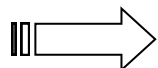


CINCINNATI MILITARY OFFICERS

VOL 47 No. 6
November 2020

NEWS

GREATER CINCINNATI CHAPTER MILITARY OFFICERS ASSOCIATION OF AMERICA



Renew your dues – please see page 5!



General Membership Meeting (Tentative)

Recognition of Past Presidents, Board Elections for 2021 & Toys for Tots.

WHERE: Clovernook Country Club

2035 Galbraith Rd., Cincinnati, OH

WHEN: Thursday, 10 Dec 2020 (**Note change of day of week**)

TIME: 12:00 – Social Time

12:30 – Lunch and Program

Board of Elections 2021

It is time to elect our Board Officer's for the coming year. Below is the proposed list of candidates and positions. Come to the December 10th meeting to support your board and welcome in your elected Board Officers.

President:	CAPT Mike Glaser, USN
Immediate PP:	CAPT Steve Drefahl, USN
1st VP:	CAPT Bill Heitbrink, USPHS
Secretary:	CAPT Brent Ramsey, USN
Treasurer:	LTC Paul Fellingner, USA

Toys for Tots

Last year we had our third Toys for Tots campaign and collected over 50 toys at our December meeting. One of the goals of the Greater Cincinnati Chapter, MOAA is to continue to increase our community outreach and involvement. So for the fourth year in a row we will be supporting the Marine Corps Toys for Tots. We are asking each member to donate at least one toy to the wonderful program. The toys should be new and unwrapped. To make it easy you can bring your toy(s) to the Dec 10th Membership Meeting. We will ensure that they are delivered to the Toys for Tots Program. So when shopping for the kids in your family or picking up groceries at your local super market, pick up an extra toy(s).

Lunch RESERVATION: Thursday, 10 December 2020—Clovernook Country Club—Cincinnati, OH. (Tentative)

Name: _____ **Rank & Service:** _____ **Spouse/Guests:** _____

Email: _____ **Phone #:** _____
(ARE YOU A NEW MEMBER, OR FIRST TIME OUT? _____)

Entrée choices:

Beef Stroganoff over Egg Noodles and Vegetable or,	_____ @	\$20.00
Lemon Chicken with Rice and Vegetable	_____ @	\$20.00

Would you like to sponsor a ROTC/JROTC Cadet or Midshipman? _____ @ \$20.00
(Circle if you have a preference)

Total Reservations _____ = **Total \$** _____

Make Checks payable to GREATER CINCINNATI CHAPTER/MOAA and mail to **CAPT Brent Ramsey, 1550 Smarty Jones Ct, Union, KY 41091**, (Phone (828) 734-1146), or email: shrbllr@bellsouth.net. Please make reservations NLT than 7 Dec. No cancellations after that date.

2020 CHAPTER OFFICERS AND BOARD

(phone #'s are area code 513 unless noted)

Executive Committee

President	CAPT Mike Glaser, USN	280-6256
Immed PP	CAPT Steve Drefahl, USN	752-4097
1st VP	CAPT Bill Heitbrink, USPHS	347-3193
2nd VP	VACANT	
Secretary	CAPT Roger Argalas, USCG	759-6267
Treasurer	LTC Paul Fellingner, USAR	451-9881
Chaplain	Col Mark Roeder, USAF	859 630-3164
Legislative Ofc	BG Tom O'Brien, USA	421-0118
Natl Bd		
Past Natl Bd	RADM Larry Hereth, USCG	812 537-2968
Spouse/	Diane Lochocki, Surviving Sp.	560-0540
Surviving Spouse Liaison		

State Council

Delegate	CAPT Mike Glaser, USN	280-6256
Alt Delegate	Immediate PP or 1st or 2nd VP	

