



MOAA

Military Officers Association of America

THE SEVEN SERVICES NEWSLETTER

MONTGOMERY COUNTY CHAPTER

NOV 2014

MARYLAND

PRESIDENT'S MESSAGE

My first term as your chapter president is coming to its conclusion. The board has asked me to accept a second term, and if elected by the members, I will gladly serve one more term. Fair warning though, when the call goes out for candidates in the fall of 2016, someone else is going to have to step forward to serve.

Chapter leadership must come from its members. If no members step forward, then it follows that the leaderless chapter will cease to exist. I sure don't want that to happen, and I'll bet that all of you don't want it to either. I'm not suggesting that decisions about future leadership service need to be made in the next few months, but soon enough they will need to be made. I urge each member to give this issue personal attention and thought. When the call comes, please step forward and offer to serve.

I want to thank many of you for your faithful attendance at our monthly events and hope that more of you can attend our events in the coming year. We'll try to make it another great one! My warmest regards to one and all as we look to the year's final days.

CHAPTER OFFICERS

President

Capt. Dave Peterson, NOAA (Ret)
301-233-8090 kmpdhp@comcast.net

Vice President

Lt. Cdr. Art Glover, USN(Ret)

Secretary

Col. Ray Surman, USA(Ret)

Treasurer

Capt. Jim Campbell, USAF (Ret)



A 2013 Winner

September 17



Our luncheon speaker for September was the military health system's leading expert on traumatic brain injury and developing treatments. Dr. Tom DeGraba, MD, is the Deputy Director/Chief of Medical Operations, at the National Intrepid Center of Excellence (NICoE), located at the Walter Reed National Military Medical Center.

Traumatic brain injury is described as an "invisible wound of war," and a condition that often has overlapping symptoms with post-traumatic stress disorder (PTSD). In today's military health system, there is an increasing use of a model of patient care that is "holistic." Dr. DeGraba described this as using an "interdisciplinary evaluation and treatment" team approach.

Use of this treatment strategy involves having the patient undergo four weeks of intensive diagnostics and treatment planning, where the treatment team uses a sequence of coordinated treatment goals. This approach is achieving remarkable success in returning TBI wounded warriors to a more normal quality of life.

Dr. DeGraba also discussed a range of "holistic" therapies proving extremely useful in the treatment of these types of injuries. Wounded warriors in today's military are extremely fortunate to benefit from these medical advances.

October 15



Our evening dinner speaker was an up-and-coming author, Commander Rick Campbell, USN (Ret), whose new submarine novel has surpassed the Tom Clancy classic, *The Hunt for Red October*, as the best selling submarine novel.

The Trident Deception is an action thriller, featuring very realistic tense situations of intrigue and even more realistic moral dilemmas faced by today's nuclear naval officers. Rick described how he came to begin his writing career and how he got the idea for his novel, and he went into some detail about the moral implications raised by features in the very readable plot.

In his remarks, Rick commented on the handling of writing issues when describing capabilities and tactics of modern submarine warfare. He had to exercise considerable care so as not to expose classified details of operations, while making the plot scenarios as realistic as possible. His remarks were very well received, and he sold and signed several copies of his novel at the end of the evening.

(The information posted below was received via a TRICARE email alert.)

TRICARE Beneficiaries Will No Longer Receive Mailed Letters for Benefit Updates

TRICARE beneficiaries need to watch their email and ensure they have a milConnect account to receive information about changes to their TRICARE coverage. The Department of Defense is no longer sending paper letters to notify beneficiaries about changes to their coverage and eligibility status. Beneficiaries will now receive emails or post cards directing them to online resources where they can view their information.

When you have correspondence from TRICARE, you'll get it one of two ways. If you have a valid email address in the Defense Enrollment Eligibility Reporting System (DEERS), you'll get an email telling you to go milConnect to read your letter. If you don't have an email address in DEERS, you'll get a post card directing you to milConnect. The emails and post cards won't contain private information, only a short generic message to inform you of a change to your coverage or eligibility. Most letters regarding your TRICARE benefit will now be online at milConnect only. You will need to maintain a DoD Self-Service Logon (DS Logon) account to continue to receive electronic letters. milConnect can also be accessed using your Common Access Card (CAC) or Defense Finance and Accounting Services (DFAS) pin, if applicable. However, it is recommended that sponsors and dependents 18 and over obtain a DS logon as it can be used for access to multiple web sites from milConnect, to regional contractor sites to TRICARE Online to various Veterans Affairs sites. Click the "Sign Up" button on milConnect to find out more.

