



Los Alamitos Area Chapter News

Military Officers Association of America
P.O. Box 665, Los Alamitos, CA 90720

OCTOBER 2025



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President's Message:

Greetings Members

This month your Board of Directors will begin planning for the annual ROTC/JROTC Awards Dinner in April.

We are beginning early to make certain we maintain contact with the participating schools, etc. Your board members have some new ideas that will be discussed.

This is a very important event for the honor cadets, family members, instructors and the chapter membership.

You will be kept updated.

So, please plan on attending the Award Dinner and show your pride and extend support.

Mahatma Gandhi:

"You may never know what results come from your action. But, if you do nothing there will be no result."

John Broad

CHAPTER CALENDAR

Oct 7 th	Chapter Board Meeting
Oct 23 rd	Chapter Luncheon
Nov 4 th	Chapter Board Meeting
Nov 27 th	Chapter Luncheon

LUNCHEON: October 23, 2025

GUEST SPEAKER:

Time: 1130 Social, 1200 Lunch, 1300 Program

GUEST SPEAKER:

Speaker: Maj Dirk Dedoes, USAF (Ret), our Chapter Member and Master Level Falconer.

Topic: "Skyhunters and the Sport of Falconry"

A Very Interesting Subject!
Look forward to seeing you at the luncheon!

OCTOBER OBSERVANCES

Oct 1 st	Yom Kippur
Oct 13 th	Columbus Day
Oct 16 th	National Bosses Day
Oct 24 th	United Nations Day
Oct 31 st	Halloween

Surviving Spouse Corner: Writing Your Legacy

By: Gail Joyce August 29, 2025

"The legacy you leave is the life you lead." -- Unknown

As spouses and survivors of those who have served and defended our freedoms and our country, we play a vital role. We have very interesting and unique stories to tell.

Sharing your legacy – telling your story – will contribute to a more realistic narrative about life in the military and what it means to be a military spouse. It will better describe the roles we as military spouses and survivors have played. We have demonstrated leadership, strength, flexibility, dependability, and determination.

Over the years, whether our spouse was on active duty or retired, we have worked alongside, in front, and behind. We are often recognized as the unsung heroes of the military establishment.

Sharing Your Story

How do you begin to write about your legacy? First, decide how you want to tell your story: It can be an essay, a video, a recording, a letter, a blog, or a combination of different methods.

Next, decide on your audience: Family? Friends? Colleagues? Community? Of course, you can always produce several versions, depending on your audience and method.

Our stories – our legacy – can demonstrate the unique experiences and challenges we faced when married to a servicemember. These stories provide a personal perspective on military life as we know it. They showcase the many challenges of frequent moves, deployments, and how it all can affect our families, especially our children.

When writing your story, share the experiences that will educate your readers and create understanding about the different challenges you encountered. Share lessons learned along with any failures ... and successes! Also share stories about special relationships, the numerous moves and major choices you made. Your stories will be celebrated, cherished, and appreciated by your family, friends, and colleagues.

Many stories will turn out to be shared experiences. I travel a lot and talk to MOAA chapters and other military-associated groups where I always tell my story. As I talk about the frequent moves, my constant job changes, making furniture fit, the quarters assigned, and the undesirable locations, I always see a lot of heads nodding "Yes, I know!" right along with me.

And then I hear from other military spouses and survivors – different stories, unique experiences, and outcomes with lessons to be learned.

During the military life we have shared with our spouses, we have demonstrated dedication, unwavering support, resilience, sacrifice, solidarity, and courage through many deployments and relocations. Make your story real: Write about what happened and when, and how your feelings are associated with specific events and milestones. Your story has the power to inspire, connect, and endure.

For example, through my talks and shared memories of my husband, Larry, and my son, Casey, I talk about my struggles and small victories, and I find others who can share and relate with my experiences. People often tell me that they remember my story long after I shared it.