Committees

Programs	CAPT Brent Ramsey	828 734-1146
	LTC Bob Knueven, USA	875-2299
Membership	LTC Dan Shea, USA	792-0344
ROTC/JROTC	LTC Al Brauer, USA	677-8320
Reserve/NG	CAPT Steve Drefahl, USN	752-4097
Historian	VACANT	
Sympathy/	CAPT Roger Argalas, USCG	759-6267
Personal Affairs		
Vietnam	LTC Al Brauer, USA	677-8320
Commemoration		
TOPS	LtCol Brad Hamant, USAF	439-3140
CinMoaaNews/	CWO3 Kym Mader, USN	759-0852
Public Affairs		

Service Representatives

Army	COL Robert Greene, USA	859 689-4321
Navy/MC	CAPT Hank Gurry, USN	459-0465
USPHS	CAPT Bill Heitbrink, USPHS	347-3193
Air Force	Lt Col Brad Hamant, USAF	439-3140
CG/NOAA	CAPT Roger Argalas, USCG	759-6267

PURPOSES OF THE GREATER CINCINNATI MOAA CHAPTER

The purposes of Military Officers Association of America as stated by national are printed on the outside of each Newsletter. The corresponding purposes of our Chapter as stated in our BYLAWS, Article II are:

- To promote the purposes and objectives of the Military Officers Association of America
- To foster fraternal relations among retired, active and former officers of the uniformed services.
- To protect the rights and interests of personnel of the uniformed services and their dependents and survivors.
- To provide useful services for members and their dependents and survivors.
- To serve the community and the nation.

Your officers and Board members welcome your comments and suggestions on steps that may be taken to strengthen our Chapter and its benefits to all members.

This newsletter is published by the Greater Cincinnati Chapter, which is an affiliate of the Military Officers Association of America (MOAA). MOAA and its affiliated chapters and councils are non-partisan. Articles in this newsletter are the opinions solely of the individual authors and do not necessarily express the policy or opinions of the newsletters editor or publisher and do not reflect an endorsement by the Chapter or the National organization of MOAA, unless so indicated. Advertisements that appear in this publication also do not reflect an endorsement by MOAA or this affiliate.

TAPS

If you know a member of MOAA who has passed away, please let us know so we may pass it on.

LTC Thomas Miller, USA, Ret - 3 Oct 2020

2020 Membership Meetings / 5th Annual Dining Out

- **Dining Out** - Saturday, November 7, 1800, Highland Country Club, Ft. Thomas KY
(**CANCELLED**)
- **Membership Meeting** - Thursday, Dec 10, 1200, Clovernook Country Club (Tentative)

Now and Always
We'll be There.



1-800-247-2192 • www.moaainsurance.com

2020 MEETINGS - Mark your Calendars NOW!

Watch www.cincymoaa.org for updates.

Board Meetings

2nd Friday of each month, 1200 - 1300.

Due to the pandemic, these meetings are being held as virtual meetings on the gotomeeting platform (<https://www.gotomeeting.com>). Contact Mike Glaser for information to access the meeting. Attendance is either a phone call or by the gotomeeting software which will need to be installed on your computer. Spouses and members are welcome. In the future, we hope to resume in-person meetings at the Red Cross Building.

For MOAA National information, Click on the links below:

[General Information](#)
[Legislative Updates](#)

Here's Your 2021 Military Retiree and VA Disability Pay Raise

(by Jim Absher, Military Times)

Military retirees, those who receive disability or other benefits from the Department of Veterans Affairs, federal retirees and Social Security recipients will see a 1.3% increase in their monthly checks for 2021.

The annual Cost Of Living Allowance (COLA) is slightly less than the 1.6% increase from last year but in line with the historical increases seen over the last 10 years.

Each year, military retirement pay, Survivor Benefit Plan Annuities, VA Compensation and Pensions, and Social Security benefits are adjusted for the rate of inflation.

Military retirement pay is one of the top three benefits of military service, along with medical and other benefits. Understanding how to calculate military retirement pay involves understanding the final pay and high 36-month average methods.

Retirement Pay Increase

As a result of the increase, retired military members will see a \$13 increase for each \$1000 in military retirement pension they receive each month.