Beneficiaries who opt to receive email notifications can retrieve their health care information by logging on to milConnect, going to www.tricare.mil to review general benefits information, or contacting your regional contractor for help. This will get the information to you quicker, and since milConnect is available anywhere with internet access, you'll be notified of changes even if you're away from home.

It's important to go to <http://milconnect.dmdc.osd.mil> to sign up or update your email contact information. Without a DS Logon, CAC, or DFAS pin you won't be able to view this information. Once you sign-up, you will receive up-to-date benefit information such as primary care manager changes, new and replacement enrollment cards, eligibility and enrollment changes due to age or changes in member status, voluntary or involuntary disenrollment actions, and more. You can click on the "MyProfile" menu item to update your personal email preference. Please allow three days for revised settings to take effect.

FUTURE PROGRAM SPEAKERS

For the past several years, we have been extremely fortunate to be able to bring you a wide variety of speakers for our monthly events. Your chapter board is always on the lookout for topics and speakers that we think will be of interest to the membership, either from a service-related aspect, or from a more generally age-related angle. While the well is certainly not drying up, your board would appreciate some suggestions from you as members, if you have a topic or know of a speaker that we might be able to invite for one of our 2015 events. Please contact your chapter president if you have such a suggestion.

Thanks to Fred Sanford and Art Glover for suggesting Dr. DeGraba and Rick Campbell as speakers.

VACCINES & IMMUNIZATIONS

(Current VA Recommendations)

You can help protect yourself and others against seasonal flu and other vaccine-preventable diseases by getting immunized

Consider your lifestyle and location when deciding whether to get vaccinated against hepatitis A and B. There is no vaccine yet for hepatitis C. Vaccines are some of the safest medical products. But, like any other medical product, there may be risks. Talk to your health care provider about the value of vaccines and their side effects.

Vaccines to consider: **Influenza (flu):** People who are 6 months and older should get the flu vaccine (flu shot or nasal spray). Get the vaccine each year because flu virus can change from one year to the next.

Pneumococcal: Older people and those with certain medical conditions are most susceptible to pneumonia. People under 65 will need a booster shot when they reach 65 if more than five years have passed since the initial dose. Learn about pneumococcal pneumonia and vaccines.

Hepatitis A: Recommended for those who travel to other countries or live in a U.S. community with high rates of hepatitis A; or who have chronic liver disease, engage in male-to-male sex, or inject drugs. Learn more about the hepatitis A vaccine.

Hepatitis B: More contagious than HIV, hepatitis B is the type of hepatitis most often spread through sexual contact. It can also be passed from an infected mother to newborn, the sharing of needles or personal items with an infected person, and other contact involving bodily fluids. The hepatitis B vaccine can prevent the disease.

Measles, mumps, rubella (MMR): People born after 1956 and all women of childbearing age who have not had these diseases or been vaccinated against them need to get the shots to be protected.

Chickenpox (varicella): Protection is necessary for those born in the U.S. after 1966 and have not had this disease and have not been vaccinated. Adults are at a far greater risk of complications.

Shingles (herpes zoster): Shingles is caused by the same virus that causes chickenpox. People who are over the age of 60 may receive a single dose of the shingles vaccine. Consult with your physician first.

Tetanus, diphtheria, pertussis: Booster doses of tetanus-diphtheria (Td) are needed at 10-year intervals. In place of the Td booster, people age 19-64 and those 65 and older who are in contact with infants should get a one-time dose of tetanus-diphtheria-pertussis (Tdap) to also protect against whooping cough.

Vaccines for international travelers: Many Veterans and other Americans travel abroad and are likely exposed to diseases common in those countries. Go to Vaccines.gov to learn more.

5-STAR BANNER!

For the past several years, the chapter has been participating in MOAA National's effort to encourage and build a vibrant affiliated chapter system...the Level of Excellence Award competition. For our efforts under the past leadership of Colonel Harvey Kaplan and continuing today, we have won a banner each time we have submitted a nomination package. For calendar year 2013, we earned a 5-star banner, one of 93 nationally-participating chapters to do so, and one of 4 Maryland Council chapters to do so. Our new banner was presented by the National Board of Directors Chairman, General John H. Tilelli, USA (Ret), at the awards banquet during the Annual Meeting events.



