



GENESEE VALLEY CHAPTER MILITARY OFFICERS ASSOCIATION OF AMERICA NEWSLETTER

2010 – 2011 – 2012 – 2013 – 2014 – 2015 - 2016

VISIT US AT GVCMOAA.ORG

SERVING MEMBERS AND THEIR COUNTRY

*** **NEVER STOP SERVING** ***

March 2018



PRESIDENT'S CORNER The holidays are over, winter is almost gone! (I wish) and time for “Spring Forward” March 11th daylight savings time. It is also time for members to pay their 2018 dues or why not consider life membership status this year? Later in this newsletter you will find more information on membership.

Budget Update; The 2019 budget has no new TRICARE fee increases. They have also announced new TRICARE dental and vision plans. The budget supports some of MOAAs goals and objectives for FY 2019 such as a 2.6% military pay raise, increases the end-strength by 24,000 in the active force and 1,800 in the reserve components over the current budget and increased resources in family support initiatives.

Please continue to write your Federal representatives and ask that the defense budget be given priority.

Facebook; We are now on Facebook, please like and share our posts so the Chapter gets maximum coverage. Look for “Genesee Valley Chapter of the Military Officers Association”. If you have recent pictures of our events we would be glad to post them on our Facebook page.

Chapter Dinner; Maximum member participation is highly encouraged as we recognize outstanding ROTC / JROTC Cadets and Mid Shipmen. Location Whittier Party House. March 25th Cost \$30.00

Lastly, I would ask that everyone be involved in some way to support our Military.

COL Peter Ingalsbe, USA Retired,
President “Never Stop Serving”

GVC UPCOMING EVENTS:

25 March 2018 – Whittier Party House
(ROTC Dinner)

14-15 April 2018-
Honor Flight Mission 58

29 April 2018 Burgundy Basin Inn

3 June 2018- Canandaigua Yacht Club

10-13 September 2018 Council of
Chapters Conference, Niagara Falls

Need Extra Help or Someone to Listen;

Do you need some extra help such as sitting with a loved one while you run some errands? Do you need/want a ride to a GVC MOAA dinner? Please call Nancy Swanson ([585-905-0346](tel:585-905-0346)) or Tim Vaughan ([585-412-6425](tel:585-412-6425)), our new GVC Support Coordinators. They will talk with you to find out what your needs are and how GVC may be able to help.

Nancy has expertise in coordinating services for Veterans in the health care field. Tim has overall knowledge of the military system and has made recent connections with local units. We care about our GVC family members and want to help and support them when needed.

Name Tag anyone?

"If you would like to order a GVC name badge for yourself or your spouse, please contact LTC Russ Green (<russgreen@aol.com> or [585-425-4292](tel:585-425-4292)). Badges for members will include name, rank, service and status, while spouses badges will include name only. (See the sample photo). Cost of the badges is \$12.00, payable in advance. (Please note that badges for Life Members, are gold in color and include the line "Life Member" under the rank. These are provided at no cost to the member.) Please provide the name(s) as you wish them to appear on the badge. Badges may be picked up at the next dinner meeting following the order, or by contacting COL Green to make other arrangements"



Spouses Club; The Spouses Club of GVC MOAA normally meets on the third Wednesday of each month. Location to be determined. Contact Joan Tierney or Signe Zale at the email or phone number listed below for the next meeting date.

Surviving Spouse Corner: Coping with the Loss of a Loved One;

By Anne Hartline, MOAA Surviving Spouse Advisory Committee member
Grief is a highly complex, personal emotional process. Every person is unique, so there will be many individual differences in the grief process, including personal characteristics and circumstances of the death. The way in which an individual grieves also depends on the personality of the grieving person and his or her relationship with the person who died. In addition, evidence-based research suggests most people do not go through progressive stages. Other research indicates grief is a series of symptoms that come and go and possibly eventually diminish. Also, cultural and religious beliefs, coping skills, and socioeconomic status will affect how a person will cope with the death of a loved one. Proven clinical data documents grief following a sudden death differs from a death following a lengthy illness. Elizabeth Kubler-Ross, a pioneer in the field, developed a theory of the stages of grief that has received questionable support from research. A more recent model of grief names the psychological responses of numbness-disbelief, separation distress, depression-mourning, and recovery. This recent model emphasizes the theory that grief unfolds in stages is an oversimplification of a highly complex process. Researchers now have identified specific patterns to grief's intensity and duration. They found the worst usually is over in about six months; however, there is no set timeline for the grief process. While loss is forever, acute grief is not. Some people who have developed a personal resiliency might be able to get through loss on their own. Others will have a much harder time and will need outside clinical intervention based on a recent evidence-based model.

Member Final Salute; Two months ago, I received notice that long time member Commander John P. Powell passed away. I have included kind words from his son as part of this notice.

Dear Colonel Ingalsbe,

I am writing to inform you that one of your longtime members, my father, Commander John P. Powell, passed away recently. Dad continued to receive your newsletters for 31 years after moving to the Norfolk, VA area to retire. I recently was forwarded your newsletter and thought you or your members would like to know. Dad was 99 so they may not be many left in the Chapter that would remember him. He was always extremely proud of both his service, his Rochester heritage, and his membership in the MOAA. It even rubbed off on me - I am retired Marine officer. I attached his obituary and a phot from his WWII days for your info.

I wish you and your chapter well - please remember my dad in your prayers - he was the most loving, generous and kind man I will ever know. A true patriot.

I wish you a Merry Christmas and a great 2018!

