



ECAC

ECAC Newsletter

ecacmoaa.com

FEBRUARY 2020



Presentation

The Shadow Tiger: the Flying Experiences of

William (Mac) C. McDonald, Jr.

By

William (Billy) C. McDonald, III

This month we are happy to welcome as our guest speaker, Mr. Billy McDonald. Please join us on March 24th to hear Billy share his knowledge and insight on his father, Mac McDonald in his book, *Shadow Tiger*. Billy McDonald grew up hearing stories about flying and about his father's experiences in China, and as an adult, he was stunned to discover front-page stories about his dad's career. After five years of research and another year working with his co-author, Barbara Evenson, to create the final book, McDonald has immersed himself in the history of aviation in Alabama and in China during the 1930s and 40s, as well as, the experience of Americans in China during that era.

His father's 30,000 page collection is now housed at the Smithsonian and will be on the internet for all to view. Billy spent three weeks in China meeting with multiple museums that showcase the history of American flyers with the Flying Tigers and the China National Aviation Corporation (CNAC). Mr. McDonald currently serves on the board of CNAC Heritage Fund and the Southern Museum of Flight.

Next Dinner Meeting 1800 —Tuesday— 24 March 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

Cost: \$25 a person

Time: 1800

Social Half Hour - 1800

Dinner - 1830

Program - 1915



Date: Mar 24th, 2020

Place: Moores Mill Club

If you need a ride or have any questions call Cathy at 334-246-7142.



Menu

Mixed Green Salad

Roasted Salmon

**Country Fried Steak with
Sawmill Gravy**

Mashed Potatoes

Grilled Asparagus

Chocolate Cake

Coffee, Tea, & Water

ECAC-MOAA's 2020 Meeting Dates

Jan 21 st	Tuesday	6 PM	Moores Mill Club
Feb 18 th	Tuesday	6 PM	Moores Mill Club
Mar 24 th	Tuesday	6 PM	Moores Mill Club
April 21 st	Tuesday	6 PM	Moores Mill Club
May 19 th	Tuesday	6 PM	Moores Mill Club
June	None		
July	None		
Aug 15th	Saturday	4 PM	Grove Hill Clubhouse
Sept 15 th	Tuesday	6 PM	Moores Mill Club
Oct 20 th	Tuesday	6 PM	Moores Mill Club
Nov 17 th	Tuesday	6 PM	Moores Mill Club
Dec 15 th	Tuesday	6 PM	Moores Mill Club

March is Women's History Month



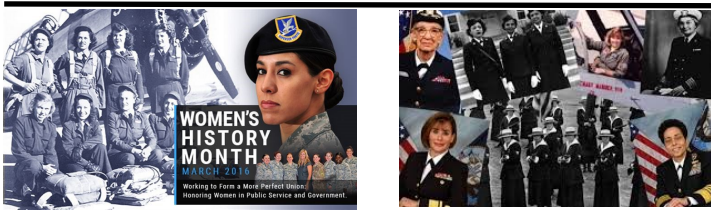
Well over 200,000 women serve on active duty in the U.S. military. The contributions of female veterans are significant and are certainly an important part of American history.

Fact: Dr. Mary E. Walker is the first and only woman to receive the Medal of Honor. She served as a surgeon during the Civil War.

Fact: Loretta Walsh was the first woman to officially enlist. She signed up for service in 1917.

Fact: The ban on women serving in direct combat was lifted in 2013.

Infoplease.com/military-affairs/history



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 February, the Chapter hosted Ms. Libby Harper who made a presentation on Treatment Options for Leg Vein Restoration. As with last month, the program was enlightening and the food was spot on. The Moore's Mill Club staff did an outstanding job making our members and guests feel special.



From left to right: Norm Hensley (a new member) on the left with wife, Diane. Cynthia and Buddy Kahler in the middle and Mike Hamilton on the right (a potential member).



Jeff Bohler (left) giving a MOAA coin to Ms. Libby Harper, guest speaker, (right) after her presentation on Treatment Options for Leg Vein Restoration.

Checking for Colon Cancer



What is colon cancer?

Colorectal cancer is a cancer that starts in the colon (bowel) or rectum. Most colorectal cancers start with a polyp.

What is a polyp?

A polyp is a fleshy growth of tissue. Polyps are found in many different parts of the body, including the colon. Most polyps are harmless, but some can turn into cancer.

What are the symptoms of colorectal cancer?

In many cases, colorectal cancer may not have any symptoms. It is often found by using a screening test. But you should tell your doctor if you have any of the following symptoms:

- ⇒ Changes in your bowel patterns. These can include diarrhea, constipation or a narrowing of the stool (feces) for more than a few days.
- ⇒ Bleeding from your rectum or blood in your stool.
- ⇒ Feeling that your bowel does not empty completely.
- ⇒ Cramping, frequent gas, bloating, a feeling of fullness, or vomiting.
- ⇒ Weight loss when you are not trying to lose weight.

