



MOAA®

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November 2019

Oktoberfest 2019, Gutes Essen und gute Freunde

Photos from Doug Kotrba and Phil Raschke

The Chapter's annual Oktoberfest outing to Bruno's European Restaurant in Lakewood was another big hit. This year 56 members and guests crowded into Bruno's for another festive afternoon of Bratwurst with mustard, tasty Schnitzel, German potato salad, red beets, German beer and apple strudel. Alpine hats, smiling Bavarian maidens, genuine Munchen Oktoberfest floppy hats in blue and white all added to the fun and good cheer.



Getting into the Oktoberfest spirit with some traditional Munchen - Bavarian attire are (L to R) Pam Strong, Meg Voelker, a kneeling Bev Raschke, Judy Lawrence, Cindy Nelson and Marlene Bostic.



MOAA Guests enjoy a photo with Bruno and at the 2019 Oktoberfest. L to R are Our Bruno Hostess, Heinz Haskins, Mark Langford, Bruno, and Chin Haskins.



The Taylor Family enjoys the food and the music at Bruno's.



Bob and Judy Lawrence may differ a bit with the brand of bier they like but they do like bier.



What could be better than brotchen and bier with Phil and Bev Raschke.



The Redemanns in the foreground and the McCartys and Taylors in the rear booths enjoy great German food and conversation.



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2019-2020**

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**MEMBERSHIP REMINDER
2019 Chapter Dues**

Have your Chapter dues expired or about to expire? If you are not sure please contact our 2nd Vice President, Ray Dotson. Dues paid now will cover 2020. 2020 dues are due 1 January 2020.

Please note: Chapter dues are separate from national dues. Dues are \$20 a year or \$55 for three years. For our Social / Auxiliary membership it is \$5 a year or \$12 for three years. Also there is the new electronic membership for **Officers 35 and under**. Electronic membership provides members with a Chapter newsletter via email, but no printed copy.

The Electronic membership is free to those under age 35. Just send your name, birthday and e-mail address to postal address below.

2020 dues are due 1 January

If you are a National Life Member, please advise the Chapter of your Life status.

Mail your dues to:

MOAA Mount Rainier Chapter
P.O. Box 99212
Lakewood, WA 98496-0212

Thanks!

Contact Information

Joint Base Lewis - McChord
Passenger Terminal
Flight Information 253-982-7259 or 7260

USO

Joint Base Lewis - McChord
253-982-1100

Veterans Hospital Seattle
1-800-827-1000, then O for
Representative

Military Order of the Purple Heart (MOPH)
Veterans Assistance
American Lake VA
253-583-1079

MOAA National "Take Action"
<http://www.moaa.org/takeaction/>



Your Monthly History Note

November 1, 1950 - President Harry S. Truman was the target of an unsuccessful assassination attempt by two members of a Puerto Rican nationalist movement.

November 4, 1942 - During World War II, British troops led by Bernard Montgomery **defeated the Germans** under Erwin Rommel at El Alamein after a twelve-day battle.

November 8, 1895 - X-rays (electromagnetic rays) were discovered by Wilhelm Roentgen at the University of Wuerzburg in Germany.

November 11th - Celebrated in the U.S. as Veterans Day (formerly called Armistice Day) with parades and military memorial ceremonies.

November 11, 1938 - Irving Berlin's *God Bless America* was first performed. He had written the song especially for radio entertainer Kate Smith who sang it during her regular radio broadcast. It soon became a patriotic favorite of Americans and was one of Smith's most requested songs.

November 13, 1956 - The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional.

November 15, 1777 - The **Articles of Confederation** were adopted by Continental Congress.

November 17, 1800 - The U.S. Congress met for the first time in the new capital at Washington, D.C. President John Adams then became the first occupant of the Executive Mansion, later renamed the White House.

November 18, 1883 - A Connecticut school teacher, Charles F. Dowd, proposed a uniform time zone plan for the U.S. consisting of four zones.

November 19, 1939 - Construction of the first presidential library began as President Franklin D. Roosevelt laid the cornerstone next to his home in Hyde Park, New York. Roosevelt donated the land, but public donations funded the library building which was dedicated on June 30, 1941.

November 20, 1789 - New Jersey became the first state to ratify the **Bill of Rights**.

November 24, 1874 - Joseph Glidden patented his invention of barbed wire.

November 30, 1700 - The Battle of Narva occurred as eight thousand Swedish troops under King Charles XII invaded Norway, defeating a force of 50,000 Russians.