Best regards and Semper Fidelis,

Curt Powell
LtCol, USMC (Ret)
5442 Edsall Ridge Place
Alexandria, VA 22312

Address Change? Have you moved? Have you changed your email address? If so please contact Ken Carlsen or Nancy Swanson at the email address below or write us at PO Box 20874, Rochester, NY 14602-0874

46th Annual NYS Council of Chapters

Convention: A very special Convention is being planned for this fall at Niagara Falls Air Reserve Station. Good food, good beverages, and good friends will all get together Tuesday – Friday, 10 – 13 September 2018. The planning committee is putting together the final details for activities, including a visit to the Buffalo Naval and Military Park on September 11th. The annual banquet featuring a speaker from MOAA National will be held on Thursday evening, 12 September. Housing will be provided on base at the newly-constructed VOQ. We are expecting to be able to offer very reasonable full-package prices. Please mark your calendars now so you won't miss out on our annual convention, the ONLY Council convention in the Nation to have never missed an annual convention since its founding. It is a great mix of staying on top of legislation regarding active duty and veterans' issues, collecting strategies of keeping Chapters alive, relevant, and active in their communities, and making new friendships and renewing old friendships in the comfort and familiarity we all have with military comradery.

WREATHS ACROSS AMERICA the Annual Wreaths across America Wreath laying took place at Sampson Veterans Memorial Cemetery on 16 December 2017. Although it was very cold with a very light snowfall, hundreds of volunteers showed up to place wreaths on the graves of over 400 graves in a very moving ceremony. The area community donated nearly 550 wreaths, of which GVC members contributed 116. Your generosity was very much appreciated. All wreaths over the number needed at Sampson will be credited for this year's ceremony. Please put Saturday, 15 December on your calendar now to attend the 2018 Wreaths ceremony.



2018 Member Dues; The Board of Directors has kept the annual dues to \$20.00 for 2018. If you would like to pay for Lifetime see the chart below. Send your dues payment with your reservation or mail your payment to Jim Nielsen. 17 Woodward Drive Leroy, NY 14482-1247.

<u>Age</u>	<u>Life dues</u>	<u>Age</u>	<u>Life Dues</u>	<u>Age</u>	<u>Life Dues</u>
<45	\$360	61-65	270	81-85	55
46-50	350	66-70	210	86-89	35
51-55	330	71-75	160	90+	Life – no charge
56-60	310	76-80	110		

More pictures at the 2017 NYS Council or Chapters convention:







More 2017 Wreaths Across America pictures



GVC/MOAA BOARD MEMBERS 2017-2019

President: Peter Ingalsbe, COL, USA (Ret) 585-749-3390 (cell)
Email: pingalsbe@gmail.com

1st Vice President : Timothy Vaughan, COL, USAF (Ret) 585-412-6425
Email: tvaughan1@aol.com

2nd Vice President: Ken Carlsen, CDR, USN (Ret) 585-377-5665
Email: kcarlsen32@gmail.com

3rd Vice President: Russ Green, LTC, USA (Ret) 585-425-4292
Email: russgreen@aol.com

Transition Liaison: [Dave Szczygiel](#)
(see below)

Member-at-Large: William O'Donnell, CW3 USA (Ret) 585-754-3948
Email: will.p.odonnell@gmail.com

Secretary: Nancy Swanson, CAPT, USN (Ret) 585-905-0346
Email: gns92649@hotmail.com

Treasurer: James Nielsen, Commander, USN (Ret) 585-768-7249
Email: jim99n@gmail.com

Past President: Norma Weissend, Lt Col, USAF (Ret) 585-727-6190
Email: normaweis@roadrunner.com

Past President: Dave Szczygiel, BG, USA (Ret) 585-346-3736
Email: mszczygiel@rochester.rr.com

Past President: Robert Zale, Col, USAF (Ret)
585-594-8422
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Past President: Barbara Green, Col, USA (Ret) 585-330-2708
Email: bgreenanc@gmail.com

Auxiliary Liaison: Marion Mench
585-217-1779
Email: mosimpli@rochester.rr.com

Spouses Club Liaisons: Co-Chairs

Joan Tierney: jtierney41@yahoo.com

Signe Zale: sigbobzale@aol.com

**GENESEE VALLEY CHAPTER
MILITARY OFFICERS ASSOCIATION OF AMERICA**

March 25, 2018

Whittier Party House

88 Whittier Road, Rochester, NY 14624

585-594-4500

1300 - Social Hour - cash bar

1400 - Dinner

ENTRÉE CHOICES

Prime Rib of Beef

Grilled Salmon

Chicken French

Entrees served with vegetables, salad, rolls and butter.

Reservations due ASAP but NLT Saturday March 17th

Please clip use form provided below

Cancellations NLT 1200 hours, Thursday 22 March

Questions: Norma – 585.727.6190

CLIP HERE AND SEND

RESERVATION FORM FOR March 25th ROTC Recognition Dinner

ALL Name(s) Attending:

Please indicate number of each meal desired:

Prime Rib Beef _____ Chicken French _____ Salmon _____

Check for _____ meal(s) at **\$30.00 each**

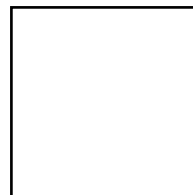
Please make checks payable to **GVC MOAA** and mail to:

GVC MOAA

c/o Norma Weissend

4587 Ridge Rd, Canandaigua, NY 14424

**Genesee Valley Chapter
Military Officers Assn of America
PO Box 20874
Rochester, NY 14602-0874**



March 2018 Newsletter

First Class Mail