MARYLAND COUNCIL

For the 2013 year of competition, the Maryland Council of Chapters, led by Major John Whitman, USAF (Ret), won a 5-star banner. Of the ten Maryland chapters, along with us, the Fort George G. Meade, the Southern Maryland, and the Star Spangled Banner chapters each won 5-star banners, while the Susquehanna, General Smallwood, and Upper Potomac chapters each received 4-star banners. Congratulations to all!



Fort Meade Chapter



Southern Maryland Chapter



Star Spangled Banner Chapter



Susquehanna Chapter



General Smallwood Chapter



Upper Potomac Chapter

WHEN TO UPDATE DEERS

The lives of service members and their families are full of transitions. Whether it's permanent change of station moves, retiring, going from Reserve status to active duty or something else, the one constant is change. The good news is that your TRICARE coverage can stick with you through these life changes, but you do have to make sure that your records in the Defense Enrollment Eligibility Reporting System (DEERS) are up to date with your latest life events. This means you should keep all your personal information – address, duty status, phone numbers, and email addresses – up to date. It's important to review DEERS as soon as possible whenever you move or experience one of the following life events:

- Activation
- Deactivation
- Separation or retirement
- Becoming Medicare eligible

Changing your contact information in DEERS is easy and can be done online at milConnect (<http://www.dmdc.osd.mil/milconnect>), by fax or mail, or in person at the nearest uniformed services identification (ID) card office. One thing you can't update yourself in DEERS is your duty status – only your Service can make those updates. Whenever you have a change in your duty status, check DEERS to make sure it's accurate. You can find your nearest ID card offices online with the RAPIDS Site Locator at www.dmdc.osd.mil/rsl/. Other life events that can affect your TRICARE eligibility and require you to update DEERS include:

- Marriage or divorce
- Birth or adoption of a child
- Change in a student's full-time enrollment status

Many DEERS updates require supporting documentation, including: marriage, birth, or death certificates, Medicare cards and Social Security Administration notification letters and orders or DD Forms 214/discharge

orders. A list is available at <http://www.dmdc.osd.mil/rsl> of required documentation for various types of updates. Make sure to review the list and bring the appropriate documents with you, or you may not be able to make the updates you need. Go to <http://www.tricare.mil/DEERS> for more information on how to update DEERS information.

SOMETHING TO THINK ABOUT

The following article appeared November 5th in a local Hampton Roads, Virginia newspaper, the Daily Press. Is this something that Maryland could duplicate legislatively? This might be a new issue for the Maryland Retired Veterans Task Force to take on.

“An amendment to Virginia's constitution giving war widows and widowers a property tax exemption passed overwhelmingly Tuesday, according to unofficial results from the State Board of Elections. With 2,553 of 2,557 precincts from around the state reporting, the proposal received a yes vote from 1,811,361 voters – 87.18 percent.

The amendment exempts surviving spouses of military service members killed in action from real estate property taxes on their primary residence. Only the primary home owned by the family gets the tax break and the spouse loses the exemption if he or she remarries.

The amendment applies to the spouse of a service member killed in combat regardless of when that person died, however the survivor will only be able to apply for the exemption going forward — it's not retroactive for past tax payments.”

Reporter: Ryan Murphy

(Do you have loved ones or friends serving in the Armed Forces? If you do, please note.)

MILITARY HOLIDAY MAILING 2014

Deadlines

The Naval Supply Systems Command's (NAVSUP) mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters, and packages were released 15 SEP.

For mail addressed to/from:

APO/FPO/DPO AE zips 090-098 (except 093);

AA zips 340; AP zips 962-966

· Priority Express Mail Military Service: Dec. 17

· First-Class and Priority Mail (letters/cards and packages): Dec. 10

· Space Available Mail: Nov. 26

· Standard Post Mail: Nov. 8

APO/FPO/DPO AE ZIP 093

· Priority Express Mail Military Service: N/A

· First-Class and Priority Mail (letters/cards and packages): Dec. 3

· Space Available Mail: Nov. 26

· Standard Post Mail: Nov. 8

Domestic Mail (For Ships in Port and Personnel on Shore Duty in the U.S. mailing to U.S. destinations-not

including APO/FPO)

· First-Class Mail: Dec. 20

· Priority Mail: Dec. 20

· Priority Express Mail: Dec. 23

International Africa, Central and South America

First-Class Packages and Priority Mail addressed should

be mailed no later than Dec. 2.

