



**ECAC**

**ECAC Newsletter**

[ecacmoaa.com](http://ecacmoaa.com)

FEBRUARY 2020



**Presentation**

**Treatment Options for Leg Vein Restoration**

**By**

**Ms. Libby Harper**



This month we are happy to welcome Ms. Harper as our guest speaker. Ms. Libby Harper is the Community Outreach Organizer for the Center for Vein Restoration, with offices in Opelika, Fairhope, and Dothan, Alabama. The Center for Vein Restoration is a very specialized medical office that treats only leg veins, such as varicose veins and spider veins.

Ms. Harper has over eleven years' experience as an ultrasound technologist and for the last three years, has been engaging the community and informing them of the symptoms and risks of venous insufficiency and possible treatments. Poor blood circulation in the legs is associated with several health concerns, including pain in the legs, bulging veins, leg and foot swelling, tiredness in the legs, leg cramps and restless legs. Please join us on February 18<sup>th</sup> to hear Ms. Harper share her experience, knowledge, and insight on diagnosing and treating venous insufficiency.

**Next Dinner Meeting 1800 —Tuesday—18 February 2020**

The location for the meeting this month is at the

***Moores Mill Club***  
***1957 Fairway Dr. Auburn, AL 36830***

Turn onto Rock Fence Road off Moores Mill Road. Take the second right onto Fairway Dr. and the Country Club is on the right.

**Please RSVP at 334-246-7142 or by email to [moaa.ecac@gmail.com](mailto:moaa.ecac@gmail.com)**

**ECAC-MOAA's 2020 Meeting Dates**

Jan 21 <sup>st</sup>	Tuesday	6 PM	Moores Mill Club
Feb 18 <sup>th</sup>	Tuesday	6 PM	Moores Mill Club
Mar 17 <sup>th</sup>	Tuesday	6 PM	Moores Mill Club
April 21 <sup>st</sup>	Tuesday	6 PM	Moores Mill Club
May 19 <sup>th</sup>	Tuesday	6 PM	Moores Mill Club
June	None		
July	None		
<b>Aug 15<sup>th</sup></b>	<b>Saturday</b>	<b>4 PM</b>	<b>Grove Hill Clubhouse</b>
Sept 15 <sup>h</sup>	Tuesday	6 PM	Moores Mill Club
Oct 20 <sup>th</sup>	Tuesday	6 PM	Moores Mill Club
Nov 17 <sup>th</sup>	Tuesday	6 PM	Moores Mill Club
Dec 15 <sup>th</sup>	Tuesday	6 PM	Moores Mill Club



**American Hero**



Of the 3,498 service members who have received the Medal of Honor throughout U.S. history, only 88 have been black.

**Sgt. William H. Carney** earned the Medal of Honor for protecting one of the United States' greatest symbols during the Civil War -- the American flag.

During a charge on Fort Wagner, Carney rescued the flag from a dying color guard soldier, holding it aloft throughout the battle despite being shot

February 2020 | MILITARY OFFICER | Pages 41 & 48



**Who Can Join?**

Membership in the East-Central Alabama Chapter is open to any National MOAA member who is on active duty, reserve, retired, or a former commissioned officer or warrant officer in any component of the Seven Uniformed Services of the United States (U.S. Army, U.S. Marine Corps, U.S. Navy, U.S. Air Force, U.S. Coast Guard, U.S. Public Health Service, or the National Oceanic and Atmospheric Administration). The Surviving Spouse of these individuals are also eligible to join and participate as regular members.

Additionally, we offer Associate memberships to 4th year ROTC cadets at Auburn University and Tuskegee University as well as to the living spouse of a regular Chapter member.



**Why join MOAA or a Chapter?**

The Military Officers Association of America (MOAA) is the country's leading organization protecting the rights of military service members and their families. Those who belong to MOAA not only lend their voices to a greater cause, but they also gain access to extensive benefits tailored to the needs and lifestyles of military officers. Click on or go to <https://www.moaa.org/whymoaa/> for a short video on why you should join MOAA.



