



UPPER POTOMAC CHAPTER

May 22, 2024

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Mrs. Jayne Bongard

Newsletter Editor

COL Gerard Schumeyer, USA, Ret.

...*from the President*



125 by 2025!!

101 and
counting!

May is an important month for our community. It is Military Appreciation Month and May 17th is Armed Forces Day and May 27th is Memorial Day. We should be reminded of the important work organizations like the Upper Potomac Chapter contribute to the military community, Veterans, their families, caregivers, and survivors. In a day and age of quickly advancing technologies, weapons systems, and equipment to stay pace with our near-peer competitors of China and Russia, we cannot forget our people. Ukraine's success in resisting a Russian takeover rest with its soldiers. Russia's lack of a professional NCO and junior officer corps led to dissent in its formations

and stalled advancements which their planners thought would be easy. Here in the United States, there are plenty of lobbyists, contractors, and firms who try to influence Capitol Hill and our state legislator. But who lobbies and fights for our troops? We do. MOAA does. Please know your continued and active membership amongst our ranks is critical to keep the training, quality of life and morale of our troops at the top of mind for our legislators. As we come upon another Memorial Day, do not forget to go to a ceremony, watch one on TV, or participate in the laying of boughs and wreaths at our fallen comrades' graves. Remind everyone you see between now and then to not forget the true meaning of the day. In this serious tone of remembrance and honoring of those who

make the ultimate sacrifice, we must continue to recruit new chapter members to keep the fight for their legacy alive. I urge each of you to recruit new members. Do not let up. Strap on your boots and find them. Take care. See you at the June luncheon with Secretary Woods! We are 101 members. We need 125 by January 1, 2025.

Never Stop Serving! Never Stop Learning! Mike

About Our Chapter-In Brief

The Upper Potomac Chapter was chartered on June 26, 1971, and includes membership from Frederick, Carroll (part of), Washington and Allegany counties, Maryland; Berkeley and Jefferson counties, West Virginia; and Franklin County, PA.

The purposes of the chapter are to promote the objectives of the Military Officers Association of America (MOAA); foster fraternal relations among retired, active duty, and former officers of the uniformed services and their National Guard and Reserve components; protect the rights and interests of and provide useful services for these personnel of the uniformed services and their family members and survivors; and serve the community and the nation.

Membership is open to active duty, National Guard, Reserve, retired, and former commissioned officers and warrant officers of the following uniformed services: Army, Marine Corps, Navy, Air Force, Space Force, Coast Guard, Public Health Service, and National Oceanic and Atmospheric Administration. Memberships are also available for surviving spouses of deceased officers.

<https://www.moaa.org/cha/pter/upperpotomac/>

For information on how to join our chapter, contact Hugh McIlroy, 717-785-1059, germac03@gmail.com

The Upper Potomac Chapter is an affiliate of the Military Officers Association of America (MOAA) and is non-partisan. Any conveyance of partisanship in this newsletter is unintended.

Luncheon/Business Meeting

June 15, 2024

Join us **Saturday, June 15** for our next luncheon and business meeting at Nick's Airport Inn, Hagerstown, MD
Reservations are due NLT Saturday, June 8, 2024. A reservation form is provided on page 9.



June

- 3-Stephanie Vaughn
- 13-Bonnie Stubblefield
- 15-Kelly Bongard
- 19-Joe Mate
- 25-David Burch
- 27-Robert Breeding
- 27-Jim Olson
- 28-Susan Konzelman
- 29-Joseph Konzelman
- 29-Robert Reynold

July

- 1-Gerry McIlroy
- 3-Marti Langford
- 8-Roseann Fisher
- 9-Ralph France
- 9-Mike Langford
- 10-Marguerite Vacca-Kaye
- 10-Jeff Misner
- 11-Ronald Bowers
- 15-Bill Benson
- 18-Rebecca Diane Kimberlin
- 19-Dick Masse
- 22-Hugh McIlroy
- 22-Ron Kelsey
- 29-Caroline King



June

- 6
Don & Cinda Quail
- 11
Mike & Marti Langford
Howard & Debra James
- 18
Richard & Jenae Carr
- 23
David & Charlene Denton
Fred & Sue Thornton

July

- Ralph & Carol France
- 14
Dave & Lori Burch

Taps



I am saddened to report the passing of Capt Elaine Brauer, USAF (Former Officer) on Sunday, March 31, 2024, at the age of 86. Elaine moved from Cumberland, MD to Indiana to be near her daughter years ago because of health reasons. Elaine served 7 years in the United States Air Force as a Captain in the Medical Service Corps as a Health Care Administrator. She was a Past Chapter President 2009-2010; Chapter Secretary for many years as far back as 2005 until she assumed the Presidency, then served on the Board of Directors 2011-2013.

