



## **Eleven Consecutive Years of MOAA 5-Star Levels of Excellence!**

**Serving All Military, Veterans and their Families in the Finger Lakes and Greater Rochester Area \*\*\* Never Stop Serving \*\*\* May 2022**



### **PRESIDENT'S CORNER**

We welcome new members; George Curran and Eric Harrison. We look forward to the opportunity to meet you in person.

**BRAVO BRAVO** to our Board of Directors for their assistance in preparing our Level of Excellence (LOE) submission for calendar year 2021 activities. Every one of the Board members assisted in preparing the submission. As your President, I could not have asked for more or better support than the Board members provided. Board – THANK YOU, THANK YOU!

The accomplishments of the chapter during 2021 are very impressive. I was going to include the written submission in this newsletter but it is three pages. You can read our submission by going to <https://gvcmoaa.org/whats-new> and click on LOE GVC 2021 Submittal

Thank you Russ Green for the Genesee Valley Chapter/MOAA earning the MOAA 5 Star

Col. Marvin J. Harris Communications Award for our **Website**. In their letter to me, MOAA

said “We at national MOAA are

extremely proud of all our

affiliates who were able to keep

their members connected and

informed through print and

electronic media during 2021. The number of

nominations submitted for this award has

continued to grow each year; this year we

received 227 nominations.



*GVCMOAA.org*

*Web Site?*

*FaceBook at*

*[genesee valley chapter of the military officers association](https://gvcmoaa.org/whats-new)*



*Have you visited our*

*Or visit us on*

*[genesee valley chapter](https://gvcmoaa.org/whats-new)*

The Board keeps coming up with new ideas of how we can communicate and use our web site.

Russ Green could use an assistant. If you are willing to explore helping contact Russ by email at [RGreen@GVCMOAA.org](mailto:RGreen@GVCMOAA.org).

The **June dinner meeting** is going to be on June 12, 2022 at Canandaigua Yacht Club. The dinner reservation form is attached at the end of this Newsletter and is available on our web “What’s New” page <https://gvcmoaa.org/whats-new> and click on Dinner Reservation Form.

***MOAA National & the Genesee Valley Chapter are nonpartisan.***

The cut off for reservations is June 6. IT IS A FIRM CUT OFF, so get your reservations in now.

We have an outstanding guest speaker, Capt. Frank Michael USN (ret) Program Director Council and Chapter Affairs MOAA National. He is very knowledgeable of MOAA and can answer many of your questions. Come enjoy his presentation.

**Join GVC MOAA members for a fun night of camaraderie and baseball with the Rochester Red Wings vs Worcester Red Sox**

Date: Tuesday, June 28, 2022  
Time: 7:05 pm  
Location: Frontier Field, One Morrie Silver Way, Rochester, NY 14608  
Cost: \$10

More details are available on our web site "What's New" Page.  
<https://gvcmoaa.org/whats-new>

**GVC Mid and Long Term Objectives** – The Board is going to meet at 4:30 Wednesday, July 13 in the MRB Group conference room, 145 Culver Road #160, (old Armory) Rochester, NY. We will be discussing the results of the survey we sent out, lessons learned during the 21-22 program year and then setting mid term and long term objectives. If you have suggestions you would like us to consider or just want to listen in, please attend the Board meeting. GVC Members are always welcome to attend Board meetings.

The **New York Council of Chapters** is ready to celebrate 50 years of supporting MOAA goals and advocacy for a strong national defense and in representing the interests of military officers at every stage of their careers for all members of the military community. The convention is being held from Sunday 11 Sepepter – Thursday 15 September 2022 at the RIVEREDGE RESORT HOTEL 617 Holland St, Alexandria Bay, NY. Additional information and

registration form is available on the GVC web site: <https://gvcmoaa.org/coc-convention-2022>

**BG Isabel Smith, Director of Joint Staff, New York National Guard Briefs MOAA GVC Members at Rochester Yacht Club**

BG Smith presentation at our April dinner provided an expansive overview of operations and activities involving both New York Army National Guard, Air National Guard, as well as NY Naval Militia and NY Guard and how they are called upon to support New York State emergency operations. If you could not attend, you missed a highly informative and detailed presentation—thank you General Smith!