Wreaths Across America

Once again this holiday season, our chapter is sponsoring Wreaths Across America (WAA) with the Washington Soldiers Home at Orting as the designated cemetery.

Our participation last year complemented the overall effort to place a wreath on every headstone at the cemetery. Last year, wreaths were placed on December 15, 2018.

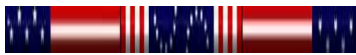


This year's placing of wreaths will be on December 14, 2019 at 9 AM. Anyone wishing to participate is welcome. You can contact President Jerry Jackson for further information if interested.

To donate to the 2019 Wreaths Across America, go to the Mt. Rainier Chapter <https://www.wreathscrossamerica.org/pages/155844/Overview/?relatedId=17624>. You will find several options including: 1, 2, 5, 10, wreath or custom number. Since we are a sponsoring member, WAA will donate an additional wreath for every two sponsored to the designated cemetery.



Thank you in advance for your interest in WAA and participation in the Mt. Rainier Chapter. Join Director Doug Kotrba on the 14th.



Military Health Care Consolidation Noves To Next Phase

WASHINGTON — The Defense Health Agency (DHA) will take the next step this fall in evolving health care across the military health system, which oversees the care and well-being of some 9.5 million people, including service members, families and retirees.

On Oct. 1, 2019 all military treatment facilities in the United States that had been previously operated by the Army, Navy or Air Force transitioned to the DHA.

Eventually, every military treatment facility will move under the DHA, and the agency has opted to manage those facilities by dividing them into a variety of "markets."

The large-market segment includes the national capital region, San Diego, San Antonio and Southwestern Kentucky, among others. The DHA has identified about 20 such large markets. Small markets will include Central Louisiana, Las Vegas, New England, Central Virginia and Central Oklahoma. About 16 similar small markets have been identified.

Finally, the nearly 70 treatment facilities that don't fall within the boundaries of either a small or large market will be part of a "stand-alone" segment managed by the same office that manages the small markets.

Similar markets eventually will be formed in Europe and the Indo-Pacific region, home to about 75 military treatment facilities.

Navy Vice Adm. (Dr.) Raquel Bono, the Defense Health Agency's director, said these changes should be transparent, rather than disruptive, to health care beneficiaries around the nation.

"From the patient's perspective, the way I like to describe it is that at first it should be very transparent to them," she said. "They won't see any real visible changes."

What will eventually change, Bono said, is that things across all military treatment facilities will become easier for patients.

For example, Bono said, as the military treatment facilities and the markets continue to evolve under the DHA, beneficiaries will find that how they make an appointment in the Tidewater area of Virginia will be the same way they make an appointment at Brooke Army Medical Center in San Antonio or at a facility in San Diego.

A move to joint electronic health records also is part of the military health system transformation, making the movement of beneficiary health records between different facilities seamless, Bono said. This will help them to be treated anywhere, including at facilities run by the Department of Veterans Affairs, she added.

"This is one of those efforts we've been trying for some time now to accomplish," Bono said. "Being able to share the medical data in a seamless way and make it actionable is a very big step in the right direction. And it's a direction that private health care or commercial health care is also trying to do, ... making the data about patient and patient care more visible not only to the patient, but also to other people that are providing care to that individual."

That data sharing, she said, means patients won't have to retrieve their records and make copies of them and bring them to their provider. This makes things easier for patients and also ensures that different providers don't run tests multiple times because they can't access existing results, the admiral noted.

Bono retires soon, and she said she hopes her successor will be able to keep the changes and improvements happening at the same pace they are already moving.

"Going forward, what I'd like for all the folks to bear in mind is that we've built a head of steam," she said. "We've got now some momentum. More and more people are becoming more informed about the reasons for why we are doing this in the first place, and I think it's easier for them to see now the role that they have in being able to make these changes happen. I think this is a real pivotal time. I think we are at a major inflection point for military health."

Overseas markets will transition to the DHA no later than Sept. 30, 2021.



'Skinny' NDAA Leaves Out Critical Protections for Troops, Veterans, and Widows

By: James Naughton

Amid growing concerns lawmakers will be unable to come to an agreement on the annual defense authorization bill, Sen. Jim Inhofe (R-Okla.) introduced a "skinny NDAA" October 29 to ensure essential defense programs continue uninterrupted.