Flag Day June 14, 2024



Chapter Receives MOAA 5-Star Excellence Award for 2023

The Upper Potomac Chapter is again recognized as a 5-Star chapter under MOAA's annual Levels of Excellence (LOE) Award Program for CY 2023. This award reflects the hard work and dedication of our chapter officers, directors and members who support our programs and activities to promote the preservation and improvement of benefits and services for all veterans. This achievement marks the twenty-first consecutive year that the UPC has received either a 4-Star or 5-Star award.

5-Star Col Marvin J. Harris Communications Award for 2023

The Upper Potomac Chapter is recognized for its 5-Star Newsletter under the Col Marvin J. Harris Communications Award program. The annual Col. Marvin J. Harris Communications Awards recognize councils and chapters that achieve excellence in communicating with their members and communities. This is the first year the Chapter has received this recognition.

Memorial Day May 27, 2024



NOAA Commissioned Officer Corps Birthday May 22, 1917

The NOAA Commissioned Officer Corps (NOAA Corps) is one of the nation's eight uniformed services. The NOAA Corps traces its origins to the establishment of the United States Coast and Geodetic Survey Corps on **May 22, 1917**, which the service recognizes as its official date of establishment. NOAA Corps officers are an integral part of the National Oceanic and Atmospheric Administration (NOAA), an agency of the U.S. Department of Commerce.

Note to Members: MOAA System Upgrade

MOAA members logging in to MOAA.org for the first time under the new customer database will need to reset their password to access their account. See complete details on page 6.

**TRICARE Lowers Age for
Colon Cancer Screenings to
45**

TRICARE beneficiaries at average risk for colorectal cancer can now receive covered screening exams and lab tests five years sooner, at age 45, following a recent coverage change. See page 6 for details.

**Chapter Golf Scramble
September 13, 2024**

Our golf tournament is a fundraiser for our chapter to support our veterans. This year the golf tournament is being held at Glade Valley Golf Club in Walkersville, Maryland. We are supporting two great organizations, Platoon 22, and Operation Second Chance. We are asking our chapter members to please help support this effort. To play in the tournament an individual player is \$100, or a foursome is \$350. We are asking our chapter to assist us in getting donations to support our tournament. The level of sponsorships is: Platinum, \$2,500 (includes golf for four players or supports a foursome for four disabled Veterans); Gold, \$1,500 (includes Golf for two players); Silver, \$750 (includes golf for one player); one Beverage Cart, \$250; Sponsorship of a Veteran, \$100; and a Hole Sponsorship, \$100. Please consider asking the people that you do business with to donate. Jayne Bongard can provide you with a

suggested donation request letter. Please consider donating. Donations can be mailed to: Hugh McIlroy, 13121 Redbud Court, Waynesboro, Pa. 17268. All donations are appreciated. We appreciate all who have already donated. **We will also be needing volunteers to assist on September 13th.**

**249th Army Birthday
June 14, 2024**



**MOAA Guidance on
Partisan Political Activities**

See the guidance at the link on Page 6.

**Spreading the Message: How
MOAA Seeks to Protect
TRICARE For Life**

A top advocacy group for service members and military retirees is spent time this Spring on Capitol Hill seeking to ward off any discussion of changes to Tricare for Life, to include enrollment fees for the program, which serves as a backstop to Medicare for senior retired personnel. See page 6.

**Advocacy in Action:
MOAA Members Rally on
Capitol Hill**

Advocates from across the nation brought MOAA's message to Capitol Hill recently on behalf of not just their fellow MOAA members, but the entire uniformed services community. See page 7

**Surviving Spouse Corner:
Why It's Not 'Happy'
Memorial Day**

(By: Nancy Mullen, MOAA)

This time of year, we are all inundated with advertisements on TV, in our email, on social media, or even in stores that say, "Happy Memorial Day" or promote Memorial Day sales. I get it — for most, it is a well-earned day off work. It often signals the beginning of the summer beach season. And yes, it is a long weekend with friends and family spent by the pool or grilling in the backyard. It is easy to forget the true meaning behind the holiday. See full article on page 7

COLA Watch

See link on page 7.

