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The MOAA Airways is the bimonthly newsletter of the Fort Rucker Chapter, MOAA which is an Affiliate of the Military Officers Association of America (MOAA). MOAA and its Affiliates are nonpartisan.

Ft. Rucker Chapter MOAA

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Fort Rucker, Alabama 36322

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GENERAL MEMBERSHIP MEETING & CHRISTMAS DINNER 19
DECEMBER - 6:30 PM THE LANDING BALLROOM, FORT RUCKER, AL

AGENDA, MENU, GUEST SPEAKER

Social: 1800

Invocation/Pledge of Allegiance: 1845

Dinner: 1900

- >Mixed green salad w/ranch & Italian dressings
- >Sliced roast beef w/mushroom demi-glace
- >Malibu blend vegetables
 - >Smashed potatoes
- >Rolls & butter
- >Desert bar—red velvet cake, cheesecake w/strawberries, lemon squares, chocolate cake
- >Unsweet Tea, Water,

Coffee

Cost: \$22 per person

GUEST SPEAKER:

LTC (Ret) Dave Jensen, President,
MOAA Alabama Council of Chapters (Bio on page 4)

Please make your Reservations by noon Wednesday, Dec. 16th to Mary Rutkowski at (334) 347-4966.



<u>Cash or</u> <u>personal</u> <u>checks</u> only!

Persons not

canceling their reservation by noon on the Friday prior to the Dinner Meeting will be responsible to our Chapter Treasurer for full payment of the meals.



President's Message by Lisa Bailey

Saturday, December 19th will be our first live meeting since COVID has imposed restrictions on facilities and on our lives with social distancing and all the other things we do to protect ourselves and others

The meeting will be held at The Landing, as usual, and will be in the main ballroom to allow for social distancing. The meal will be served buffet-style. We feel that the precautions determined by the Welcome Home Catering group will provide us the protection that we all need and want. By the way, the catering chef was doing a wonderful job and we were enjoying some especially delicious meals that our own Mary Rutkowski coordinated for us prior to the hiatus. Be sure to give her a special thanks for all she does for the organization.

We will be entertained with Christmas music and our own Chaplain COL (Ret) Newton leading us in song and playing his guitar. We will also be supporting the MOAA Scholarship fund again this year with a raffle. Tickets will be available at the door.

LTC (ret) Dave Jensen (*right*) and his wife will be joining us from northern Alabama to update us on the activities of the MOAA Alabama Council of Chapters and to install our new slate of officers.

(President's Message continued on page 2)



LTC (Ret) Dave Jensen President, Alabama Council of Chapters

(President's Message continued from page 1)

If you are interested, the Alabama Council of Chapters has a website with a lot of great information about our efforts in affecting state legislation on behalf of our members. The website is www.alamoaa.org.

Earlier that day, Saturday, December 19, 2020 please join us at Meadowlawn Memorial Park in Enterprise to Remember and Honor our veterans by laying Remembrance wreaths on the graves of

our country's fallen heroes. Please help us honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths,



volunteering on Wreaths Day, or inviting your family and friends to attend with you. The US Army Warrant Officer Association Above the Best Silver Chapter and VFW Post 6683 and Auxiliary in Enterprise are spearheading this effort. Our Fort Rucker MOAA chapter has made a donation to Wreaths Across America to purchase wreaths. Due to COVID

social distancing requirements, we expect that an 1100 time to meet should be good for our organization. Please check local media for updates. Wreaths Across America started as a simple gesture of thanks that has grown into a national movement of dedicated volunteers and communities coming together to not only remember the nation's fallen and honor their service, but to teach the next generation about the sacrifices made for us to live freely. This year, there will be more than 1,600 participating locations placing wreaths on National Wreaths Across America Day – Saturday, Dec. 19, 2020 – with more than two million volunteers coming together.

If you can't make it to the wreath laying, please go to Wreaths Across America Meadowlawn Memorial Park (ALMMPE) webpage and support this effort.

My thanks to the Chapter members for their continued interest in supporting this worthwhile organization. It has been my honor to serve you as your President for the past two years. The Board will move on with a new group of members, and we are really hoping to be able to meet and enjoy the programs planned for you that will continue to inform, entertain and educate.

I hope to see many of you at our meeting. Until then, please take care of yourselves and your families. I wish you a holiday season filled with love, joy, and thankful hearts for our many God given blessings.



Retired Officer Wives Association (ROWA)

by Mary Jane Collins

Greetings Everyone: The dancing leaves

colored in their brilliant autumn coats, the abundant harvest, the white fields of cotton under the bright blue skies, and crisp temperatures usher us into the bounty of Thanksgiving. This special time of the year opens the



door to gratitude, family, feast, and remembrance.

ROWA enjoyed harvest time at lunch in October with Ingrid. With November's lunch of German fare at the Castle Café, we honored our Veterans, those on active duty, and the passing of Ken Bedsole and Ben McKee. President Esse Muskopf announced a donation to the Wounded Warriors. Carol Lee Dawson announced that her husband had received a Quilt of Valor at the Flag ceremony in Enterprise.