While the new, \$738 billion bill authorizes next year's 3.1% military pay raise, extends bonus and incentive pays, provides for quality-of-life programs for military families, and includes funding for military construction and acquisition programs, it leaves out several MOAA-supported issues that are addressed in either the House or Senate NDAA versions, or in both. This includes language that would:

- ◆ Prevent the [elimination of 18,000 medical billets](#).
- ◆ End the "[widows tax](#)."
- ◆ Require comprehensive [military housing reform](#).
- ◆ Stop changes and consolidations planned for the [commissary and exchange system](#).
- ◆ Fund necessary improvements to [military spouse employment and education resources](#).

[TAKE ACTION: [Ask Your Lawmaker to Back MOAA's NDAA Priorities](#)]

The cuts cover over 1,900 pages of legislative text. Inhofe said he introduced a skinny NDAA "to preserve all options" to continue Congress's 58-year streak of passing an annual defense bill.

"A skinny bill is not a substitute for a full bill, but it might be a necessary next step if we don't reach an agreement soon," said Inhofe.

However, some lawmakers are throwing cold water on the notion of a skinny NDAA and see the move as a negotiating tactic. House lawmakers remain concerned that a skinny NDAA can't pass in the chamber.

The defense bill remains in a conference committee of House and Senate lawmakers, who remain at odds over a number of issues. While the new fiscal year technically began Oct. 1, the government is operating under a temporary funding measure, known as a continuing resolution, until Nov. 21.

During that time, DoD cannot begin dozens of new projects while the department operates under last year's authorization and funding levels.

A skinny NDAA would abandon much of the hard work lawmakers and congressional staff spent this year crafting a full defense bill. While the brinkmanship continues, time is running out for conferees.

Hopefully, the prospect of a bill in which both sides lose forces Congress to pass a bill that includes MOAA's priorities. [Click here](#) to ask your lawmakers to ensure a full defense bill,



including those key passages, reaches the president's desk.

Chapter Director and Surviving Spouse Liaison Visits Portland

Portland MOAA Surviving Spouse Auxiliary asked Cheryl Toland to have lunch with them and share about VVMF, Vietnam Veteran Memorial Fund and the procedure for applying for their Veterans, who deaths have been due to Agent Orange exposure and for them to be honored in the "In Memory Honor Roll and Ceremony". This ceremony has been held Father's Day weekend every year at the The Vietnam Memorial Wall since 1999. More than 1400 men & women have been honored and this last year 534 were honored in a very touching ceremony of families reading the name of their Veteran.



The ladies were new to this additional honors for their veterans, at The Vietnam Veterans Memorial located on the National Mall in Washington, DC.

Reminder TRICARE Open Season and Federal Benefits Open Season Begins Nov. 11

WASHINGTON — Open season is an annual period when you can enroll in or change health plans for the next year. Now is the time to think through whether you or your family members want to make changes to your current health, dental, and vision plan coverage.

Two open seasons run at the same time this fall: TRICARE Open Season and Federal Benefits Open Season. TRICARE Open Season applies to anyone enrolled in or eligible for a TRICARE Prime or TRICARE Select health plan.

Federal Benefits Open Season is for enrollment in the Federal Employees Dental and Vision Insurance Program (FEDVIP). Both the TRICARE and FEDVIP open seasons begin on Nov. 11 and end on Dec. 9. Enrollment choices made during this period will take effect on Jan. 1, 2020.



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VA MISSION ACT: Answers To The Top Five Questions About Urgent Care

WASHINGTON — Urgent care is one of the new benefits offered as part of the VA MISSION Act that gives veterans greater choice in their health care. The benefit is offered in addition to the opportunity to receive care from a VA provider, as VA also offers same-day services. The VA is working to ensure veterans understand how to use the new urgent care benefit as part of VA's comprehensive benefits package. In this article, we answer some common questions about the new urgent care benefit.

1. What is urgent care? Urgent care is a type of walk-in health care for situations where you need help but don't have an emergency, such as colds, ear infections, minor injuries, pink eye, skin infections, and strep throat.

2. Why are there different urgent care locations? There are two types of urgent care network locations: retail and urgent.

- Retail locations such as CVS or Walgreens are places where you can get care for minor ailments like a sore throat or earache.

- Urgent locations provide more comprehensive walk-in care for illnesses or injuries that are not life-threatening, like splinting, casting, lacerations, or wound treatment. Both retail and urgent locations are staffed with healthcare professionals who are licensed and credentialed.

3. Are there urgent care providers near me? VA launched the urgent care benefit on June 6, 2019, and we are working to expand our network of urgent care providers, adding more every week. Urgent care providers are vetted and must meet strict standards of care and other requirements before they are added to VA's network. To find a location, use the VA facility locator at <https://www.va.gov/find-locations/>. Select the link entitled "Find VA approved urgent care locations and pharmacies near you". If you arrive at an urgent care network location and have difficulty receiving care, call (866) 620-2071

for assistance.