Having these symptoms does not mean that you definitely have cancer. Many of these symptoms can be caused by other problems. You may need tests to know for sure what is causing your symptoms.



Brad Lynn (Sue Johnson's son) joined last month. His wife, Wendy couldn't make it to the meeting; however, she is pictured with Brad in our February Newsletter.

Secretary's Report

March 2020

As of February 29, 2019, the chapter has: **A reminder that 2020 dues were due January 1st.**

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

Please mail a check to ECAC-MOAA, P.O. Box 1003, Auburn, AL, 36830-1003. Or, bring your check to a dinner meeting.

Per Chapter By-laws, you must become a member of National MOAA to belong to the chapter.

On February 18th, at the monthly meeting, 24 members and guests enjoyed Ms. Libby Harper's presentation on vein restoration.

Jeff Bohler won the free meal raffle.

There is a meeting of the Board of Directors scheduled for Wednesday, April 1st at 1PM at the American Red Cross Building, 206 26th St., Opelika, Alabama.

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

Treasurer's Report

March 2020

Summary of Activity 02/01/2020 to 03/02/2020

Balance Forward from 02/01/2020	\$4,519.96	
Deposits/Credits		\$1,120.00
Withdrawals/Debits		\$624.68
Service Charges	.00	
Ending Balance as of 03/02/2020:		\$5,015.28

12 February 2020

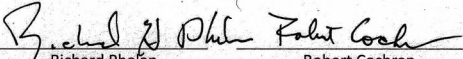
From: Audit Committee
 To: ECAC-MOAA Board of Directors
 Subj: Annual Audit for FY 2019

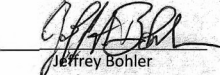
The Audit Committee has reviewed the financial documentation of the chapter and found no alarming discrepancies. All monies collected have been properly deposited in the Chapter's bank account, and all debits have been for authorized expenditures. The chapter's Treasurer, Earl Digman has faithfully fulfilled his duties.

However, the Audit Committee did develop several recommendations to facilitate future audits. The recommendations are:

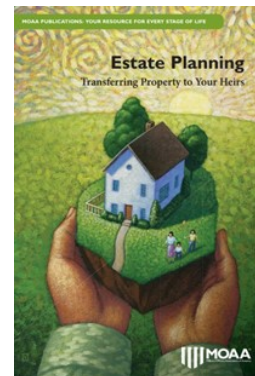
1. An audit should be conducted annually, in the month of February, after the January bank statement has been received to review the previous year's financial records. This is a responsibility of the board to make sure that this happens, not the Treasurer.
2. The Treasurer should maintain a list of all transactions in the check register, including debit card transactions. The check register acts as the Chapter's "General Ledger" of financial transactions.
3. The Treasurer should reconcile the account monthly, following receipt of the preceding month's bank statement. This would help with timely identification of any discrepancies.
4. The Treasurer is very busy at the monthly meetings, with members conducting many different types of transactions, other than just paying for their meal. A "Cashier" should be assigned to work with the Treasurer and maintain a list of transactions as they are being made that can be used by the Treasurer later to be summarized on the Monthly Financial Statement. A proposed Transaction form is attached to this memo.

We would like to thank Earl for his hard work as our Treasurer and his service to our Chapter.


 Richard Phefan Robert Cochran


 Jeffrey Bohler

Estate Planning JANUARY 16, 2019



Maintaining an estate plan should be a priority for everyone, and this publication will guide your development. Estate Planning guides you through wills, power of attorney, probate, property laws, trusts, gifting, special relationship situations, and more. For our PREMIUM and LIFE Members, benefits and financial counseling with MOAA staff experts is available.

MOAA News

Coronavirus Update: Latest From VA, DoD, TRICARE, and More

By: Kevin Lilley

March 11, 2020

A soldier at U.S. Army Garrison Casey in South Korea checks the temperature of an individual awaiting entry to the base Feb. 26. (Photo by Sgt. Amber I. Smith/Army)

The COVID-19 threat has prompted frequent policy changes, updated guidance, and multiple event cancellations as federal and local agencies of all types attempt to contain the virus. Below, you'll find links to some of these updates, as well as fact sheets and other related materials.

Latest News: Follow the latest from DoD on its [Coronavirus Spotlight page](#). ... Military Times also has a [COVID-19 page](#), which includes an update on potential [curtailment of military moves and deployments](#), as well as news on a deal between the Army and a drug manufacturer [on a potential treatment](#). ... As of March 10, [there were at least 11 COVID-19 cases](#) among DoD personnel, dependents, and contractors.

Please note: These materials were compiled by MOAA on March 11; expect some of them to be overcome by events in the near future. For the latest information, and for details on what you should do if you suspect you've been exposed to the virus, please visit the Centers for Disease Control and Prevention (CDC) COVID-19 website.