Writing a legacy as a military spouse or survivor involves meaningful reflection about your experiences, values, and contributions. Our stories matter, and they need to be told. As Maya Angelou said, "Your legacy is every life you have touched."

Start writing your story today!

MOAA--Los Alamitos Area Chapter Luncheon Coupon

October 23rd Luncheon is to be held at the Navy Golf Course, 5560 Orangewood, West of Valley View, Cypress, CA.

Social: 1130-1200 **Lunch:** 1200-1300 **Program,** if scheduled: 1300-1400

Circle ONE: California ss Fish & Chips Fire Grilled Chicken Sandwich California Burrito Chicken Caesar Salad.

(BE SURE TO CIRCLE YOUR SIDE FOR SANDWICHES: Regular FF Fruit Salad Sweet Potato FF Cole Slaw Cottage Cheese)

\$ 25 each! (Check payable to the Los Alamitos Area Chapter.)

LUNCHEON RESERVATIONS.

Name/s _____ Guest/s _____ (spouse is not guest)

Mail Check to: Bill Eveland, 3729 Nipomo Ave., Long Beach, CA, 90808; phone 562-425-3434

[Please have your reservation in by Oct 16th - Call me if you must!]

*****Remember*****

Chapter Executive Board Meeting: Tuesday, October 7th at 0930 in the Retired Activities Office, NWSSB

Partial Exemptions for Military Retirement Pay

(Exert from Military Officer Magazine, September Issue, page 64)

California: New tax rules, included in state budget legislation signed by Gov., Gavis Newsom on June 27, will exempt \$20,000 of Military retiree or survivor benefit pay from state taxes beginning with the 2025 tax year. The law sunsets before the 2030 tax year.

The exemption covers the armed services as well as commissioned corps retirees from USPHS and NOAA. Legislation with a similar exemption – AB 53, introduced by Assembly-member James Ramos – had passed the state Assembly on May 29th.

(Please take time to read this article.)

Unlock Your Health: Learn When To Get Different Types of Care

FALLS CHURCH, Va. – When a health issue comes up, knowing where to go for care can make a big difference. Whether it's an accident or an illness, TRICARE covers a range of health care services—but the type of care you need determines where you should go.

“The right care at the right place at the right time—that’s the goal,” said Jeannine Pickrell, M.S., RN, director for TRICARE Population Health and Disease Management, TRICARE Health Plan, at the Defense Health Agency. “Your TRICARE plan, location, and health needs all affect how and where you can get care.”

Unlock your health by understanding the types of care—and when to use them—to make better choices for you and your family.

Emergency care

If your life, limb, or eyesight is at risk, you’re having a medical emergency. Chest pain, trouble breathing, severe bleeding, and broken bones are examples of emergencies that need immediate attention. If you reasonably believe you have an emergency, always call 911 or your international emergency number. Or, go to the nearest emergency room.

TRICARE covers emergency care anywhere in the world. You also don't need a referral or pre-authorization to get it. However, for TRICARE Prime, you should contact your primary care manager within 24 hours—or the next business day—after receiving care. You may also need a referral for any follow-up treatment to avoid out-of-pocket costs.

Urgent care—but not an emergency

Not every issue is an emergency, but that doesn't mean it can wait. Urgent care is for conditions that need attention within 24 hours but aren't emergencies.

Most TRICARE plans allow you to visit any TRICARE-authorized urgent care center without a referral, but it all depends on your plan and beneficiary group. Certain rules apply if you're active duty or enrolled in a TRICARE overseas plan, so be sure to check ahead of time.

If you're unsure about the seriousness of your symptoms, the Military Health System Nurse Advice Line is available 24/7. If you live overseas, call your TRICARE Overseas Program Regional Call Center.

Routine care

Routine or primary care is the foundation of everyday health. Whether it's a routine physical, managing chronic conditions, or a lingering cough, your PCM is your first point of contact. These providers know your medical history and can treat a wide variety of conditions and follow ups—or refer you to a specialist if needed.

Use the Find a Doctor Tool to locate a provider near you.