4. How do I get prescription medication with the urgent care benefit? You can get up to a 14-day supply of prescription medication through VA, a VA contracted pharmacy, or a non-contracted pharmacy.

If you choose to fill an urgent care prescription at a non-contracted pharmacy, you will be required to pay for the prescription when you pick it up and then file a claim for reimbursement at your local VA medical facility. Prescription medication for longer than a 14-day supply must be filled by a VA pharmacy.

5. Do I have to make copayments for urgent care?

Copayments for urgent care depend on your assigned priority group and the number of times you visit any urgent care provider in a calendar year. Urgent care copayments are not charged when you receive care from an urgent care provider, but are billed separately by VA.

For additional information about the VA MISSION Act, visit <https://missionact.va.gov/>.

Just In Time For The Holidays!

For members of MOAA, we are introducing our new UPS shipping program in time for the holidays as our gift to show our continual commitment to our members.

Enroll now with UPS and save on your next shipping costs. With Thanksgiving on Nov. 28 this year, peak shopping and shipping season is a week shorter than usual, so it's time to plan ahead. Whether you are sending a package to family in the States or a care package to friends in Germany, UPS provides big savings for MOAA members:



- ◆ 45% off on domestic next day / deferred
- ◆ 25% off on ground commercial / residential
- ◆ International: 50% off on export, 40% off on import, 25% off Canada standard
- ◆ Savings begin at 75% off on UPS Freight® shipments over 150 pounds
- ◆ In addition, members can arrange for prepared packages to be picked up for free with the UPS Smart Pickup® service

Open a new account, or if you are already taking advantage of our UPS savings program, re-enroll and apply the new discounts to your existing account by visiting: PerksMarketPlace.com/MOAA or call 1-800-MEMBERS (1-800-636-2377), Monday through Friday from 8 a.m. to 5 p.m. Eastern time.

The advertisement is split into two main sections. The top left features an American flag graphic with the text "PATRIOTS Landing" in a stylized font. Below this, it says "You've served us. Now let us serve you." and "The Pacific Northwest's only retirement community dedicated to serving former military personnel." It lists the address "1600 Marshall Circle DuPont, WA 98327", phone "(253) 964-4900", toll-free "(877) 964-4900", fax "(253) 964-4901", and email "kgetchell@patriotslanding.com". The top right section has a dark background with white stars and the text "We are proud to serve you." Below this, it says "SERVING THE MILITARY FOR MORE THAN 50 YEARS." and features the Harborstone Credit Union logo with the tagline "No One Takes Better Care of you".

**Please Join Us For Our Holiday
Dinner and Dance**



**From MOAA
Seasons Greeting**

2019 MOAA Christmas Gala

**Friday December 13th, 2019
American Lake Conference Center
Lewis North, JBLM**

6:00 PM

**No Host Cocktails, Gift Bag Sale,
Heads and Tails**

7:00 PM

Dinner, Raffle, Music/Dancing

Music by DJ Jan Peterson / Proceeds to our Scholarships

Gentlemen – Coat and Tie

Ladies – Festive or Formal

Appropriate Military Attire



\$40.00 Per Person, Includes Tax and Tip

Reservation and Payment by December 9th, 2019

Check Is Payable to MOAA, Credit Cards Also Accepted

Holiday Buffett, Desserts Available as Auction Items

Please mail your check and reservation by December 9th, 2019 to:

MOAA, P.O. Box 99212,

Lakewood, WA 98496-0212

POC: Jerry Jackson 253-565-6409

E-mail: gerald.jackson1@Comcast.net



Funding Activities for Scholarships

- ◆ **Surprise Gift Bags:** As in past years, each bag will be \$35 each or 2 bags for \$50. Checks, exact cash, and credit cards are welcome.
- ◆ **50/50 Game – Heads or Tails:** Twenty dollars (\$20.00) cash buys a chance to win a 50% share of the total pot going to the last person standing with the remaining 50% going to MOAA Scholarships. This is a combination game that requires standing and grasping your “head” or “tail” when directed. A coin will be flipped with the losers in that round being eliminated and so on until one winner is left. The chances will be sold upon check in.
- ◆ **Dessert Auction:** Each table will have an envelope with your table number on it. Table members compile their cash donations in the envelope. The envelopes will be audited and the one with the most money gets to select a dessert first and on down the line until the least donation gets what’s left.

