



APRIL 2019



INFOGRAM

CAPE FEAR FEAR CHAPTER CHARTERED MARCH 22, 1961

An informative monthly newsletter for members and friends of Cape Fear Chapter (NC-01)

VISIT OUR HOMEPAGE AT WWW.CFMOAA.ORG

Carol Ivey receives the 2018 Robert F. DeMeter Chapter Service Award

*For
sustained
outstanding
service to
the Cape
Fear
Chapter...*



Carol Ivey (left) received the prestigious Robert F. DeMeter Chapter Service Award at the annual awards and recognition luncheon last month. President Ira Watkins presented the award. Read his *President's Report* (page 2) for all the day's details.

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PRESIDENT'S REPORT

RETIRED ARMY MAJ. IRA M. WATKINS

(910) 308-7702 PRESIDENT@CFMOAA.ORG

Congratulations to award recipients

Your action in the fight to oppose all proposals to require military retirees to pay more for their TRICARE health care benefits is needed now. One of the things that you can do is to make sure that you, your spouse, relative or friend, engage Congress on this issue. If you have not done so, there are post cards in the April issue of the MOAA magazine that provides you with the means to engage Congress now. Just sign, stamp and mail the cards. Details on the subject are also in the April issue of *Military Officer*.

As you enjoy the spring days of April, I hope you will consider attending the Annual ROTC Scholarship Awards Luncheon at The Mash House Restaurant on Sycamore Dairy Road on May 10. The cost is \$20 per person. A flier on this event is included in this *Infogram*, and on the our website (www.cfmoaa.org). Hope to see as many of you there as possible. A strong attendance is another way of demonstrating our commitment to our ROTC Scholarship Awards Program and to the young men and women enrolled in ROTC programs.

Another event to consider placing on your calendar is the Memorial Day Ceremony at Freedom Memorial Park on Monday, May 27. The ceremony will begin sharply at 1000. If you are looking for an event to attend on Memorial Day, this would serve as a good one.

One thing to reflect on this month as a chapter is the success of the Annual Awards and Recognition Luncheon held at McKellar's Lodge on March 16. MOAA Leadership Awards were presented to Dennis Franken, Ralph Hinrichs, Carol Ivy and Tim Atkinson. The prestigious

Robert F. DeMeter Chapter Service Award was presented to Carol Ivy. Immediate Past President Juan Chavez and his wife, Maria, were presented distinguished MOAA President's awards. Chapter coins were presented to Bob White and Lester Beery. Others receiving MOAA Leadership Awards at a separate ceremony were George Blanc and Marty Williams. Congratulations to all recipients. They have been and continue to be tremendous assets to this chapter and MOAA.

April 21 is Easter Sunday, and I wish each of you a very happy Easter. Many of you may be traveling during this time, and I hope your travels will be enjoyable and safe. April is also Jazz Appreciation Month, and of course the baseball season is opening across the country. Fayetteville's new baseball team, the *Woodpeckers*, has reportedly already sold out for opening day. You can also take the opportunity to enjoy fellowship with the Triangle Chapter in their Night at the Ball Park with the *Durham Bulls* on May 15. Contact me via email for the link to this event if you missed the previous email notifications.

Lastly, we are trying to increase participation on social media. If you have a Facebook account or you are establishing one, visit our page and like/share with other. The link is <https://www.facebook.com/CapeFearChapterMOAA/> You can also access us on Facebook by going to our website and clicking on the Facebook icon. Do not forget to like us and share with your followers. In closing have a super April and "Never Stop Serving."

Ira





THE EDITOR'S VIEW

RETIRED ARMY LT. COL. DON GERSH
(910) 624-4597 EDITOR@CFMOAA.ORG

Well done and thank you!



Dennis, Ralph, Carol, Tim and Juan



Juan and Ira



Maria and Ira



Juan and Lester



Bob and Juan



George and Ira



Marty and Ira



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Editor may be reached at (910) 624-4597 or editor@cfmoaa.org

Chapter Website <http://www.cfmoaa.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.



