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SERVING MEMBERS AND THEIR COUNTRY * NEVER STOP SERVING *** Feb 2021**



PRESIDENT'S CORNER Is March right around the corner already??? That was fast. And hopefully, just as fast, the COVID-19 environment will begin to change for the better with more and more people receiving the vaccine, enabling us to return to some semblance of normalcy. Think positive!

However, until then, the board has made the decision to cancel the March and April chapter dinners out of an abundance of caution due to the ongoing threat of COVID-19. Therefore, our next chapter dinner is tentatively planned for Sunday, June 6, 2021, location is still to be determined. This will also be the venue for the new chapter officer installation ceremony. Details will be published in a future newsletter closer to the event.

And speaking of new chapter officers, we have several positions that will need to be filled

and are looking for volunteers to serve the chapter for a two-year tenure. If you are interested in serving as a chapter officer, please contact any one of the following nominating committee members: Pete Ingalsbe, Barb Green or Norma Weissend. Their contact information is listed in the Board of Directors section of this newsletter. ***Your chapter needs you!***

Last year was a difficult year for many reasons, with COVID-19 certainly at the forefront, but it was also difficult on the chapter from a membership standpoint. Unfortunately, we have had many members who passed and others who moved out of state. We could use your help as a recruiters-at-large! MOAA and chapter membership is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses.

If you know anyone that fits in any of those categories, please reach out to them or contact Ken Carlsen, GVC Membership Chair, who will be happy to reach out to them. His contact information is listed in the Board of Directors section of this newsletter. The MOAA/GVC common join form is available to download on the chapter's website, GVCMOAA.ORG.

<http://takeaction.moaa.org>

MOAA National & the Genesee Valley Chapter are nonpartisan.

Speaking of membership... we ask that you take a moment to check your membership profile on the MOAA website, www.moaa.org, to verify and/or update your contact information. *Why is this important?* Even if we know your contact information has changed, we are unable to update it online with MOAA; you have to do it. If your address or email information changes, updating your MOAA contact information may be at the bottom of your list, but it is truly important for you, for us and for MOAA. Even though we can't update your information, it would be helpful to let us know as well. If you don't have an email address or internet access, Ken or Norma will be glad to help out. And a big THANK YOU in advance for taking the time to do it!

Wreaths Across America 2020 Wrap-up

Despite COVID-19 we had a very successful Wreaths Across America campaign, where over 140 wreaths were donated in GVC's name/identifier. Although the number of volunteers to place wreaths were restricted, it was a beautiful day to honorably recognize the veteran gravesites at the Sampson Veterans Memorial Cemetery on Sat Dec 19, 2020.

A sincere thank you to all who donated to Wreaths Across America in GVC's name:
Francis M Balik, Elizabeth A Boyce, Willard Brown, Robert Ciaburri, John Davis, Russell Green, Peter Ingalsbe, Gayle Lossman, Rosemary Luzum, Charleen Mathis, Charles McCausland, Marion Mench, Althea Mix-Bryan, Sally Owen, Preston Pierce, Lee & Bish Rush, Robert Saiff, Kim & Paul Schweigert, Jamie Scotland, Seeley B Parish Post 457 Inc, Nancy Swanson, Gail Szczygiel, Timothy Vaughan, Nick W Violas (Nolan's on the Lake), Wegmans, and Norma Weissend.

Remember the Wreaths Across America mission:

REMEMBER our fallen U.S. veterans.

HONOR those who serve.

TEACH your children the value of freedom.

Mark your calendars now for this year's Wreaths Across America, which will be held on Saturday December 18, 2021.

2021 GVC Membership Dues

Yes, it's that time of year again... If you haven't already, it's time to pay your 2021 chapter dues. Annual dues are *STILL ONLY* \$20! That's less than \$1.66 a month, how can you beat that???

The chapter also offers Life Membership options, please check out GVCMOAA.ORG for Life Member rates.

Please send your dues payment to:

GVC MOAA
c/o Norma Weissend
4587 Ridge Rd
Canandaigua, NY 14424

Suicide Prevention

The Finger Lakes Veterans Advocacy Council Community Veterans Engagement Board forwarded this information requesting widest dissemination... A workgroup of mental health professionals across New York State have come together over a shared interest in learning about ways family members can help Veterans remain safe and minimize access to things Veterans might use to harm themselves when feeling overwhelmed.

Attention Veterans & Family Members
Can we Interview You?