THANK YOU IN ADVANCE FOR YOUR ATTENDANCE AND DONATIONS TO SUPPORT MOAA SCHOLARSHIPS

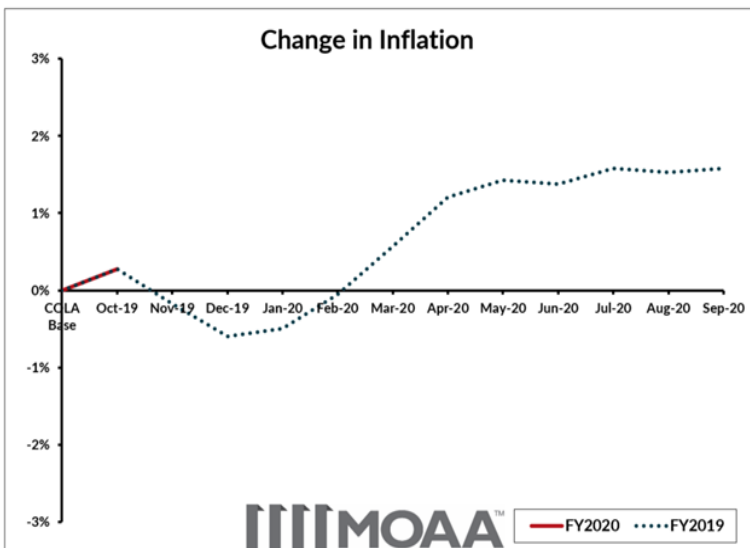
Take ACTION!!

Let's Put an End to the Widows Tax It is not too late, click this link to send your message to Congress.

Lawmakers are preparing to finalize their work on the FY 2020 National Defense Authorization Act. The House version of the annual defense bill contains a provision to end what's commonly referred to as the widows tax.

September 2019 COLA Watch

The October 2019 CPI is 250.894, 0.3 percent above the FY 2020 COLA baseline. The Consumer Price Index for November is scheduled to be released Dec. 11. The CPI baseline for FY 2020 is 250.200.



The calculation is made by comparing the average CPI from July through September of the current fiscal year to the average for the same months of the year prior. Remember, active duty pay raises are calculated differently.

This information is calculated from the non-seasonally adjusted Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). Calculation for monthly COLA change: (Monthly CPI-Yearly baseline CPI)/Yearly baseline CPI.



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Chaplain's Corner

"Special Prayers This Month"



Our Chapter Chaplain will return in the near future. Until then I found these inspirational pieces worth pondering.

Veteran's Day is November 11th. It is an important day to honor and show appreciation for the members of our military, past and present.

Dear Lord,

Today we honor our veterans, worthy men and women who gave their best when they were called upon to serve and protect their country.

We pray that you will bless them for their unselfish service in the continual struggle to preserve our freedoms, our safety, and our country's heritage, for all of us.

Bless them abundantly for the hardships they faced, for the sacrifices they made for their many different contributions to America's victories over tyranny and oppression.

We respect them, we thank them, we honor them, we are proud of them. We pray that you will watch over these special people and bless them with peace and happiness.



~ Joanna Fuchs

A Thanksgiving Day Prayer

Lord, so often times, as any other day, when we sit down to our meal and pray, we hurry along and make fast the blessing, thanks, amen, now please pass the dressing. We're slaves to the olfactory overload, we must rush our prayer before the food gets cold. But Lord, I'd like to take a few minutes more, to really give thanks to what I'm thankful for. For my family, my health, a nice soft bed. My friends, my freedom, a roof over my head. I'm thankful right now to be surrounded by those whose lives touch me more than



they'll ever possibly know. Thankful Lord, that You've blessed me beyond measure. Thankful that in my heart lives life's greatest treasure. That You, dear Jesus, reside in that place and I'm ever so grateful for Your unending grace. So please, heavenly Father, bless this food You've provided, and bless each and every person invited. Amen!

~ Scott Wesemann

Free Flu Shots For Veterans At Your Local Walgreens

VA and Walgreens are national partners, providing no-cost quadrivalent flu shots to enrolled veterans of the VA health care system. Now through March 31, 2020, enrolled veteran patients nationwide have the option of getting their flu shot at any of Walgreens' 9,600 locations, in addition to their local VA health care facilities.

How do I get my flu shot for free at Walgreens? No appointment is required. Simply go to any Walgreens, tell the pharmacist you receive care at a VA facility, and show your Veterans Health Identification Card and another form of photo ID. (Patients will also be asked to complete a vaccine consent form at the time of service.)

