



GENESEE VALLEY CHAPTER MILITARY OFFICERS ASSOCIATION OF AMERICA NEWSLETTER

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SERVING MEMBERS AND THEIR COUNTRY

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

April 2018



PRESIDENT'S CORNER What I want to know is WHERE IS THE WARM WEATHER! Phew, now I feel better having said that yet I know many of our members wish they were still down south where it is warmer. That being said this Chapter has only two more meetings before we break for the summer. April 29th at the Burgundy Basin party house and June 4th at the Canandaigua Yacht Club. Please try to attend both of these meetings as we have to guaranty each party house a certain number of meals to serve.

Storming the Hill: LTC. Peggy Phillips has asked me to be a New York MOAA representative for this year's April 18th event. I leave on Monday April 16th and return Thursday April 19th. Our team has 14 House Representatives to visit and Senator Schumer's office all in one day! I have been sending emails with letters and returning phone calls trying to fill each time slot with an appointment. We will

bring Veteran Issues to each visit hoping to make a difference.

Want to advertise with our Chapter? We are looking for a few businesses that would be willing to advertise in our newsletter, our website and in our chapter Facebook page. For just \$50.00 you will be guaranteed an ad four times per year in our newsletter, twelve months on our website and any special events will be announced on our Facebook page. Contact Member -at-Large Will O'Donnell at 585-754-3948 or email him at will.p.odonnell@gmail.com

Chapter Dinner: Burgundy Basin Party House. April 29th Cost \$30.00 Bring a friend.

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:

29 April 2018 Next meeting, Burgundy Basin Inn

19 May 2018 Armed Forces Day Luncheon, at the Diplomat Party House. Don Alhart is the Honorary Chair and BG Timothy J. LaBarge, Chief of Staff New York Air National Guard is the guest speaker. \$25.00 per ticket. The check should be made out to our Chapter as we will sponsor a table. More information at our April meeting.

3 June 2018- Last meeting before summer break, Canandaigua Yacht Club

10-13 September 2018 Council of Chapters Conference, Niagara Falls. See Norma Weissend for details.

Need Extra Help or Someone to Listen; (Repeat)

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? (Repeat)

"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: DOWNSIZING

If you feel like your home is filled with belongings you no longer use or need, it might be time to purge. Here are some suggestions for downsizing.

By Micki Costello, MOAA Surviving Spouse Advisory Committee member

Have you noticed it seems like we spend the first half of our lives accumulating or collecting things and then the second half trying to get rid of them? Not too long ago, my daughter and I were sitting in my kitchen while the grandchildren played. She looked around and asked, "Mom, what are you going to do with all this stuff?" I don't think I have all that much stuff, but it is something I've been thinking about a lot lately, particularly after having to downsize after the deaths of my husband and my mother. While part of me wants to say let

someone else worry about it, I really don't want to leave the burden on my children.

I've read articles that say if you haven't used/worn it in a year, it's time for it to go. Making a move to a new place helps, but not everyone is ready to do that. So here are a few alternative ideas.

For special dishes, silver, and some collectibles, look for places where you can turn in your treasures for cash. (There's a great place in North Carolina called Replacements.) When I relocated after my husband died, I was able to unload a lot of crystal stemware for more than I had purchased it while we were stationed in Germany. Many antique or repurposing shops also will purchase selected pieces. Of course, there is always Habitat for Humanity, Good Will, St. Vincent DePaul, and other organizations that will take item donations, and you can use that as a deduction on your taxes. In the case of textiles like ties, T-shirts, or special pieces of clothing, consider making them into something new, such as a quilt, pillow, or a stuffed animal for the grandchildren.

Whether it is wearable or collectible, the most difficult decision is deciding when it is time for that item to go.

I don't know about you, but I'm not getting any younger, and while I enjoy most of my possessions, I'm finding I could really do without them. As the saying goes, "You can't take it with you!"

Women's health needs. From MOAA National, Roles for women in uniform continue to evolve, and Campos said the VA and Defense Department must prepare to serve their health needs. MOAA recently teamed with United Health Foundation to study some of the health challenges facing female veterans. They found that women who served in the military were more likely to suffer from mental illness, cardiovascular disease, and other problems compared to female civilians.

Sen. Bill Cassidy, a Republican physician representing Louisiana, said he agrees. "Women have the privilege as men do to serve in some of

these roles that were once just for men," he said. "Our VA should respond to that."

As part of this effort, Campos said MOAA recommends Congress pass the Deborah Sampson Act, which calls on the VA to carry out a three-year pilot program to assess peer-to-peer assistance for women leaving the military - especially for those who suffered sexual trauma or are at risk of becoming homeless.

Researching toxic exposures. Campos said Pentagon and VA officials must continue working together to study servicemembers' exposure to toxic materials in order to determine whether it's responsible for illnesses. "It's unreasonable to require veterans to provide the scientific and medical evidence for their claim when that expertise resides within the government itself," Campos said.

MOAA would like to see investment in federal resource on servicemembers' exposure to hazardous toxins so health care benefits can be provided when appropriate.

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

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. Those that are not paid by our April meeting will get a notice from Jim.

<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		

GVC/MOAA BOARD MEMBERS 2017-2019

President: Peter Ingalsbe, COL, USA (Ret) 585-749-3390 (cell)
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1st Vice President : Timothy Vaughan, COL, USAF (Ret) 585-412-6425
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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

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Email: bgreenanc@gmail.com

Auxiliary Liaison: Marion Mench

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Email: mosimpli@rochester.rr.com

Spouses Club Liaisons: Co-Chairs

Joan Tierney: jtierney41@yahoo.com

Signe Zale: sigbobzale@aol.com

Legislative Information from MOAA:

Expanding caregiver support. MOAA would like to see caregiver benefits extended to veterans who served prior to 9/11. The need for caregiver support is great among all generations, Campos said. She shared the story about one MOAA member named Peter, an 81-year-old blind veteran who's 100 percent disabled.

“Peter recognizes the toll caregiving is taking on his wife,” Campos said. “He says, 'She's been my caregiver for over 20 years, and the burden is wearing on her but VA told me they don't have support services to help her.’”

Sen. Johnny Isakson, R-Ga., said VSOs like MOAA help Congress “make decisions critical to VA.”

“On blue-water Navy and caregiver [benefits], we got the message loud and clear and we are working on it,” the committee chairman said. Blue-water Navy refers to the 90,000 servicemembers exposed to Agent Orange while operating off the coast of Vietnam.

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

April 29, 2018

**Burgundy Basin Party House
1361 Marsh Road, Pittsford, NY 14534
585-248-2660**

**1300 - Social Hour - cash bar
1400 - Dinner**

ENTRÉE CHOICES

Sliced Sirloin of Beef

Poached Salmon

Stuffed Chicken

Entrees served with Rosemary potato, hot vegetables, salad, rolls and butter.

Reservations due ASAP but NLT Saturday April 21st

Please clip use form provided below

Cancellations NLT 1200 hours, Thursday April 26th

Questions: Norma – 585.727.6190

CLIP HERE AND SEND

RESERVATION FORM FOR April 29th dinner Burgundy Party House

ALL Name(s) Attending: _____

Please indicate number of each meal desired:

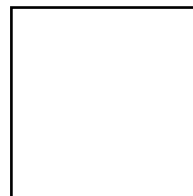
Sliced Sirloin Beef _____ Stuffed Chicken _____ Poached Salmon _____

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
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First Class Mail