The ROWA Christmas luncheon will be held at The Landing, December 8th with an ornament exchange. The January luncheon, A new Decade, will be the 12th with location determined.

November envelopes the maturity of harvest seeds, the appreciation of our Veterans' dedicated service and legacy, and a time of gathering, both in fields and homes.

We are reminded in this season of the first Thanksgiving gathering in America when Pilgrims and Native Americans joined in a three-day feast. It is interesting that the word Pilgrim in Latin refers to one who travels from afar on a journey to a holy, especially significant place. Certainly our founding fathers knew the significance of this country, faith, freedom, peace, and opportunities. May we ever be grateful for the blessings bestowed from our Sovereign God.

May we offer prayer for our country to adhere to His standards. May your Thanksgiving be joyfully blessed! "In God we Trust" with "One Nation Under God."



Legislative Report by Charlie Wigglesworth

By the time you receive this newsletter, let's pray we have other world news beside election information. And just when we thought that COVID 19 couldn't get

any worse, grab your bootstraps because I believe we are in for a ride for awhile. Please continue to be safe in any travels you may to doing. All of you are cherished members of our association and we are all brothers and sisters in arms. Now for news on the legislative front from MOAA.

1. More than 100 representatives released a letter to House and Senate Armed Services Committee leadership urging them to retain the addition of bladder cancer, hypothyroidism, and Parkinsonism to the list of conditions presumed connected to Agent Orange exposure as part of the FY 2021 National Defense Authorization Act (NDAA). Be sure if you are affected by this to say abreast of the issues in the NDAA on Agent Orange.

2. If you are a retiree family that is using TRICARE Select, you must pay the new enrollment fee or you will be disenrolled for TRICARE as of 1 January 2021. Be sure to call or visit your TRICARE contractor's website for details. This applies to about 14 percent of military retiree households. Those who don't set up their payments by December 31 risk losing their Tricare coverage as of January 1. The new fees are \$12.50 per month, or \$150 a year for an individual; and \$25 a month, or \$300 a year, for family coverage. Those affected are working-age retirees under age 65 who entered the military before January 1, 2018, their family members and survivors. Previously, these beneficiaries haven't had to pay enrollment fees for TRICARE Select, but a 2017 law required the Defense Department to start charging these enrollment fees by January 1, 2021.

3. MOAA continues to push to protect the next pay raise and medical benefits but the time to make this happen is growing short. Again, our military is working under continuing resolutions and this is no way to run the train. The Senate Appropriations Committee must vote on the 12 appropriations bills before they can advance to the Senate floor. The hope is the Senate and House will come to an agreement on a single bill. That remains to be seen. The House and Senate will still need to reconcile any differences between the two versions before moving forward. Lawmakers are also up against mounting pressure for another COVID-19 relief package, which adds more uncertainty to whether they will meet the December 11 deadline.

Richard Shelby (R-Ala.), chair of the Senate Appropriations Committee, said he and House Speaker Nancy Pelosi (D-Calif.) agree they are "probably 90% together on" the 2021 appropriations bills. There are significant hurdles that will need to be settled though; for example, the Senate committee's appropriations bills do not include any emergency pandemic funds, so agreement must be reached on how much relief funding can be expected if a compromise is reached — and whether such funding will be included in the appropriations package or in a separate bill.

Contact your elected officials and >>>>>>>>>



Membership Report

by Othan Gilbert



Our chapter membership count is currently 146. I regret to inform you of the death of two of

our chapter members. CW4 Warren Case died 20 August. He and his wife, Lenore, lived in Daleville. CW4 Ben McKee died 4 November. He and his wife, Martha, lived in Elba. Our condolences are extended to both families. Both Warren and Ben and wives were faithful attendees to our bi-monthly dinner meetings.

The national MOAA website is www.moaa.org and our chapter website is www.fortruckermoaa.org. Please check the chapter website from time-to-time as photos from our past dinners, minutes from our board meetings, and chapter finance reports are posted there. The phone number for MOAA National is 800-234-6622.

Remember to patronize the ten sponsors of our newsletter. They help to support the chapter and deserve our consideration.

Hope everyone keeps safe during this difficult period.

Important Dates for MOAA Ft Rucker Chapter, Year 2020-2021					
Board of Directors' Meeting	Newsletter Input Suspense	Bi-Monthly Dinner Meeting			
14 Dec 20		19 Dec 20			
11 Jan 21	20 Jan21				
8 Feb 21		20 Feb 21			
8 Mar 21	17 Mar 21				
12 Apr 21		17 Apr 21			
10 May 21	19 May 21				
14 Jun 21		19 Jun 21			
12 Jul 21	21 Jul 21				
9 Aug 21		21 Aug 21			
13 Sep 21	15 Sep 21				
11 Oct 21		16 Oct 21			
8 Nov 21	17 Nov 21				
13 Dec 21		18 Dec 21			

ask them to pass a federal budget by December 11 and remind them continuing resolutions stall plans to modernize DoD and improve the lives of servicemembers, military families, retirees, and veterans.