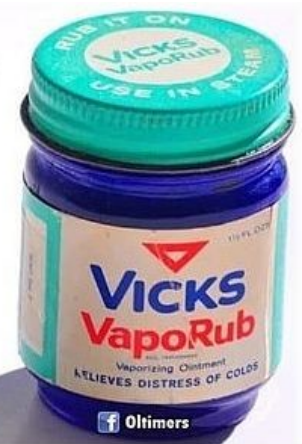
Walgreens has the capability to electronically send vaccination information to the VA and your immunization record will be updated in your VA electronic health record.

The VA-Walgreens national partnership is part of VA's eHealth Exchange project. This national program ensures that many veterans get their no-cost flu shot at their local Walgreens, satisfying their wellness reminder because they either found it more convenient or did not have a scheduled appointment at a local VA health care facility.

Can I get my flu shot at no cost at the VA? Yes! If you are enrolled with VA, you may receive a no-cost flu shot during any scheduled VA appointment or at one of the convenient walk-in flu stations. For more information on locations and hours contact your local VA health care facility.

Need to apply for VA health care? Visit: <https://www.va.gov/health-care/how-to-apply/>.

"Vaping"
back in
my day.



IF YOU HAVE A PROGRAM IDEA, PLEASE CONTACT RAY DOTSON, 253-209-8274. YOUR IDEAS ARE NEEDED TO KEEP THE CHAPTER 'FUN' TO ATTEND, YET INFORMATIVE AND CONSTRUCTIVE.



Happy Birthday Wishes to Our Treasured Friends

- | | |
|--------------------------------|----------------------|
| 11/3 James Williams | 11/22 Carroll Dotson |
| 11/4 Nanette Winkler | 11/23 James Senko |
| 11/5 Paul Knoop | 11/24 Karen McDowell |
| 11/6 William Harmon | 11/29 Thomas Pope |
| 11/7 Edward Trobaugh | 11/30 Richard Muri |
| 11/9 William Trunbull | |
| 11/10 Hilda Walker | |
| 11/11 Robert Campbell | |
| 11/14 Earling Drangstveit | |
| 11/15 Wendell Dutt | |
| 11/17 Michelle Wood (Wife) | |
| 11/18 Scott Langford (Husband) | |
| 11/18 Donna Redemann | |
| 11/19 Edward Shannon | |
| 11/21 Hillel Schwartz | |



Note: MOAA Meetings will be held at the Patriot's Landing unless otherwise noted. Social Time starts at 1200, the Buffet at 1230 is \$20.00/person and Program starts 1300. For all reservations or information contact Jerry Jackson at gerald.jackson1@comcast.net or 253.691.5766, Pat Campion at campionpe@yahoo.com or 253-847-7068.

Remember, when making a reservation, your word is your bond.

10 November 2019: Joint meeting hosted by MOWW. The guest speaker is CAPT Megan Dean, Chief of Staff, 13th District U. S. Coast Guard, Seattle. RSVP to President Jackson, contact information above.

13 December 2019: Our annual Christmas Gala at the American Lake Conference Center, JBLM. See the flyer and information on Page 6. Christmas and New Years are coming!!

26 January 2020: Guest Speaker Tammie Perreault, Northwest Regional Liaison, Defense- State Liaison Office. The Defense-State Liaison Office works to provide state policymakers with expert insight on issues affecting military families and their quality of life.

22 February 2020: Washington State Patriotic Day, 2 to 4 PM Stadium High School, Tacoma. Chapter social to follow.

2019 Christmas Gala



*"The soldier (Service Members) above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war."
~ Douglas MacArthur*

Northwest Patriot News

Editors Curtis Atkinson and Shirley Burrows

The information in this newsletter, both National and Local, is Nonpartisan

This newsletter is published monthly by the Mt. Rainier Chapter, MOAA at P.O. Box 99212, Lakewood, WA 98496-0212. Circulation 50 by mail and approximately 300 by e-mail.

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AROWS

The ladies of AROWS (Associated Retired Officers Wives), an auxiliary of the Mt. Rainier Chapter of MOAA, has members from every branch of the service. They meet monthly from 11:00 to 13:00 hours on the 3rd Thursday every month at Patriot's Landing. Reservations are required.

Contact Carolyn Guppy
(253) 581-2662 for any questions.



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Mount Rainier Chapter 2018 Col Marvin J. Harris Communication and Level of Excellence Five Star Awards