Retirees who entered military service on or after Aug. 1, 1986, and opted for the Career Status Bonus (CSB/Redux retirement plan) have any COLA increases reduced by 1%, so they will see a smaller increase in 2021. They should see a monthly increase of only \$3 per \$1,000.

Survivors receiving Survivor Benefit Plan payments will see the same increase of \$13 per \$1,000 in their monthly payments. Click [here](#) for full article.

Annual Dining Out

We are sorry to report that we have had to cancel the Annual Dining Out scheduled for Saturday, 7 November, 2020. Because of the rise in COVID cases in northern Kentucky, our scheduled speaker, LCDR Jim Brendel, USCG had to withdraw in order to comply with Governor Beshear's recommendations on public gatherings. The chapter board will look at other opportunities to use LCDR Brendel as a speaker and will see if it is possible to have a Dining Out as we move into 2021.

Sincerely,

Mike Glaser
CAPT USN (Ret)
Chapter President

TRICARE Select Enrollment Fee Reinstatement Period Extended

(By: Karen Ruedisueli, National MOAA)

MOAA's advocacy efforts to protect Group A retirees have paid off with an extension of the TRICARE Select enrollment fee reinstatement period. MOAA President and CEO Lt. Gen. Dana Atkins, USAF (ret), received the positive news in a letter from the Defense Health Agency (DHA), and the TRICARE website has been updated to reflect the expanded reinstatement period.

DHA understands and agrees with the concerns outlined in MOAA's letter to the agency and has agreed to extend the reinstatement period from 90 days to 180. Data from past enrollment periods indicates most beneficiaries process enrollment within six months of the new requirement. DHA will conduct an analysis of TRICARE Select retiree enrollment as the 180-day mark approaches and has agreed to consider a further extension based on the enrollment rate at that point.

Click [here](#) for full article.

Flu Shot 2020: Full Details for VA, TRICARE Availability

(By: Kevin Lilley, National MOAA)

Both the VA and TRICARE offer programs designed to ease access to no-cost flu shots for beneficiaries. Below, you'll find details, links and other resources for each; learn more about the immunization itself at the [Centers for Disease Control and Prevention \(CDC\)](#) website.

VA Flu Shots

Where: Participating retail pharmacies and urgent care locations within VA's network, as well as walk-in VA flu stations. Patients admitted to a VA facility may be able to receive the vaccine during a scheduled VA appointment. Use the [VA's online locator](#) to find in-network pharmacies and urgent care providers.

Eligibility: Veterans must be enrolled in the VA health care system to receive the vaccine at participating retail pharmacies. To receive the vaccine from participating urgent care locations, they must be enrolled and have received care from VA provider or in-network community provider in the last 24 months.

TRICARE Flu Shots

Where: A military hospital or clinic, participating network pharmacy (see note below), or TRICARE-authorized provider (visit may require a co-pay or cost share). [TRICARE's flu vaccine webpage](#) includes links to find these locations.

Eligibility: All TRICARE plans cover the vaccine.

Click [here](#) for full article.

Surviving Spouse/Spouse Corner

The Value of Sleep

The Value of Sleep: (A good way to help stay Covid Safe) We all need sleep to function, as sleep is one of the most important ingredients in maintaining our health everyday. Quality sleep prevents diseases of tomorrow.

Sleep clears our minds, removing toxins at night, which is vital for our disposition, mood and decision making ability.

Trouble sleeping, tossing and turning in the middle of the night, start keeping a sleep journal to learn what activities can encourage or discourage your good nights sleep.

Break the cycle by establishing a nighttime routine, go to bed at the same time every night, avoid artificial light such as smart phones or TV and try to find what relaxes you at night.

Sleep is one of the best natural medicines for our bodies. It is our super power to cope with our daily challenges. Take time to learn all you can about sleep. (this information came from an article I read)

Wishing Everyone a Blessed and Happy Thanksgiving.