For more information of any of the above topics, log on the MOAA Website.

God Bless and be safe.

Charlie

\$6,707.32

GUEST SPEAKER

LTC (Ret) David P. Jensen has a Bachelor's Degree in Special Education from University of Delaware, Masters of Education from Florida State University, and attended the Army's Command & General Staff College at Ft. Leavenworth.

He was an ROTC DMG from University of Delaware, commissioned Regular Army in Infantry, commanded at Platoon, Company, and Battalion levels in Infantry, and has served in Army units and staff positions at Ft. Benning, Mainz FRG, Ft. Monroe, Ft. Stewart, and the Pentagon.

He also has experience as Director of Human Resources, Performance Improvement, and Risk Management with Southeastern Psychiatric Management, Inc. at Mountain View Hospital, Gadsden, Al.

His awards include the Bronze Star w/V Device, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal, Southwest Asia service Medal, Army Service Medal, Overseas Service Medal Combat Infantry Badge, Ranger Tab, Parachutist Badge, Pathfinder Badge, and Army Staff Identification Badge.

Organizations/memberships include: Past President Coosa Valley Chapter MOAA, President MOAA Alabama Council of Chapters, Past President 7th Infantry Regiment Association, Honorary Colonel of the 7th Infantry Regiment, Member of Etowah County Sheriff's Personnel Board, and Member/Treasurer of Gadsden First UMC.

He is married to Sissie and they have four children: Kate (35), Coby (33), David (32), and Christi (29), and five Grandchildren.



TREASURER'S REPORT by LTC (Ret) Loel Ewart

Date (as of): Monday, November 9, 2020

Net Worth of the Fort Rucker Chapter of MOAA as of 11/09/2020 is \$31,063.49. These funds are in one checking account, one savings account and one Money Market Account in the All-In Federal Credit Union (All-In FCU).

CHECKS: EXPENDITURES:

No Expenditures this period.

Expenditures Total \$00.00
Net Increase \$512.40

(11/09/20) Current Total Balance of; <u>\$31,063.49</u>

All-In checking \$6707.32 All-In Savings \$5.41 All-In Money Market \$24,350.76

Reserve Total: Minus Reserve); -\$24,350.76

Life Membership \$9,560.00 MOAA reserve, \$14,790.76

Minus Savings: \$5.41 -\$5.41

*Usable Funds as November 9, 2020 (Minus reserve/savings)
Other News *No outstanding bills. Scholarship Fund = \$235.00

Be Your Own Eye Insurance

Extracted from AARP Magazine, Oct/Nov 2020 issue

Sidestep eye disease and keep your vision secure with these simple dietary and lifestyle upgrades.

GO DARK: Green vegies like kale and spinach are rife with zeaxanthin and lutein—dubbed in a 2019 study "the most potent antioxidants: to prevent and reduce the risk of eye diseases, like age-related macular degeneration (AMD). STAY MOVING: Exercising for at least three hours per week was associated with up to 41 percent lower risk of certain types of AMD, compared with maintaining a couch potato lifestyle, according to a 2017 study review. WEAR SHADES: Whether sunny or cloudy, summer or winter, wearing sunglasses "is one of the simplest things you can do to prevent eye disease," says Edward Manche, MD, an ophthalmologist at Stanford University. UV exposure is associated with cataracts, AMD, and eyelid skin cancer among other conditions research indicates.

ORDER THE TUNA: Eating tuna regularly was found to reduce the risk of AMD by 42 present, according to a meta-analysis in the journal *Nutrients* that looked at nearly 130,000 people. Fish, especially oily kinds like tuna, are packed with polyunsaturated fatty acids such as DHA and EPA, which lower inflammation and free-radical exposure.

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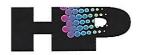
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Return Service Requested



MOAA Membership Application Fort Rucker Chapter



Fort Rucker Chapter Military Officers Association of America (MOAA) PO Box 620075 Fort Rucker, AL 36362-0075

Enclosed is my check, in accordance with the schedule below, for membership in the Fort Rucker Chapter of the *Military Officers Association of America (MOAA)*.

Individual joining: 1 Dec – 28 Feb \$12.00; 1 Mar – 31 May \$9.00; 1 Jun – 31 August \$6.00; Membership1 Sep – 30 Nov \$3.00.

NAME:			RANK:	
BRANCH OF SERVICE:	ADDRESS:			
CITY:	STATE:	ZIP:		
DATE OF BIRTH:	PHONE:			
SPOUSE'S NAME:				
E-MAIL ADDRESS:				

NATIONAL MOAA MEMBERSHIP #__National Life Member? _____

Membership in the National MOAA is required for membership in our local Chapter. If you are a member of National and do not know your membership number so indicate and we will obtain it from National.

Make checks payable to Fort Rucker Chapter MOAA Thank you for your support!

Web address: www.FortRuckerMOAA.org