New York State needs veteran and family member volunteers for a 1:1 interview to discuss how to better involve family and loved ones in reducing veteran suicide risk and promoting lethal means safety.

If you or someone you know might be interested in supporting this cause, please contact Marianne Goodman, MD at mggoodman2001@yahoo.com or call (646) 245-7071.

MOAA's "Storming the Hill" Name Change

MOAA's annual legislative push on Capitol Hill is now called "Advocacy in Action." This year's program will again be virtual due to COVID-19, with a target month of May. Check MOAA's website at www.moaa.org.

Veterans Outreach Center Operation Bingo Fundraiser

Join Veterans Outreach Center for their first-ever VIRTUAL BINGO fundraiser, Thursday March 4, 2021, 7-8 pm. More info and signup at <https://veteransoutreachcenter.org/bingo>.

Surviving Spouses Resources & Information

A recent www.moaa.org article from Jan 29, 2021, titled *Surviving Spouse Corner: The 4 Facets of Grief*, outlined the 4 Facets of Grief:

Facet 1: Accepting (the Unacceptable)

Facet 2: Adapting to a New Reality

Facet 3: Meaning Making

Facet 4: Replenishing

While the whole article is too large to include here, it goes on to explain each facet and say how each of the facets joins together to create a new beginning, and the framework is flexible. It also includes this advice... remember, try not to resist asking for help. Your MOAA GVC surviving spouse liaison, Marion Mench, can be of assistance. You can find the article here:

[MOAA - Surviving Spouse Corner: The 4 Facets of Grief](#)

Spouses Club. Spouses Club activities are on hold due to the COVID-19 situation.

GVC Support Coordinators. Have you been impacted by COVID-19? If you need help contact Nancy Swanson, (585) 905-0346, or myself, Tim Vaughan, (585) 412-6425. We may not be able to help you directly or in person, but we both have “been around the block” so-to-speak and may be able to coordinate help, support or information you are looking for or may need.

Your Chapter Dues at Work – We Support...

- Honor Flight Rochester
- U of R, RIT and Brockport ROTC Cadets
- Veterans Memorial Committee
- Rochester Armed Forces Day Luncheon
- National Veterans Golden Age Games
- Battlefields to Ballfields
- Batavia DAV
- Veterans Outreach Center

Upcoming Events...

Sun Jun 6, 2021: GVC/MOAA Dinner, Location TBD, 12:30 pm / 1 pm.
New Chapter Officer Installations.

GVC/MOAA BOARD MEMBERS 2019-2021

President: Tim Vaughan, Col, USAF (Ret)
(585) 412-6425

Email: tvaughan@gvcmoaa.org

1st VP: James Nielsen, CDR, USN (Ret)
(585) 768-7249

Email: jnielsen@gvcmoaa.org

2nd VP / Membership Chair:

Ken Carlsen, CDR, USN (Ret)
(585) 377-5665

Email: kcarlsen@gvcmoaa.org

3rd VP: Willard Brown, COL, USA (Ret)
(585) 442-8996

Email: wbrown@gvcmoaa.org

Secretary: Nancy Swanson, CAPT, USN (Ret)
(585) 905-0346

Email: nswanson@gvcmoaa.org

Treasurer / Legislative Chair /

Past President: Norma Weissend, Lt Col, USAF (Ret) (585) 727-6190

Email: nweissend@gvcmoaa.org

Member-at-Large: VACANT

Past President: Peter Ingalsbe, COL, USA (Ret) (585) 749-3390 (Cell)

Email: pingalsbe@gvcmoaa.org

Past President: Barbara Green, COL, USA (Ret) (585) 330-2708

Email: bgreen@gvcmoaa.org

Surviving Spouse Liaison: Marion Mench
(585) 217-1779

Email: mmench@gvcmoaa.org

Spouses Club Liaison:

Email: Signe Zale: szale@gvcmoaa.org

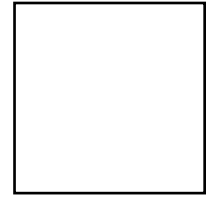
TOPS Liaison: Tim Vaughan, Col, USAF (Ret) (585) 412-6425

Email: tvaughan@gvcmoaa.org

**Remember... MOAA matters and to
Never Stop Serving!**

**Tim Vaughan, Col, USAF (Retired)
MOAA GVC President
“Never Stop Serving”**

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First Class Mail



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