Stay Safe

Diane Lochocki, Liaison
Surviving Spouse/Spouse 513-560-0540

Virtual Chapter Launched for U.S. Public Health Service Members, Veterans

(by Amanda Dolasinski, Nat'l MOAA)

Commissioned officers with the U.S. Public Health Service have a new platform to gather to share ideas and review advocacy goals.

MOAA's Board of Directors approved the creation of the Public Health Service Virtual Chapter, which will be a virtual meeting space open to MOAA's members from the U.S. Public Health Service Commissioned Corps. It's MOAA's third virtual chapter.

"We have officers spread out everywhere," said USPHS Lt. Cmdr. Annie Lam, president of the virtual chapter. "One of the goals is to connect our members because we are so far and few between and may be in remote areas. I think the virtual platform will be different because we can reach a lot more people than we could reach with just a physical chapter."

Click [here](#) for full article.

FEDVIP Dental & Vision Insurance Update

(by CAPT Roger Argalas, Sympathy/Personal Affairs Committee)

2021 premium rates available now

Open season for the federal dental and vision insurance programs (FEDVIP) for 2021 is rapidly approaching. The Open Season dates to sign up for coverage in 2021 are: 9 November to 14 December 2020. During open season you may enroll, change insurer, or cancel your insurance coverage for 2021.

Although you cannot make your selection until 9 November, you can view the premium rates for 2021 right now online. Go to www.benefeds.com and select the FEDVIP Plan Comparison tool to research plans and rates for next year.

As a reminder, if you wish to continue your existing FEDVIP plan into next year, you don't have to do anything—your coverage will automatically continue. But keep in mind that rates may have changed.

For 2021 there are two new dental and one new vision insurance companies to consider, according to Federal News Network.

TRICARE Young Adult Premiums Will Spike in 2021

(by Kevin Lilley, Nat'l MOAA)

Premiums for TRICARE Young Adult (TYA) coverage will increase by 22% for TYA Prime users and nearly 13% for TYA Select users as of Jan.1, according to an Oct. 21 post at TRICARE.mil.

By law, the TYA program must pay for itself, requiring premiums that cover the full cost of the program. To meet that law in 2021, premiums for TYA Select will rise to \$257 per month, up from \$228, while TYA Prime users will pay more the \$80 extra per month (\$459 per month, up from \$376).

Click [here](#) for full article.

5 Reasons to Visit MOAA's New Job Board

(by Brian Anderson, Nat'l MOAA)

MOAA's partnership with Indeed gives you access to over 1 million jobs and more career resources. Here are five reasons to visit [MOAA's Job Board](#), powered by Indeed, today!

1. At your fingertips!
2. Just want to window shop!
3. The price is right!
4. Always working for you!
5. Exclusive access!

Click [here](#) for full article.

2020 CHAPTER DUES ARE DUE! Please pay now- IF you haven't done so.

If you receive the newsletter by mail, please check your address sticker on the other side of this form. The year is shown for the latest year for which your dues are paid. If your number is (2019) or lower, please return this form (with your name sticker on reverse) along with a check for your dues to bring you up to current year. Please mark your selection of dues (one year, multi-year or life). If you are moving out of state and don't want to continue your chapter membership or have any other status change, please let us know. Also please indicate on your check the year(s) your dues are for.

NEW - You can now renew your membership online. Go to <https://chapterdues.moaa.org/Membership.aspx>. There is no membership dues for Surviving Spouses.

Chapter Membership Renewal

Name: _____ Rank: _____
Your email address please: _____

Member _____ \$28 for three years _____ \$19 for two years _____ \$10.00 for one year
Surviving Spouse (surviving spouse of a deceased officer) _____ No Cost

Please renew as a LIFE member. _____ (Please circle amount in fee schedule.)