## **MEMBERS AND EVENTS**

In January, the Chapter hosted Dr. Robert B. Kane who provided a brief history of Naval Aviation from Pearl Harbor to Midway and to the Battle of Leyte Gulf. It was our first “official” meeting at our new venue. The food and hospitality provided by Moore’s Mill Club was enjoyed by all.



**From left to right: Brad & Wendy Lynn (Front), Emit & Sue Johnson, and Robert & Marilyn Thomas. Brand is Sue’s son.**



**From left to right: Julia Pipe, Bob Cochran, & Gary Demars**



**From left to right: Cynthia & Buddy Kahler (Front), Jack & Lydia Walls, and Prinnie & Neal Scott, and Frank Ovnich in the back.**



**From left to right: Earl Allen, and Jeanine & Paul Robinson (Front)**



**Dr. Robert Kane (left) receives ECAC Challenge Coin from Mike Horsefield (right) after his presentation on the history of Naval Aviation.**

## Secretary's Report

February 2020

**As of January 31, 2019, the chapter has:** **A reminder that 2020 dues are due by January 1<sup>st</sup>.**

78 Regular Members	<b>\$20</b>	Per regular member.
9 Surviving Spouse Members	<b>\$15</b>	Per dual member.
2 Associate Members	<b>\$5</b>	Per Surviving Spouse/Associate/ROTC
<b>89 Total Members</b>		

**\*\*\*\*\* Collecting Dues for ECAC-MOAA \*\*\*\*\***

**Please pay at the February meeting or mail your dues to**

*As a reminder, you must also be a member of National MOAA to belong to the chapter.*

If you have any information that has changed, please contact Bill Broome @ wjbroome@gmail.com or 703-395-4317.

There is a meeting of the Board of Directors scheduled for Tuesday, February 4th at 1PM at the American Red Cross Building, 206 26th St., Opelika, AL.

## Treasurer's Report

February 2020

### Summary of Activity 01/01/2020 to 02/02/2020

Balance Forward from 01/01/2020	\$3,536.53	
Deposits/Credits		\$1,960.00
Withdrawals/Debits		\$976.57
Service Charges	.00	
<b>Ending Balance as of 02/02/2020:</b>		<b>\$4,519.96</b>

## Meeting Minutes

The January dinner meeting was called to order at 1800 hrs. by President Mike Horsefield. 44 members and guests enjoyed Dr. Kane's presentation on Naval Aviation and the Pacific Naval Air Battles.

### Chapter Business:

- ✦ Pledge by Gary DeMars
- ✦ Prayer by Mike Kosolapoff
- ✦ Welcome — Mike Horsefield greeted members and guests.
- ✦ Mike Golden clarified that RSVPs need to be placed by the Friday before the dinner meetings.
- ✦ There is a meeting of the Board of Directors
- ✦ Next chapter meeting will be on Feb. 18, 2020 at 1800 hrs. at Moore's Mill Club. The guest speaker will be Libby Harper, who will be presenting a program on Leg Vein Restoration.
- ✦ There is a meeting of the Board of Directors scheduled for Tuesday, February 4th at 1PM at the American Red Cross Building, 206 26th St., Opelika, AL.
- ✦ Jack Walls won the free meal raffle.
- ✦ President Mike Horsefield adjourned the meeting at 2000 Hrs.

**If you have any information that has changed, please contact Bill Broome at wjbroome@gmail.com or 703-395-4317.**

**Legislative Chair—Charlie Block**

**State & Local Legislative Issues & News**

In previous newsletters I have laid out what is going on at the Federal level those things that are of interest to our readership. I wanted to expand that to the state level. Below are several bills that have been presented to the Alabama legislature. I believe it is important that we are aware of state issues as well as federal issues as some of the state items could directly affect us. The legislation covered by SB12 is something the MOAA state council of chapter’s pursued as a standalone bill for several years. Combining the MOAA concerns with another bill should enhance its chance of passing.

**SB5:** This bill would grant a state income tax deduction for military pay and allowances to Alabama taxpayers not currently residing in the state, and who serve as active duty members.