In addition to the GVC members in attendance, there were three special guests from the RIT Army ROTC program; the Commander, LTC Jacob Jendrey and two senior cadets who will commission into the New York Army National Guard this month as Second Lieutenants, Cadet Liam Barry and Cadet Matthew Strauss. Best wishes to them both as they begin their Army careers.



*RIT Army ROTC Cadets Matthew Strauss, left, Liam Barry, center, and RIT Army ROTC Commander Jacob Jendrey, right.*

**Upcoming Events...**

Each chapter dinner meeting will have a targeted veteran organization the chapter will make donations to; the dinner flyer will have space for you to add a donation for this cause... thank you in advance for your generous support!

**The Fall meeting schedule** is tentative at this time. Details on our fall meeting dates, loca-

tions and activities will be provided after our July Board Meeting. If you have a/some preferences please attend the Board meeting on July 13<sup>th</sup> at MRB.

### **Veterans Outreach Center (VOC)**

The VOC mission is to serve veterans with compassion and advocate for all who have worn our nation's uniform so they can RISE and live life to the fullest.

The VOC was founded locally in 1973 by returning Vietnam Veterans; today's Veterans Outreach Center remains anchored in the Rochester community and offers a comprehensive portfolio of supportive services designed to meet the needs of veterans and their families. Through the generosity of our community, all of these programs and services are provided free of charge.

The Veterans Outreach Center is the dinner meeting targeted donation for June 12, 2022. You can add a donation to the RSVP form or go direct to the VOC website, [www.veteransoutreachcenter.org](http://www.veteransoutreachcenter.org) to donate.

### **Upcoming Honor Flight Rochester Dates**

Mission 71 (59 vets) May 21-22

Mission 72 (62 vets) June 18-19

[www.honorflightrochester.org](http://www.honorflightrochester.org)

### **2022 GVC Membership Dues REMINDER!**

Annual dues are still ONLY \$20, which may also be paid online at:

<https://chapterdues.moaa.org/Membership.aspx>

Please remember GVC dues are separate from MOAA National dues.

The chapter also offers Life Membership options, please check out [www.gvcmoaa.org](http://www.gvcmoaa.org) for Life Member rates.

Please send your GVC dues payment to:

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

**Spouses Club.** Spouses Club activities continue to be on hold due to COVID-19.

**GVC Support Coordinators.** If you need help contact Nancy Swanson, (585) 905-0346, or Tim Vaughan, (585) 412-6425. They may not be able to help you directly or in person, but may be able to coordinate help, support or information you are looking for or may need.

### **Your Chapter Dues at Work...**

Chapter support activity has primarily focused on three organizations, Wreaths Across America, Honor Flight Rochester and the Veterans Outreach Center. The other activities the chapter normally supports has been impacted by OVID-19. Additionally, the chapter has been able to present MOAA ROTC awards to cadets/midshipmen at U of R, RIT and SUNY Brockport.

### **Surviving Spouse Liaison**

We are in need of a volunteer to fill the Surviving Spouse Liaison position. You don't have to be a surviving spouse either and it really doesn't involve that much work... but we could certainly use the help! Please contact Jim Nielsen, or any board member, to discuss this opportunity.