MEMBER LIFE MEMBERSHIP FEES (Chapter Only)

(Fee is based on your age, nearest birthday)

Age up to 55	\$161.25
Age 56 to 70	\$127.50
Age 71 to 89	\$ 93.75
Age 90 and over	Waive

Make check payable to: Greater Cincinnati Chapter / MOAA

Mail Renewal form and check to:

LTC Dan Shea, 5736 Woodsway Dr., Cincinnati, OH 45236

----- cut here ----- Dues Form ----- cut here -----

WELCOME TO OUR NEWEST MEMBERS

MAJ LaSonya Jones, USA
2LT Michael Yellig, USA

CPT Gary Topper, USA

2LT Damon Watkins, Jr, USA

Legislative Updates

(by BG Tom O'Brien, Legislative Committee)

COVID-19 problems and the election have put just about everything on the back burner at both national and state levels.

Women Veterans Honored in Ohio

A very important facet of the veteran community in Ohio is our women veterans - all 67,000 of them. Ohio Department of Veteran Services (ODVS) is committed to bringing more awareness and voice to women who served in the military, and their efforts and initiative can be found at the new [Women Veterans](#) portion of the ODVS website. It includes a look at the Ohio Women Veterans Advisory Committee, the "I Am Not Invisible" project, which features unique photos and bios of 70 women veterans from all across the state, and information on the Ohio Women Veterans Conference, including a look at the one held in 2019. Normally a biennial event, the next Ohio Women Veterans Conference has been shifted from 2021 to summer 2022 to allow more time for organization and to distance from the precaution and restrictions associated with the current pandemic.

Never Stop Serving

Outstanding 2020 Class to Enter Ohio Veterans Hall of Fame

As summer was winding down, the ODVS unveiled the 20-member roster for the Ohio Veterans Hall of Fame Class of 2020. Governor Mike DeWine offered words of praise for these outstanding Ohioans during his press conference on Sept 15, noting the group joins very prestigious company.

These impressive inductees will be honored individually for their accomplishments and achievements this fall, and ODVS intends to document those presentations and compile them in a final virtual Induction Ceremony that will be made public on Nov. 5. That event will mark the entrance of the 29th class of the Hall of Fame, which originated in 1992 to honor Ohioans who served honorably in the U.S. Armed Forces and then went on to impact their nation, state and communities through entrepreneurship, innovation, caregiving, volunteerism, advocacy, and other selfless deeds.

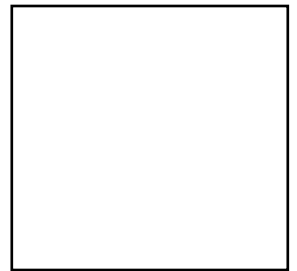
The stellar class represents 16 Ohio counties and four military branches. The class of 2020 was chosen from among 136 nominations, joining 895 Ohio veterans who represent all eras, branches of service, and walks of life. Honorees of the past 28 years include six U.S. presidents and all Medal of Honor recipients from Ohio as well as astronauts, community volunteers, community leaders, safety officers, veteran advocates, and government officials.

Go to [ODVS Hall of Fame](#) for more information and a complete list of inductees.



Greater Cincinnati Chapter
MILITARY OFFICERS ASSOCIATION OF
AMERICA
8099 Pepper Pike
West Chester, OH 45069-2842

Postmaster: Dated material, Please Expedite



ADDRESS SERVICE REQUESTED



***PURPOSES OF
MILITARY OFFICERS
ASSOCIATION
OF AMERICA***



- TO inculcate and stimulate love of country and flag;
- TO defend the honor, integrity, and supremacy of our National Government and the Constitution of the United States;
- TO advocate military forces adequate to the defense of our country;
- TO foster fraternal relations between all branches of the various services from which our members are drawn;
- TO further the education of children of service personnel;
- TO aid active and retired personnel of the various services from which our members are drawn and their dependents and survivors, in every proper and legitimate manner;
- TO present their rights and interests when service matters are under consideration; and
- TO foster the integrity and prestige of uniformed service.

—from the Preamble to the Association's Bylaws