CHAPLAIN'S THOUGHTS

RETIRED ARMY CHAPLAIN (LT. COL.) TIMOTHY ATKINSON
(910) 978-3541 CHAPLAIN@CFMOAA.ORG

Our Military at Easter and Passover

Get rid of the old yeast, so that you may be a new unleavened batch--as you really are. For Christ, our Passover lamb, has been sacrificed. -1 Corinthians 5:7 (NIV)

The Jewish Passover holy days are April 19-27 this year, and Easter is on Sunday April 21. Our troops in the field will have extra supplies for a great meal in their dining facilities, and religious supplies will be there for Passover and Easter.

I remember celebrating Passover with one of my Jewish personnel in Iraq one year. It was only about five of us and the occasion was simple but meaningful.

Our scripture passage from the Pauline writings, who was a Jewish Christian, encourages us to get rid of the old yeast. One rabbi on Fort Bragg each year would give me all of the yeast products in the chapel's kosher kitchen. Then after Passover, I gave it back.

Passover, one of the most religious celebrations, commemorates the Jews'

freedom from slavery in Egypt as they passed through the Red Sea from from their captivity to become a nation unto God. The Jews left in haste and did not have time for their bread to rise, thus the biblical prohibition of yeast during Passover. The yeast in the Bible represents sin. Paul is saying to repent of sin and have a pure heart because of the Lord's great sacrifice for us.

Those of us who are Christians celebrate Jesus' resurrection over the sin sacrifice he paid for us on the cross of Calvary.

It is my prayer that we will always honor our service members by being a part of MOAA on the local and national levels. In doing this we contribute as a member of our nation's biggest pro-military lobby group. By

helping to keep our military and its benefits strong we help to support our country in its tradition of fighting for human rights around the world and for our people.

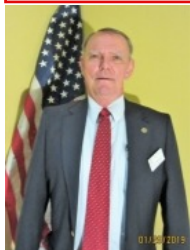
May God help us to receive His grace to live as a free and prosperous people under our great constitution, ever praying for our military, and especially praying for those who will be in deployments around the world defending our freedoms.

Happy Passover and Easter. As we often repeat in our Christian services: the Lord is risen, He is risen indeed!

Tim



CHAPTER NEWS



UPCOMING EVENTS

RETIRED ARMY COL. RICH UNDERWOOD
(910) 309 - 3568 2VP@CFMOAA.ORG

Annual ROTC scholarship luncheon

The Cape Fear Chapter's Annual ROTC scholarship awards luncheon will be held at The Mash House Restaurant starting at 1130 on Friday, May 10. We will recognize the efforts of our outstanding ROTC cadets.

The guest speaker is Retired Army Lt. Col. James S. Shutt, Deputy, 4th Brigade, US Army Cadet Command at Fort Bragg.

The Meinhardt and Dadek Scholarships and the other chapter scholarships will be presented. The recipients' parents, ROTC cadre, and their school administrators will



Last year's scholarship recipients.

be present. Please join us celebrate these wonderful young people. We need your reservations by May 7. The event flier is on the following page.

2019 membership dues are *"past due"*

The Membership Committee would like to remind those chapter members who have not yet paid their 2019 annual dues.

In fact, there are a number of members who still have not paid their 2018 dues either!

1st Vice President George Bond heads up the committee. His volunteers are Marty Williams and Don Gersh. Secretary Sara Ballard is also a member by virtue of her elected position.

Dues remain \$20 for Regular Members and \$10 for Surviving Spouses.



You can pay in cash at the next general membership meeting if you wish, or send a check to the chapter's post office box.

The membership form on page 9 also gives the MOAA online web address. Using this option requires payment by credit card, and the dues will be electronically transferred to the Cape Fear Chapter.

If you have any questions about your membership status (i.e., "Did you pay your dues?"). Email George at 1vp@cfmoaa.org or call him at (910) 308-0829.