**SB8:** This bill would expand survivor and education benefits to Alabama national guardsmen who are on state active duty for a period less than the existing 30-day minimum, so that guardsmen assisting with natural disasters or other emergencies may be eligible for state and federal benefits.

This bill would also raise the compensation for surviving dependents of Alabama national guardsmen from \$10,000 to \$100,000.

**SB10:** This bill would extend tuition reimbursement for dually or concurrently enrolled high school/college students.

This bill would set the cap for private college tuition reimbursement at the rate of the public institution with the highest tuition and instructional fee rates. This bill would make clear that the Alabama National Guard Education Assistance Program will only pay for the first degree obtained and that short certificates, long certificates, and associate degrees are considered "stackable undergraduate credentials" which may be used to obtain a baccalaureate degree, thus the first degree obtained would be a baccalaureate degree. This bill would also clarify existing law so that institutions of higher education may clearly and consistently provide Alabama National Guard Service members with the ability to maximize their education benefits.

**SB12:** Under existing law, the Missing Senior Citizen Alert Act provides a rapid response to missing or lost senior citizens who are at risk of bodily harm or death. This bill would expand existing law to include missing and endangered persons suffering from a mental or physical disability who are at risk of bodily harm or death. *(The MOAA state council is proposing to meld this bill with the Wisconsin SB 473 called the Green Alert. This will then cover service veterans.)*

**PROPOSED ALABAMA COUNCIL OF CHAPTERS’ (ALCOC) LEGISLATION**

CONVENE DATE		ADJOURN DATE		HOUSE INTRO DEADLINE	
2/4/2020		5/18/2020		5/13/2020	
Bill	Status	Summary/Title	Last Action		
SB5	Intro	Taxation, provide income tax deduction, military stationed out of state	2020-02-04 To Senate Finance and Taxation Education Committee		
SB8	Intro	National Guard benefits, increase survivor and education benefits, Secs. 31-3-2, 31-6-4, 31-12-1, 31-12-2 am'd.	2020-02-04 To Senate Finance and Taxation General Fund Committee		
SB10	Intro	Education, National Guard, to limit amount of private tuition reimbursed to eligible guard members, Secs. 31-10-20 to 31-10-25, inclusive, repealed; Secs. 31-10-2, 31-10-3, 31-10-4.1.	2020-02-04 To Senate Finance and Taxation Education Committee		
SB 12	Intro	Missing and endangered persons, to expand existing law to include missing and endangered persons suffering from a mental or physical disability who are at risk of bodily harm or death. Secs. 26-19A-1 to 26-19A-5, inclusive, am'd.	02-04-2020 To Senate Governmental Affairs Committee		
SB 101 (2019)	To Be Intro	Alabama Council of Chapters - Military Officers Association of America, and its affiliated local chapters located in Alabama, exempt from state, county, and municipal sales and use tax.	2020-02-04 To Senate Finance and Taxation Education Committee		

**Editorial Policy.** The East-Central Alabama Chapter of the Military Officers Association of America (MOAA) and national MOAA provide their advocacy in a nonpartisan manner. Any conveyance of partisanship is unintended.

## MOAA Legislative News

### ✦ New List of Agent Orange Test and Storage Sites Omits More Than 40 Previously Identified Locations — JANUARY 31, 2020

- The Department of Defense has released a new list of locations outside Vietnam where herbicides like Agent Orange were tested and stored, a compilation that could provide some veterans proof of exposure needed to support their VA disability claims.
- But the list, published Jan. 27 by the Department of Veterans Affairs, omits more than 40 locations previously noted as exposure sites by DoD in 2018 — deletions that could undermine other veterans' pending claims.
- "DOD will continue to be responsive to the needs of our interagency partners in all matters related to taking care of both current and former service members. The updated list includes Agents Orange, Pink, Green, Purple, Blue and White and other chemicals," used to create the defoliants, Esper said in a release.