Directory Changes

DELETE:

Ms. Elaine Brauer
Deceased

PC 2024 Events/Program Schedule

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Remarks</i>
15 June	Luncheon	Nick's Airport Inn, Hagerstown, MD	Speaker: Sec Woods, MD VA
13 July	MDCOC Meeting	TBD	
20 July	Board Meeting	Ft Detrick Chapel	
17 August	Annual Picnic	Ft Detrick, Nallin Farm Pond Pavilion #1	
13 September	UPC Golf Scramble	Glade Valley Golf Club, Walkersville, MD	
21 September	Board Meeting	Ft Detrick Chapel	
12 October	MDCOC Meeting	TBD	
19 October	Annual Meeting	Red Horse Steak House	Elections
16 November	Board Meeting	Ft Detrick Chapel	
21 December	Holiday Luncheon	Musket Ridge Golf Club, Myersville, MD	Army vs Navy 14 Dec



SAVE THE DATE
20 JULY 2024

FREDERICK COUNTY, MD

VETERANS APPRECIATION DAY

FREE ADMISSION ALL WELCOME


Saturday July 20, 2024
10:00 am - 2:00 pm
The Prospect Center
583 Himes Ave
Frederick, MD 21703

RESOURCE FAIR
FOOD
MUSIC & MORE

More details to follow.
Contact Michaela to get involved.
301-600-1414
@VACFREDERICK



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An App to Help You Sleep

If you struggle with sleep, you're not alone. 50% of Veterans enrolled in VA health care have insomnia. Insomnia is when you can't fall asleep or stay asleep. You may have insomnia for a few nights in a row from time to time. This is called acute insomnia. Or your sleep trouble may be ongoing. This is called chronic insomnia. No matter how often you struggle to get good sleep, the Insomnia Coach app can help. See page 6.

PA Legislative Update

The Pennsylvania Department of Military and Veterans Affairs (DMVA) provides resources and support to Veterans and their families. For more information see: <https://www.dmva.pa.gov/Pages/default.aspx>.

The Pennsylvania House of Representatives introduced a resolution urging Congress to support the Major Richard Star Act (H.R. 1282) to allow all medically retired service members to receive full access to their much-deserved retirement pay and benefits and a bill to direct the Department to create a standardized workplace posting that includes the basic information about veterans' benefits and services.

MD Legislative News

From the MD Council of Chapters: MOAA has announced that the 2024 Col Steve Strobridge Legislative Chair/Liaison Award will go to CAPT Lynn Nash, USPHS (Ret), for her work as the Maryland Council of Chapters and Montgomery County Chapter Legislative Liaison. This annual award recognizes an affiliate Legislative Chair or Liaison who has demonstrated superior service to their council/chapter and national MOAA in support of national and/or state legislation which affects servicemembers, veterans, retirees, and their families. Congratulations, CAPT Nash!

MOAAA Legislative Advocacy Center

Engage with your lawmakers on some of these critical topics important to our membership.

<https://moaa.quorum.us/>

MOAA Guidance on Partisan Political Activities

<https://www.moaa.org/content/about-moaa/moaa-guidance-on-partisan-political-activities/>

An App to Help You Sleep

<https://www.myhealth.va.gov/mhv-portal-web/ss20220624-sleep-better-insomnia-coach>

Note to Members: MOAA System Upgrade

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/recommended-reads/note-to-members-moaa-system-upgrade/>

TRICARE Lowers Age for Colon Cancer Screenings to 45

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/tricare-lowers-age-for-colon-cancer-screenings-to-45/>

Spreading the Message: How MOAA Seeks to Protect TRICARE For Life

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/spreading-the-message-how-moaa-seeks-to-protect-tricare-for-life/>

Advocacy in Action: MOAA Members Rally on Capitol Hill

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/recommended-reads/advocacy-in-action-moaa-members-rally-on-capitol-hill/>

Surviving Spouse Corner: Why It's Not 'Happy' Memorial Day

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/member-spotlight/surviving-spouse-corner-why-its-not-happy-memorial-day/>

COLA Watch

<https://www.moaa.org/content/take-action/cola-watch/>

Veterans/Retirees Calendar of Events

As of 8 May 2024 1200 hrs.

