



# Northwest Patriot News

## Mini

### Mt. Rainier Chapter

August 2020

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## Links of Interest

[www.mountrainiermoaa.org](http://www.mountrainiermoaa.org)  
[www.moaa.org](http://www.moaa.org)  
<http://takeaction.moaa.org/>  
[www.dva.wa.gov](http://www.dva.wa.gov)

## Contacts of Interest

USO JBLM: 253-982-1100  
Veterans Hospital Seattle: 1-800-827-1000  
Veterans Assistance American Lake 253-583-1079

## Contact Us

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Chaplain: Gail Porter –  
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## From the President

Now is your opportunity to influence MOAA National policy – VOTE! Refer to the August issue of “*Military Officer*” to vote on 12 proposed board members as well as seven resolutions intended to serve as the association’s guidelines during the next two years. Two items from Resolution No. 1 – Patriotism and Service: *To inculcate and stimulate love of our country and its flag; and To defend the honor, integrity, and supremacy of our national government and the United States Constitution.*

Jerry Jackson, President

## Events Update

Patriots Landing is still in a holding pattern as a meeting site. The business calendar remains a work in progress. The following schedule is current, however, it changes weekly. The picnic at Heritage Hill is a go but will be dependent upon how many chapter members are willing to attend. We can have a maximum of 50 guests with self-social distancing. Look for a notice this week regarding attendance – PLEASE RESPOND! You are all familiar with the Governor’s proclamations. Dining in with only household members will be a problem for events at Bruno’s, again, more to follow.

23 August – Heritage Hill picnic  
20 September – Bruno’s for a typical business/social meeting  
18 October – Oktoberfest at Bruno’s  
8 November – TBD  
4 December – Christmas Gala





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Let's see, McChord AFB is somewhere here . . . . Roland Krebs, Ray Arment, and Deryl McCarty . . . . Heritage Hill Picnic, 2017

## From National

MOAA's Summer Storm Campaign - [MOAA.org/summerstorm](https://www.moaa.org/summerstorm)

2019 Financial Results of MOAA – Go to pages 66 – 67 of the August issue of *Military Officer Magazine* for 2019 Statement of Financial Position and Summary of Financial Operations

Suicide Prevention – REACH, the VA's New Anti-Suicide Effort  
<https://www.wearewithinreach.net/>

NDA Update - [https://www.moaa.org/content/publications-and-media/news-articles/2020-news-articles/advocacy/ndaa-update-where-weve-been,-where-we-are,-and-whats-next/?fbclid=IwAR24IOcdT\\_cqS1y5V5WVrQbGxy9tAYxeizkwh9bi](https://www.moaa.org/content/publications-and-media/news-articles/2020-news-articles/advocacy/ndaa-update-where-weve-been,-where-we-are,-and-whats-next/?fbclid=IwAR24IOcdT_cqS1y5V5WVrQbGxy9tAYxeizkwh9bi)

Under “Links of Interest” note the MOAA “Take Action” link. Please review that often for legislative action important to MOAA members.

## LATE ANNOUNCEMENT!

The Mt. Rainier Chapter has been awarded the 5 Star Level of Excellence (LOE) for 2019. The Washington State Council of Chapters was so honored with 5 stars as were 3 other chapters along with a 4 star chapter.

## Surviving Spouse Liaison Corner

*By Capt. Kathy Thorp, USN (Ret), Surviving Spouse Advisory Council member*



All of us need sleep to function, as sleep is one of the most important secrets in maintaining our everyday health. Sleep clears the mind by removing daily toxins at night, which is vital for our mood, disposition, decision-making ability. Studies have shown quality sleep prevents the diseases of tomorrow. Did you know sleep deprivation is a society-wide safety and health issue of our time?

Do you have trouble sleeping at night? Do you fall asleep only to wake up in the middle of the night tossing and turning? Think about what you do during the day and keep a sleep journal, as various activities can encourage or discourage a good night sleep. From exercise and diet to a stressful work environment, all of these have a huge impact on your qualitative sleep.

Insomnia also might be caused by exposure to artificial light such as smartphones or televisions. Anxiety, in general, can aggravate our sleep routine. The key here is to try to break the cycle, by practicing a repeatable nighttime routine, going to bed at the same time each night, avoiding artificial light, and finding the “thing” that relaxes you at night.

Experts say sleep is one of the best natural medicines for our bodies. It is our superpower to cope with the daily responsibilities and challenges that we endure each day. Take the time now and invest in your health by learning all you can about sleep.

## Washington State Patriotic Day 2021

February 2021 will be upon us before you know it in spite of the virus. Check. the link for a video of the 2020 presentation:  
<https://www.youtube.com/watch?v=YntIMYK3fJM>

## Chaplain's Corner

**"Be strong and brave. Do not fear or have terror...With us is the LORD our God who will help us and fight our battles."**

Spoken by a leader named Hezekiah to his military at a time when things were looking very bad, they apply in the midst of the trials we face now. God listens and responds to every single person who truthfully calls out to him.

## Did You Know That?

- August 7<sup>th</sup> is National Purple Heart Day.
- NASA Astronaut Col. Doug Hurley USMC (Ret) is a MOAA member.

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