### ✦ MOAA Advocating for Improvements to Military Family Health Care at House Hearing — FEBRUARY 04, 2020

- MOAA will continue its work on behalf of military families Wednesday with testimony before a House Armed Services subcommittee hearing on DoD's Exceptional Family Member Program (EFMP), offering recommendations to improve both the program and the wider performance of the Military Health System (MHS).

**"Take Action" at MOAA. <http://www.moaa.org/takeaction/?tab=Legislative-Action-Center#Legislative-Action-Center>**

## NEWSLETTER SURVEY RESULTS

The newsletter survey I has been closed. There were 19 responses out of 77 sent for about a 25% response, which is below average for an in house survey.

- ✦ 15 of the 19 always read it and 4 sometimes read it.
- ✦ All of the respondents found the newsletter useful.

### Ratings of Most useful to least useful:

1. Legislative report: (50% listed this as most useful) Weighted score of 3.61
  2. Presidents message: (44% listed this as 2nd most useful) Weighted score of 3.06
  3. Speakers and menu: Weighted score of 2.88 Secretary's report Weighted score of 2.72 5.
  4. Members and events: Weighted score of 2.69
- ✦ One surprise was that the Members and Events came in last. The prevailing thought is that folks like to see their picture in print.

This gives us an idea of what items or needs members would like emphasis and what might be cut if space is needed.

- ✦ Things folks would like to see added (3 of 19 responded - the rest had not suggestions)
  1. State & Local legislative issues
  2. TOPs & Surviving Spouses
  3. Membership and Treasurers report

Analysis: (1) Include State and Local legislative issues so long as they are non-partisan. (2) Unclear which topics should be addressed regarding TOPS. (3) Short articles about Surviving Spouses would be useful. (4) A short paragraph or two about Membership (numbers and name of new folks) should be included. (5) A summary of the Chapter's financial status could

## Come and Join Us at One of Our Monthly Dinner Meetings.

Dinner meetings are held on the third Tuesday in January, February, March, April, May, September, October, November and December at The Moore's Mill Club in Auburn.

The meetings begin at 6:00 pm with a social time and usually adjourn by 8:00 pm.

We do not meet in June & July.

Our annual August Luau is at a separate location.

**Join ECAC Online!**  
<https://ecacmoaa.com/join-ecac>

### ECAC Mission Statement

The East-Central Alabama Chapter is an affiliate of the Military Officers Association of America (MOAA) and was chartered in 1970. It serves the cities of Auburn and Opelika, Alabama, as well as the surrounding areas of Lee, Chambers, Russell, Tallapoosa, and Macon counties in Alabama.

The mission of the East-Central Alabama Chapter is to benefit the members of the uniformed services, their families and survivors, and to advocate for a strong national defense, while providing needed support to the community and its members.

Cutters U.S. Coast Guard Hockey 1943-1944



### U.S. Coast Guard Cutters — Uncle Sam's Best Hockey Team

They came from Eveleth, Minneapolis, Sault Ste. Marie and New York City. They included a goalie called Mr. Zero, a menacing Italian - Jewish defense combination, the captain of the last New York Rangers Stanley Cup winners, a National Hockey League referee and a graduate of the Long Island City YMCA Roller Hockey League. A blend of amateur and professional players made up one of the finest hockey teams to represent Uncle Sam. They even had a pair of championships to prove it. They were the U.S. Coast Guard Cutters out of Curtis Bay, Maryland. The brainstorm of a former Michigan hockey player-turned sailor, the Cutters were organized shortly after the Japanese attacked Pearl Harbor. They played through the 1942-43 and 1943-44 seasons in the Eastern Amateur Hockey League, considered to be one of the most competitive leagues of its time.