### **GVC MOAA "Advocacy in Action" 2022**

The chapter's "Advocacy in Action" (AIA) team of Barb Green, Tim Vaughan and Norma Weissend have wrapped up this year's AIA campaign, holding both in-person and virtual appointments with Congressman Joe Morelle, Congressman Tom Reed and Congresswoman Kathleen Rice's staff. The focus of the 2022 MOAA AIA campaign were three issues:

The Major Richard Star Act

The Stop Copay Overpay Act

Pass the 4.6% Pay Raise for FY23

Click below for more information:

[MOAA - Advocacy in Action Off to a Strong Start, but We Need Your Help to Succeed](#)

**MOAA's Legislative Action Center is Key**

Grass roots engagement of lawmakers is critical to the success of MOAA's legislative advocacy mission; use MOAA's Legislative Action Center engage your lawmakers now:

[Legislative Action Center](#)

***Persistence on the issues is crucial!***

### **Senators Want TRICARE to Cover Eating Disorders for Retiree Families (Extract)**

Rebecca Kheel, Military.com, April 13, 2022

Click below to read the full article:

[MOAA - Senators Want TRICARE to Cover Eating Disorders for Retiree Families](#)

A bipartisan group of senators wants the military's health insurance to extend coverage for binge eating, anorexia, bulimia and other eating disorders to retirees and their families.

"Eating disorders are a serious mental illness that affect almost 30 million Americans and have the second-highest mortality rate of any psychiatric condition, accounting for one death every 52 minutes," the senators wrote in a letter released Friday to David Smith, acting assistant secretary of defense for health affairs, and Lt. Gen. Ronald Place, director of the Defense Health Agency.

### **DoD Officially Kills Plan to Merge Commissaries, Exchanges (Extract)**

Karen Jowers, Military Times, April 06, 2022

Click below to read the full article:

[MOAA - DoD Officially Kills Plan to Merge Commissaries, Exchanges](#)

A top Pentagon official has quashed the idea of consolidating the military commissary and exchange systems, nearly two years after her predecessor ordered the merger to move forward.

Deputy Secretary of Defense Kathleen Hicks rescinded the previous memorandum and directed DoD "to cease all efforts to consolidate the Defense resale entities" in the April 4 memorandum, obtained by Military Times.

The Defense Commissary Agency, the Army and Air Force Exchange Service, the Navy Exchange Service Command and the Marine Corps

Exchange "play a vital role in providing community services for our service members and their families," Hicks wrote. The commissary is the military benefit for discounted groceries; the exchanges are retail stores that provide tax-free and discounted items. The exchanges also operate other programs, ranging from overseas school lunches to theaters and food outlets, depending on the service branch. Exchanges put part of their profits back into morale, welfare and recreation programs on military bases.

Early in the pandemic, defense officials designated commissaries as "mission critical," which meant that the commissaries would stay open regardless of an installation's health protection condition.

Commissaries were one of the few military quality of life benefits that stayed open on all military bases during the pandemic. Officials put a priority on getting food to overseas stores, where customers may have had few alternatives for getting food.

### **Connect with Fellow Women Veterans, Learn About Available Veteran and Women-centered Health Care Resources**

Click below to read the full article:

[Connect with fellow women Veterans, learn about available Veteran and women-centered health care resources - Vantage Point](#)

VA's Office of Women's Health has pioneered 30 years of health research and programming for women Veterans. Now, the office has launched a new program – the VA Women's Health Reengagement Training (heaRT). This program will help you understand what VA health care services are available and how to access them.

It's never too late to enroll in VA health care services. If you're looking for women-centered health care, sign up for the VA Women's Health Reengagement Training (heaRT) to gain a better understanding of how VA can support your health care needs.

VA's Office of Women's Health (OWH) has pioneered 30 years of health research and programming for women Veterans. Now, OWH is launching a new program – the VA Women's Health Reengagement Training (heaRT). This program will help you understand what VA health care services are available and how to access them.

### **How will you benefit from attending this training?**

Through the VA Women's Health Reengagement Training (heaRT), you will have the opportunity to connect with fellow Veteran women in your communities. You will learn about what Veteran- and women-centered VA health care services are available to you:

- Preventive care and wellness
- Women's health services
- Whole health & mental health services
- How to determine VA care eligibility and enroll in VA

### **How do I register for the training?**

The training will be a women-only, one-time, 4-hour session. To register, visit [https://bit.ly/womens\\_heart](https://bit.ly/womens_heart). You are welcome to register for any session.