RSVP NLT May 7, 2019

General Membership Meeting
JROTC Scholarships Awards
Luncheon

The Mash House Restaurant
4150 Sycamore Dairy Rd.

1130 hours, Friday, May 10, 2019

Cost: \$20.00 Per Person
(Tax & Gratuity Included)

Attire: Dressy Casual

Menu

Chopped Salad
Herb Roasted Chicken, Meatloaf
Mashed Potatoes & Gravy
Seasonal Veggies
Dinner Rolls

Dessert: Peach Cobbler

Drinks: Water, Iced Tea, and
Coffee

Send reservations and check
(payable to CFC MOAA) to:

Rich Underwood, 2933 Wedgeview Drive
Fayetteville, NC 28306

Reservations Request

Name _____

Name of Guests

Number of Reservations _____

X \$20.00 = _____

MOAA NEWS

MOAA Survey: Satisfaction with TRICARE Costs

MOAA asked, and you answered: Over 8,000 military beneficiaries responded to MOAA's most recent health care survey, which ended in January. And we heard an earful!

The trends noted in last year's survey have shown even greater increases and continue to indicate TRICARE beneficiaries are dissatisfied with certain aspects of the TRICARE program. Of those who responded to the survey, 68 percent received their care with a civilian provider and 16 percent through a military treatment facility.

Key findings include:

A notable decrease in overall program satisfaction experienced by beneficiaries using both TRICARE Select (a decrease of 10 percent) and Prime (a decrease of 12 percent). TRICARE for Life beneficiaries continue to maintain high levels of satisfaction.

Most beneficiaries continue to be less satisfied with the cost of their care. TRICARE Select beneficiaries lead the way with 45 percent of respondents indicating some level of

dissatisfaction. Changes to the TRICARE Pharmacy program have also impacted beneficiaries' satisfaction with the cost of their medications. All beneficiary categories show significant decreases.

Active duty families were more likely to defer or cancel appointments and medications due to cost concerns than average. While 90 percent of respondents had never canceled an appointment or prescription, 81 percent of active duty families had.

A small representation of close to 4,000 write-in survey comments reveal a sense of anxiety and frustration many beneficiaries feel about the changes they have incurred with TRICARE fees and access to care:

► *Access to same day appointments unavailable at Eisenhower GA so families are forced to visit civilian Urgent Care at a \$30 copay. Access to routine appointments that should be within 7 days take 3-4 WEEKS - cost-shares of appointments such as speech went up from \$12 to \$30. Forced us to cancel MANY appointments for our daughter! Unable to afford Urgent Care appointments AND speech*

appointments AND pay for medications needed in retail pharmacy.

► *Can NEVER get a timely appointment at our military treatment facility - Referral cost increase -- \$12 to \$30 -- ridiculous; basically a tax hike.*

► *Tricare Prime costs went up which is fine but access to care went down. We basically have to pay more for less. Can't afford therapies and medications. Skip appointments and no longer refill medications because we can't afford them.*

► *\$30 each visit to physical therapy. Adds up when 15-20 visits required!! Also adding to cost is the \$35/month MEDICARE increase.*

► *\$41.00 cost per any referral out to specialist is absurdly high any prohibits me from making MANY necessary appointments. 10 physical therapy sessions in one month means I have to pay \$410 out of pocket that month and I cannot afford it. Second, those are preventative medicine/therapy. That means when I don't do them, I am ultimately just making things worse down the road. It would be cheaper for me to just have surgery.*

Surviving Spouse Corner: **Suicide Prevention**

By Anne Hartline, member, Surviving Spouse Advisory Committee

Suicide affects all Americans, including veterans. Read about warning signs and resources to help those who might be struggling.

Suicide affects all Americans — all genders, races, ethnicities, and socioeconomic statuses.

The Centers for Disease Control and Prevention reported that from 1999 through 2014, there was a 24-percent increase in suicide rates in the general population for both males and females.