New Events in **Bold**

Courtesy of Fred Schumacher-Please check with Fred to find out if there are any late changes at famschumacher@earthlink.com or 301-694-0829

<u>Date</u>	<u>Day</u>	<u>Event and Location</u>
26 May	Sunday	Patriotic Concert at St Ignatius of Loyola, 7:30 4103 Prices Distillery Road, Ijamsville, MD
27 May	Sunday	Field of Honor Ceremony 10:30 St Ignatius of Loyola
26 May	Sunday	Ride to Remember FSK Mall Parking lot 0430-0600 hrs., then to the Pentagon.
27 May	Monday	Memorial Day Program Mt Olivet Cemetery
4 June	Tuesday	CVEB meets at 9AM, VSC Frederick MD
14 June	Friday	Army Birthday celebrated at Fort Detrick
19 June	Wednesday	Frederick County Veterans Advisory Council meets at 6:30PM
22 June	Saturday	Family Fun Day Burkittsville Ruritan Grounds, for reservations and Tickets, please call 240 285 4487 hours are 3 to 9PM
20 July	Saturday	Veterans Appreciation Day Frederick Prospect Center 10-2
28 July	Sunday	Flea Market 9-3, AMVETS Farm 9602 Baltimore Pike
19 Sept	Thursday	Retiree Appreciation Day, Fort Detrick 0900-1500
29 Sept	Sunday	Flea Market 9-3, AMVETS Farm 9602 Baltimore Pike
2 Nov	Saturday	Flags In at Mt Olivet (preparation for Veterans Day)
11 Nov	Monday	Veterans Day events Frederick and Mt Olivet
Every Monday Platoon 22 hosts Boots and Banter from 0930 to 1030 at the Veterans Service Center		
Every Monday evening Reforged hosts a MeetUp at the Rockwell Brewery Riverside 6-9PM		
In May, every Sunday golf for Veterans, First Responders PB Dye Golf Club, Ijamsville Time 3PM		

February Luncheon



I. to r., Marianne Lynn, Harriet Click, Ira Click. Marianne and her husband, Charles (not shown) were guests of Harriet & Ira Click



Gail Reichard selling the winning 50-50 ticket



I. to r. Bill Benson & Ron Kelsey



I. to r., Bobbie Marr & Kathleen Brekhus



I. to r. Christopher Manners, Chief Deputy, Register of Wills, Frederick County and the Honorable Mary Rolle, Register of Wills, Frederick County, our guest speakers



I. to r. Dennis Brekhus, John Aulls, Wayne Marr



Hugh McIlroy provides the Chapter update to members



Members enjoy the Carriage House buffet



Upper Potomac Chapter
 Membership Meeting/Luncheon
 Saturday, June 15, 2024
 11:30 a.m. – 3:00 p.m.
 Nicks Airport Inn
 14548 Pennsylvania Avenue
 Hagerstown, MD 21742
 301-733-8560; <http://www.nicksairportinn.com/>

Join us on **Saturday, June 15, 11:30 a.m.** at Nick's Airport Inn, Hagerstown, MD for our next business meeting and luncheon. Our guest speakers will be Secretary Anthony Woods of the Maryland Department of veterans Affairs.

Buffet Menu

Braised Beef Tips w/Noodles; Grilled Chicken Breast w/Lemon Butter Sauce (Gluten Free); Mashed Idaho Potatoes; Peas and Mushrooms; Mixed Green Salad; Ice Cream (Vanilla or Chocolate); Coffee, Tea, Soda; Cash Bar (in room)

NOTE: Coffee and Iced Tea and other drinks are not included.

Directions

Visit the Nick's Airport Inn web site at www.nicksairportinn.com

If anyone requires assistance with transportation to the luncheon, please contact one of the Officers/Board members and they will help coordinate.

REFUNDS WILL BE PROVIDED ONLY IF CANCELLATIONS ARE MADE BEFORE NOON, JUNE 8, 2024.

-----Detach and Return-----
 Name: _____ Name(s) of Guest (s): _____

____ Number of Reservations@ \$43/person _____

TOTAL Remittance _____

Make checks payable to: Upper Potomac Chapter, MOAA
 Return **NLT Noon Saturday, June 8, 2024**, to:
 Hugh McIlroy, 13121 Redbud Court, Waynesboro, PA 17268
 717-785-1059; germac03@gmail.com

** For those who wish to pay by credit card, you can use the Pay Dues Online feature on the MOAA website (www.moaa.org) to pay for the luncheon. Although there is no option specifically listed to pay for the luncheon, we can use the "Donation" option. When payment is made using "Donation", MOAA sends me a report of the transaction. When I receive the report, we can coordinate names, etc. via email.