Virtual and in-person sessions will be available. Please contact [info@WomensheaRT.info](mailto:info@WomensheaRT.info) with any questions.

*(Please Note: Many of these sessions are regional in-person training sessions, however, there are virtual training sessions as well.)*

### **Crisis Relief is Now Available Through the MOAA Foundation (Extract)**

*Here are some key details on how you can help when a crisis strikes your area.*

Click below to read the full article:

[MOAA - Council and Chapter News RECENT](#)

In response to the success of the COVID-19 Relief Fund and gaps in service for several groups in the military and veteran community, The MOAA Foundation recently established a Crisis Relief program that provides \$500 grants to qualifying active duty servicemembers and vet-

erans and their families, caregivers, and survivors facing financial difficulties caused by a national or local crisis or natural disaster.

The Crisis Relief program is designed for MOAA's councils and chapters to play key roles in assisting our community quickly and effectively.

We hope you'll join us once again in helping those who need it most when a crisis or natural disaster strikes.

Geographic areas where a state of emergency has been declared will receive funding priority.

The fund primarily will be used to deploy grants quickly to those in areas where a state of emergency has been declared and crisis situations where rapid assistance is imperative.

We realize time is of the essence for those living through a crisis or picking up the pieces after a natural disaster. That is why The MOAA Foundation staff will alert councils and chapters if a state of emergency has been declared in your area. Our goal is to get relief to those who need it most when it's needed most.

You can find more information about the program, including eligibility requirements, at <https://www.moaa.org/crisisreliefgrant>. For questions on how to participate, email [relief@moaa.org](mailto:relief@moaa.org).

### **Toxic Exposure Reforms Hang in the Balance as Senate Takes Up Critical Bill (Extract)**

MOAA Staff, March 30, 2022

Click below to read the full article:

[MOAA - Toxic Exposure Reforms Hang in the Balance as Senate Takes Up Critical Bill](#)

Hours before a Senate hearing on a bill offering long-sought comprehensive toxic exposure reform, MOAA joined several lawmakers and other supporters of the legislation at a March 29 press conference stressing the importance of the bill's passage.

The Honoring Our PACT Act “cares for those who are still sacrificing for our nation and fundamentally changes how our nation responds to toxic exposures,” said Cory Titus, MOAA’s director of government relations for veteran benefits and Guard/Reserve affairs. “This bill offers the health care and the process reforms, and recognizes the presumptive illnesses that MOAA and every other veterans’ group are asking for.”

MOAA signed a letter to House leadership alongside over 40 other veterans groups who backed the Honoring Our PACT Act. The bill passed that chamber March 3 with bipartisan support.

### **Implementation Concerns**

The March 29 Senate Veterans’ Affairs Committee (SVAC) hearing included testimony from Secretary of Veterans Affairs Denis McDonough who was followed by representatives of the Disabled American Veterans, Veterans of Foreign Wars, and the Fleet Reserve Association.

Secretary McDonough shared a VA estimate that as many as 2.5 million claims would be generated in the next three years if the Honoring Our PACT Act is passed as written.

While the VA tends to estimate the highest possible figures, this number of claims is staggering in the size of the workload – and in the recognition of how many veterans are not receiving their care and benefits under the present system.

Even with the workload concerns, McDonough said, “We support the bill for many reasons, the first of which is that it helps the VA accomplish a priority goal: getting veterans into VA care.”

“Addressing toxic exposure is also a top priority for this [presidential] administration,” McDonough added.

As the SVAC considers changes to the legislation based on the testimony, constituent outreach is crucial in the coming months to grow

support. While the Honoring Our PACT Act will receive a vote, it must still reach the 60-vote threshold to pass the Senate. Write your senators and ask for them to support this legislation: We must make clear that a comprehensive solution is vital and must be passed in this session of Congress.