International Asia/Pacific Rim; Australia/New Zealand; Canada; Caribbean; Mexico, Europe; and

Middle East. First-Class Packages and Priority Mail should be mailed no later than Dec. 9.

Priority Express Mail Military Service (PEMMS).

Available from selected military post offices.

If mailing

to an APO/FPO/DPO address, check with your local post office to determine if PEMMS service is available

and specific delivery service standards.

Space Available Mail (SAM). Refers to parcels mailed to APO/FPO addresses at parcel post rates first transported domestically by surface, then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Standard Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limits are 70 pounds and 130 inches in length and girth combined.

All classes of mail addressed to FPO addresses must contain the proper nine-digit ZIP code or the New Navy Standardized Address format, which includes ship or mobile unit number, (or PSC number for ashore FPOs), virtual mail box number, and five-digit ZIP code to ensure delivery. Mail not addressed correctly could be returned to sender as undeliverable. It is recommended customers check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements.

Customers are advised mailing restrictions apply and some items cannot be mailed. Examples of nonmailable items are: alcohol, switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt, contact your local civilian or military post office. As a final note, customers should ensure articles are packaged properly for mailing and packages do not display markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

INFORMATION ON EBOLA

Go to : www.health.mil/Military-Health-Topics/Health-Readiness/Pandemic-Diseases/Ebola

SEVEN SERVICES REVIEW

This issue — U. S. ARMY

Soldiers from the 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives), trained to operate in confined spaces at the Satsop Nuclear Power Plant here. The 110th Chemical Battalion (Technical Escort) practiced rappelling into and training in confined spaces at the unfinished nuclear power plant southeast of Olympia, Washington.

The Joint Base Lewis-McChord, Washington-based 110th Chemical Battalion is part of the Fort Hood, Texas-based 48th Chemical Brigade, and the Aberdeen Proving Ground, Maryland-based 20th CBRNE Command. Stationed on 19 posts in 16 states, the 20th CBRNE Command trains and operates around the world with joint, interagency and allied partners to counter weapons of mass destruction, eliminate CBRNE threats, and defeat IEDs.

Maj. Jonathan M. Larmore, the executive officer of the 110th Chemical Battalion (Technical Escort), said the confined-spaces training is required for CBRN technical escort units.

The technical escort companies have assigned confined-space master trainers that provide training as required throughout the unit, and CBRNE Response Teams are evaluated in confined-space operations during team certification exercises," said Larmore, a native of Poplar Bluff, Missouri.

The semi-annual training was held at the unfinished nuclear power plant, according to Larmore, because the large facility has open, urban and underground terrain features.

"The size and scope of the facility enables the unit to develop challenging training scenarios for our Soldiers, in a realistic environment," said Larmore.



With all the scary stuff in the world these days, it is something of a comfort to know that troops like these are part of America's arsenal. It is definitely not your father's army!



Dedication of the new Maryland Women in Military Service Monument

On November 11, 2014 the new Maryland Women in Military Service Monument was dedicated to honor women from Maryland, past and present, who have served in our nation's military, in times of war and peace.

MDVA thanks Senator Katherine Klausmeier, Chair of the Commission on the Establishment of the Maryland Women in Military Service Monument and all of the Commissioners who worked on this project. MDVA partnered with the Maryland Department of Transportation and Areas USA, in what was a very successful public-private partnership for this project.

Please plan to visit the new Maryland Women in Military Service Monument at the Chesapeake Travel Plaza in Cecil County.



Upcoming Events

November 19 Luncheon meeting

Speaker: Rear Admiral Tom Wears, USN (Ret)

(Former) Commander, Naval Undersea Warfare Center

November 24 Chapter board meeting

December 17 Luncheon holiday celebration

(No December chapter board meeting)

January 21 Luncheon meeting

Speaker: Mr. Wayne Miller

USVA Silver Spring Vet Center Team Leader

January 26 Chapter board meeting

Harken ye, to truth...

"Let it simply be asked where is the security for property, for reputation, for life, if the sense of religious obligation desert the oaths?"

- George Washington

Here endth the lesson...let us all remember it