Specialty care

Sometimes, your health concern requires care from a provider who's trained in a specific area of medicine. Specialists—like cardiologists, neurologists, or dermatologists—can diagnose and treat more complex conditions within their field.

Depending on your plan, you may need a referral to see a specialist. With TRICARE Prime, for example, you need a referral from your PCM. If your plan doesn't require one, you can schedule directly with a TRICARE-authorized provider. If you're unsure, the TRICARE Customer Service Directory is a good place to start.

(Note: If you're enrolled in TRICARE Prime in the West Region, the specialty care referral approval waiver expired June 30. Starting July 1, you should follow all normal referral processes according to the rules of your TRICARE plan.)

Preventive care

You don't have to be sick to see a health care provider. Preventive care—like cancer screenings, immunizations, and well-child care—are key to long-term health and readiness. Even when you feel fine, these services can catch problems early or help prevent them altogether.

TRICARE covers a wide range of preventive services. What's more, you'll have no cost for these services when received from a network provider, as described in the TRICARE Costs and Fees Fact Sheet.

Be prepared

It's easier to make the right decision when you know your options ahead of time. Unlock your health by reviewing your TRICARE plan, finding covered providers, and saving contact numbers. That way, whether it's an emergency or a sore throat, you'll know exactly what to do.

From Col. Mark Tull, USMC (Ret) Senior USMC JROTC Instructor, Orange High School.

I wanted to pass on the flyer below regarding the “Flags Over the Plaza” ceremony held at 1800 on the third Thursday of every month at the Orange Circle. Each month has a different military theme, and each offers veterans of any service or era the opportunity to gather in patriotism and solidarity. Can you advertise this event through your connections with the American Legion, Veterans of Foreign Wars, Vietnam Veterans of America, Military Officers Association of Amreice and the Sons of the American Revolution? The organizations sponsoring the Flags Over the Plaza, all of whom help veterans on a daily basis, would appreciate it.

FLAGS OVER THE PLAZA
BROUGHT TO YOU BY
B P O F
Elks
ORANGE
LODGE 1475

Every 3rd Thursday of the month we lower the flag in the Circle ceremoniously at 6pm, rain or shine. We invite you to be part of this family friendly experience and come honor our millitary, veterans, listen to special speakers, and more.

(Bring a lawn chair for your comfort and enjoy refreshments and treats provided by our friends at The Assistance Leauge, The Orange Blossoms, and The Assisteens)

Future Dates/Topics

Jul 17th 2025 - Independence Day/America the Beautiful.
Aug 21st 2025 - US Coast Guard Birthday/Natl Purple Heart Day
Sep 18th 2025 - US Air Force Birthday/POW*MIA/9-11
Oct 16th 2025 - US Navy Birthday
Nov 20th 2025 - USMC Birthday (cake cutting)/Veterans Day
Dec 18th 2025 - US Space Force Birthday/Pearl Harbor Day

Questions? Email JCcortez1869@gmail.com

LOS ALAMITOS AREA CHAPTER MEMBERSHIP FORM

New Member Enrollment [] Renewal [] January 1--December 31, 2025

MOAA membership number _____ (located on your MOAA Magazine cover)

Please enroll/ Continue as a Member of the Los Alamitos Area Chapter MOAA: Regular Member Officers (Active, Retirees and Former officers) @ **\$25.00/Year** [] Auxiliary (Widow or surviving spouse) @ **\$20.00/Year** []

Service Affiliation: Regular [] Reserve [] National Guard []
Present Status: Retired [] Active Duty [] Auxiliary [] Former Officer []

Last Name First Name MI Rank Branch of Service

Mailing Address City State Zip Area Code / Phone Number

Spouse's Name (Surviving spouses indicate your MOAA No.)

Cell Number: _____ E-Mail Address (for Newsletter) _____

Mail Form to: **Los Alamitos Area Chapter, MOAA, P.O. Box 665, Los Alamitos, CA 90720**