In 2014, an average of 20 veterans a day died from suicide. Of veterans who killed themselves, 65 percent were age 50 and older. VA Secretary Dr. David Shulkin has stated suicide is a national public health crisis and has made suicide prevention his top clinical priority.

Knowing warning signs, asking a person directly about suicidal thoughts and plans, and telling someone who is trained to help are crucial to suicide prevention. Immediate help is needed for someone talking about killing himself/herself and has a plan to use a gun, pills, or other means.

Another critical warning is someone talking or writing about death, dying, or suicide. Other warning signs include expressing feelings of hopelessness and worthlessness, exhibiting dramatic mood changes, increasing use of alcohol and

other drugs, and expressing having no reason for living.

Perhaps the biggest myth about suicide is that talking about it makes people more likely to kill themselves. In reality, asking people directly about suicide can bring it into the open and allow opportunity for intervention.

Suicide is not a secret to keep. Seek help from a licensed mental health professional. If the threat is critical, call 911 or take the person to a hospital emergency room. \

Help is available for veterans by calling the **VA Crisis Line:** **(800) 273-8255, press 1.**

Chat online at **www.veteranscrisisline.net** or send a **text message to 8382555** to receive confidential support 24/7, 365 days a year.

Coaching Into Care is a VA national telephone service available to family and friends of veterans that provides mental health professionals to assist callers with determining the best way to get help for a veteran and how to navigate the VA system. Coaching also involves helping callers determine how to begin the conversation to motivate the veteran to seek treatment. Call (888) 823-7458, Monday through Friday, 8 a.m. to 8 p.m. EST.



**APPLICATION FOR MEMBERSHIP IN THE CAPE FEAR CHAPTER OF THE
MILITARY OFFICERS ASSOCIATION *of* AMERICA**

Initial Application ☐ Renewal ☐ Date _____

(Last Name) (First Name) (MI) (Rank) (Branch of Service)

(Mailing Address: Number and Street) (Preferred Telephone Number)

(City) (State) (Zip) (Email Address)

Birth date _____ Spouse's name _____

Status: Retired ☐ Active Duty ☐ Former Officer ☐ Reserve ☐ National Guard ☐

Cadet/Midshipman ☐ Surviving Spouse ☐ (Please fill in the above information but show
Your deceased spouse's rank and branch of

I am ☐ a member of National MOAA; my member # is _____. I am a Life Member ☐

I am not ☐ a National MOAA member, but will consider joining.

In addition to my dues, I have included a donation of \$_____ for the Chapter's ROTC Scholarship Fund.

If a new applicant, how did you learn about the Cape Fear Chapter of MOAA? _____

Signature: _____

**Annual Chapter membership dues: \$20.00 for Regular Members
\$10.00 for Surviving Spouses**

Please mail this application with your check (payable to CFC, MOAA) to:

**CAPE FEAR CHAPTER, MOAA
P.O. Box 53621
Fayetteville, NC 28305**

CAPE FEAR CHAPTER, MOAA
POST OFFICE BOX 53621
FAYETTEVILLE, NC 28305



Support



*...We are a powerful voice speaking
for a strong national defense, and
representing the interests of military
officers and their families at every
stage of their career...*

visit our website at:

www.cfmoaa.org

CALENDAR OF EVENTS

APRIL

20 - PASSOVER BEGINS
21 - EASTER SUNDAY

MAY

7 - CAPE FEAR CHAPTER BOARD OF DIRECTORS MEETING AT
IRON MIKE CONFERENCE CENTER, 1000 HOURS

**10 MAY - ROTC SCHOLARSHIP AWARDS GENERAL MEMBERSHIP
MEETING/LUNCHEON, 1130 HOURS, THE MASH HOUSE**

12 - MOTHER'S DAY
18 - ARMED FORCES DAY
27 - MEMORIAL DAY

JUN

4 - CAPE FEAR CHAPTER BOARD OF DIRECTORS MEETING AT
IRON MIKE CONFERENCE CENTER, 1000 HOURS

**NEVER STOP
SERVING**