veterans' education tuition caps, and COLA to help pay for veterans' health care, specifically to fund the Veterans Choice Program for those receiving care in the private sector.

Secretary Shulkin has recently announced that, "...we've heard from veterans, and we will work with Congress to find other solutions to pay for Choice." While this is good news, there is no guarantee that Congress will not be looking at other benefits to cut or that IU will not be back on the table next year.

A **Veteran Resource and Employment Fair for Veterans** and their Family members will be held at the McGuire VA Medical Center from 10:00 a.m. until 2:00 p.m. on Saturday, August 12th. The event is hosted by the McGuire VA Medical Center, the Virginia Employment Commission, and the City of Richmond and is free and open to the public. Veterans should bring their DD-214 and copies of their resume. For more information contact Tina Brown at 804-675-6342 or Yvette Jones at 804-646-3054

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The Surviving Spouses of MOAA

DATE: July 5, 2017
TO: Chapter and Council Surviving Spouse Liaisons
FROM: Surviving Spouse Advisory Committee (SSAC)
SUBJECT: Surviving Spouse Corner: Loneliness Can Lead to Addiction

By Pat Farnsworth, member, Surviving Spouse Advisory Committee

Recent research suggests loneliness and depression often can lead to addiction. There are many addictions: chocolate, alcohol, gambling, drugs, shopping, and others. Loneliness seems to impair the brain's ability to exercise control over our desires, emotions, and behaviors. The death of a spouse frequently leads to isolation and a lack of social activity (a recent subject of scientific study).

Human beings are social animals. Friendships are needed to survive, and psychologists find humans have a fundamental need for inclusion in group life and for close relationships. A lack of close friends, family, and social contacts brings discomfort and distress known as loneliness. These feelings tear away at our emotional well-being and cause stress that can lead to addictive behaviors.

During the Vietnam War, about 20 percent of service members became addicted to heroin. After returning home, 95 percent of those simply stopped using heroin. This is attributed to the shift from a frightening daily experience to a safer more comfortable setting and relationships with family and friends and demonstrates how family bonds and social activity can combat addictive behaviors.

In adults, loneliness is a major precipitant of depression and alcoholism or another addiction. Considerable research has been done on situations that might lead to these addictions. If there is a history of alcoholism or another addiction in one's family, there might be a genetic predisposition to the use of substances to relieve loneliness. Many people turn to substances because they are lonely — and many people are lonely because they are addicted to substances. As the disease of addiction progresses, many people lose friends and damage relationships with family members, leaving them physically, mentally, and even spiritually alone.

Taking measures to remedy loneliness can be powerful therapy. Through fellowship, friendship, and connections it is possible to break the cycle of isolation and addiction. As humans, we are social creatures, and we depend on each other for survival.

Potomac Chapter Dinner Meeting
Tuesday, August 8, 2017
Riverboat-On-The-Potomac Restaurant
301 Beach Terrace
Colonial Beach, VA 22443

Social 5:30 PM Dinner 6:00 PM

Guest Speaker



The Honorable Robert “Rob” Wittman
1st Congressional District

\$25.00 per person

Note: upon arrival you will be provided a menu. The choices will be Lump Crab Salad, Crab Stuffed Shrimp, Flounder Filet, or 12 oz. Prime Rib, includes desert, non-alcoholic drinks with meal, and gratuity.

Reservation Deadline: Thursday, August 3, 2017

Please send your check payable to **Potomac Chapter, MOAA** to:

John Huber

1134 Glebe View Lane

Lottsburg, VA 22511-2524

(804) 529-5186, huberjr@earthlink.net

Reservations for the Tuesday, August 8, 2017 Meeting

Your Name _____ Name Tag needed _____

Guest Name _____ Name Tag needed _____

\$25.00 X _____ Total enclosed \$ _____

Chapter dues: If you have not paid for 2017, please send your dues (\$20.00) to: Treasurer, Potomac Chapter, MOAA, P.O. Box 876, Montross, VA 22520. Dues are due by December 31, 2016. Make checks payable to: Potomac Chapter, MOAA.

Membership Application & Form for Correction of Records

Name: _____ Date _____
Last First Middle

Rank _____ Service _____ Birthday _____

Service Dates _____ to _____ Spouse's Name _____ Spouse's Birthday _____

Address _____
Mailing and 911 Address City State ZIP

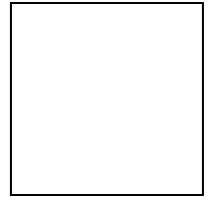
Home Phone # _____ Work Phone # _____ Cell # _____

Email Address _____ Fax # _____

Are you a member of MOAA National? YES _____ NO _____ MOAA Nat'l # _____

Chapter Annual Dues are \$20.00 (Auxiliary members \$0), and are due December 31st each year. Please make checks payable to "Potomac Chapter, MOAA". For *new members*, please mail this form to "Membership Chairman", Potomac Chapter, MOAA, PO Box 876, Montross, VA 22520. (New members: there are no dues due for the first year you join the Chapter). For *renewal dues*, please mail your check to the "Treasurer", at same address.

Pot-Cha-Cha



Potomac Chapter Chatter



MOAA

MILITARY OFFICERS ASSOCIATION *OF* AMERICA

ONE POWERFUL VOICE

**Editor, Pot-Cha-Cha
PO Box 876
Montross, VA 22520**

ADDRESS SERVICE REQUESTED