## Executive Officers and Chair Positions for 2020-2021

### Executive Board

- President: Mike Horsefield
- Vice President: Jeff Bohler
- Secretary: Bill Broome
- Treasurer: Earl Digman
- Director Chapter Affairs: Marilyn Horsefield
- Director Communication: Cathy Golden
- Director Program & Banquet: Mike Golden
- Director Legislative: Charlie Block
- Past President: Mike Golden

### Chair Positions

- Surviving Spouses Liaison: Marilyn Horsefield
- Tops: Mike Horsefield
- Membership: Judy Bohler
- Personal Affairs: Marilyn Horsefield
- Newsletter: Cathy Golden
- Web Site: Bill Broome
- Digital Com: Jeff Bohler
- News Release: Bill Broome

### Chair Positions— cont.

- ROTC Awards: Mike Golden
- Monthly Mtg: Mike Golden
- Guest Speaker: Jeff Bohler
- By-Laws: Charlie Block
- State Council: Charlie Block
- Legislative Updates; Charlie Block
- MOAA News: Charlie Block



## 6 Issues Trump Needs to Address During State of the Union Speech

When President Trump addresses the nation on Tuesday, February 4, 2020, he will have the opportunity to push several issues of critical importance to servicemembers, retirees, veterans, and military family members into the national spotlight.

*Here are the six issues, and some of the work MOAA has done in each area.*

1. Preserve Military Medical Care. Language in the most recent National Defense Authorization Act slowed the Department of Defense's reduction of nearly 18,000 medical billets pending a thorough analysis of the impact on readiness and beneficiaries. The president should stress a national commitment to ensure military beneficiaries have access to quality care, whether within DoD or through community care networks – especially important for families in need of care while in transition to new assignments or if their servicemember is deployed. RELATED: [Military Families Need a Safety Net During Military Health System Reform](#)

2. Protect TRICARE Pharmacy Coverage. MOAA continues to track changes to the TRICARE pharmacy system, some of which have resulted in more medications dropping off the coverage list. The president should make clear that benefits earned through service, including TRICARE, should not be traded away to pay for other programs, or to balance a budget.

3. Keep Military Pay Strong. In recent years, servicemember raises have matched private-sector wage growth – a feat that hasn't always been achieved, and one that's necessary to maintain the all-volunteer force. The president should underscore his commitment to this issue, and lawmakers must resist the urge to trim these raises to fund other budget shortfalls.

RELATED: [MOAA's 2020 Legislative Mission](#)

4. Don't Neglect Quality of Life Concerns. Fair paychecks for servicemembers are only part of the equation: From housing needs to shopping benefits to child care concerns, lawmakers must improve the services offered to military families if they want to keep the force strong. As MOAA continues to stress in its discussions on Capitol Hill, these programs aren't simply nice-to-haves as part of a military budget – decreased benefits and poorly delivered resources can lead to retention issues and harm overall readiness.

The president should convey this message to the American public, especially to civilians who may not be familiar with the importance of these programs.

5. Do It All on Time. Continuing resolutions and shutdowns have cost DoD billions, while servicemembers and federal workers continue operations without pay. As MOAA fights for the programs outlined above, lawmakers can help by moving the appropriations process forward in a timely fashion. The current system of long delays, longer extensions, and brinksmanship as the finish line nears makes implementing DoD and VA essential programs nearly impossible, creating uncertainty from the highest planning levels to those awaiting word on key benefits programs ... or even whether they'll receive their paychecks.

The president should stress that such delays are unacceptable and commit to working with Congress to move more efficiently.

6. Commit to Treating Traumatic Brain Injuries. The administration should renew and reinvigorate research and treatment of traumatic



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If you are interested in joining our Facebook group, you can use the following link:

<https://www.facebook.com/groups/300482473982236/>

If you are interested in joining our LinkedIn group, you can use the following link:

<https://www.linkedin.com/groups/12227504/>

VA and Walgreens are national partners, providing no-cost standard (Quadrivalent) flu shots to enrolled Veterans of the VA health care system. 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.

With the VA-Walgreens partnership, after a Walgreens pharmacist administers a vaccine, the immunization information is transmitted to VA through the eHealth Exchange and becomes part of the patient's VA health record. The no-cost flu shot program starts August 15, 2019 and runs through March 31, 2020.

**Publix has free flu shots if you are on Medicare.**



Some of the articles on these pages are gathered online from various MOAA websites and newsletters. They are attributable to their reporters and personnel. Contact the club secretary with any questions.

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