### **GVC/MOAA BOARD MEMBERS 2021-2023**

**President:** James Nielsen, CDR, USN (Ret)

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**1st VP:** Richard LoTempio, CW5, USA (Ret)

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**2nd VP:** Paul (Keely) Costello, CAPT, USN

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**3rd VP:** Russ Green, USA (Ret)

Email: [rgreen@gvcmoaa.org](mailto:rgreen@gvcmoaa.org)

**Secretary:** Jean Vaughan

Email: [jvaughan@gvcmoaa.org](mailto:jvaughan@gvcmoaa.org)

**Treasurer / Membership / Past President:**

Norma Weissend, Lt Col, USAF (Ret)

Email: [nweissend@gvcmoaa.org](mailto:nweissend@gvcmoaa.org)

**Member-at-Large:**

Preston Pierce, MAJ, USA (Ret)

Email: [ppierce@gvcmoaa.org](mailto:ppierce@gvcmoaa.org)

**Surviving Spouse Liaison:** VACANT

**Past President & TOPS Liaison:**

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Email: [pingalsbe@gvcmoaa.org](mailto:pingalsbe@gvcmoaa.org)

**Legislative Chair & Past President:**

Barbara Green, COL, USA (Ret)

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**Spouses Club Liaison:** Signe Zale

Email: [szale@gvcmoaa.org](mailto:szale@gvcmoaa.org)

**Remember... MOAA matters!**

**Never Stop Serving!**

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

**Sunday Jun 12, 2022  
Canandaigua Yacht Club  
3524 County Road 16 (West Lake Road), Canandaigua, NY 14424**

**1300 - Social Hour (Cash Bar)  
1330 - Dinner**

**ENTRÉE CHOICES / \$40 each**

Flat Iron Steak w/Mashed Potatoes or  
Chicken French w/Rice or  
Pan Seared Salmon Bruschetta w/Rice

All meals come with:  
House Salad, Dinner Rolls &  
Seasonal Vegetables  
Dessert & Coffee or Tea  
Cash Bar

**\*\*\* Guest Speaker \*\*\***

**Capt. Frank J. Michael, USN (Ret)  
Program Director  
Council and Chapter Affairs  
MOAA National**

**Reservations due ASAP, but NLT Sunday Jun 6, 2022**

Cancellations Monday, Jun 6, 2022

**Questions: Norma Weissend (585) 727-6190**

**PLEASE CLIP HERE AND SEND FORM BELOW**

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**RESERVATION FORM FOR SUNDAY June 12, 2022 GVC MEETING at  
3524 County Road 16 (West Lake Road), Canandaigua, NY 14424**

ALL Name(s) Attending: \_\_\_\_\_

Please indicate number of each meal desired:

Flat Iron Steak \_\_\_\_\_ Chicken French \_\_\_\_\_ Pan Seared Salmon \_\_\_\_\_

Check included for \_\_\_\_\_ meal(s) at **\$40.00 each, Dinner Total \$** \_\_\_\_\_

Make a Veterans Outreach Center Donation \$ \_\_\_\_\_ **Grand Total \$** \_\_\_\_\_

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

**GVC MOAA**

**c/o Norma Weissend**

**4587 Ridge Rd, Canandaigua, NY 14424**

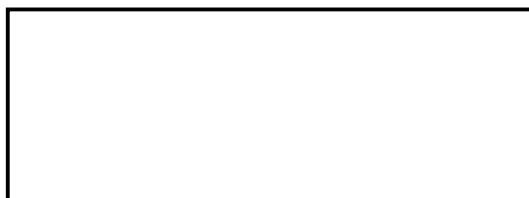
Or late RSVP email [NWeissend@GVCMOAA.org](mailto:NWeissend@GVCMOAA.org)

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



**May 2022 Newsletter**

**First Class Mail**



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**[WWW.GVCMOAA.ORG](http://WWW.GVCMOAA.ORG)**

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