<https://www.moaa.org/content/publications-and-media/news-articles/2020-news-articles/coronavirus-update-latest-from-va.-dod.-tricare.-and-more/>



VA HEALTH CARE | Defining EXCELLENCE in the 21st Century



IN THE SPOTLIGHT

Stay Home and Phone

Medical appointments possible at home via VA Video Connect

Got a fever, cold, cough or flu-like symptoms? Are you worried that you have a viral illness? Sometimes the last thing you want to do is to get out of the house to see the doctor, exposing yourself (and others) to more potential bugs and viruses. VA can make it easier and safer to get back to health with virtual care through My HealthVet and the [VA Video Connect App](#) on your smartphone, tablet or computer.

What is virtual care? Virtual care means you can contact your VA provider (and health care team) through [Secure Messaging](#) or receive treatment by telephone or video. Last year, Veterans had over 20 million virtual engagements with VA. Any Veteran who qualifies to receive VA care and lives in the U.S. is eligible to use virtual care.

Virtual care is personalized and can connect you with your providers more effectively than ever. Ask your health care team if virtual care can help meet some of your health care needs - whether through in-home health monitoring with tailored technologies, connection to specialists, or even remote scans and data.

Virtual care is safe and effective. Imagine the benefits to you and to your fellow Veterans if you don't have the hassle of going to the hospital or clinic with a cold, flu or other viral illness. You can stay at home and avoid battling for a parking spot and spending time in a waiting room. Most importantly, you won't put other Veterans at risk of a highly contagious illness. Staying home can be easier for you AND safer for the community by helping contain the spread of infectious diseases.

You probably already know My HealthVet is a great way to manage your care - with online Rx Refills, VA Appointments, and your labs and tests, radiology reports, and images. And with Secure Messaging and video appointments, reaching your providers while at home can be easy, too. While not for use in emergencies, a secure and private session begins with a simple request with a Secure Message for a video appointment. [Sign in](#) and request one next time you need to see your doctor or other providers.

Your health care team can also set up an in-person appointment if needed. However, if you're feeling seriously ill, or your symptoms may require immediate care, please - come in!

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20200304-stay-home>



Legislative Chair—Charlie Block**State & Local Legislative Issues & News**

I thought this month that I would focus on the current concerns about the coronavirus. The following article from the VA does a good job of summarizing the do's and don'ts.

Vantage Point Official Blog of the U.S. Department of Veterans Affairs Coronavirus: Be informed and call your provider if symptoms develop. Talk of the new coronavirus (COVID-19) is everywhere. Here's what you should know and do to keep yourself and your loved ones healthy. Know the symptoms. The new virus causes respiratory illness in humans, usually 2–14 days after exposure. Illnesses have ranged from mild symptoms to severe, including fever, cough, and shortness of breath. The virus is thought to spread mainly from close contact with an affected person. It spreads in the air, like flu, and through droplets from sneezes and coughs. The droplets can stay suspended in the air and can land on surfaces that are touched by others. Understand your risk. The Centers for Disease Control and Prevention (CDC) considers COVID-19 to be a serious public health threat, but individual risk is dependent upon exposure. For the general American public—those who are unlikely to be exposed to this virus at this time—the immediate health risk is low. Keep an eye on coronavirus, but remember the flu. Symptoms of fever, cough and shortness of breath also happen to be symptoms of the common cold and flu. This year, at least 29 million flu cases have been reported with 280,000 hospitalizations and 16,000 deaths from flu. Flu activity most commonly peaks between December and February and can last until May. What's important to remember is that anyone can get the flu. But you are more likely to become infected if you: Have a weakened immune system. Have frequent, close contact with young children Work in a health care setting where you may be exposed to flu germs Live or work with someone who has the flu haven't received an annual flu shot Take precautions to guard against infection. Get a flu shot. Keep your hands clean by washing with soap and water for at least 20 seconds or using a hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth. Avoid people who are sick. **Stay home** and away from others when sick. Cover your coughs and sneezes with tissues or your arm/sleeve. Dispose of tissues in the trash. Keep surfaces clean using disinfecting wipes? Check the CDC advisories prior to planning travel.

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 (Read for first time) Pending	
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 (Read for first time) Pending	
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 (Read for first time) Pending	
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 (Passed House & Senate on 03-10, without MOAA Amendment)	
SB143	Intro	Local Boards of Education, military dependents deemed Alabama residents for purposes of virtual education when member of US Armed Forces ordered to relocate to state, Sec. 16-46A-1 am'd.		2020-03-10 Veterans and Military Affairs (Passed both House, 03-10 and Senate, 02-18)	
SB	N/A	Alabama Council of Chapters - Military Officers Association of America, and its affiliated local chapters located in Alabama,		2020-02-04 To Senate Finance and Taxation Education Committee	

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.

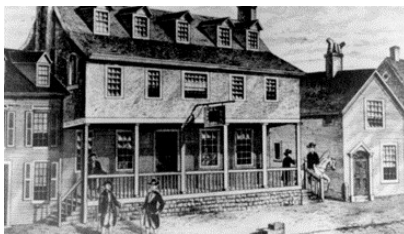
Join ECAC Online!
<https://ecacmoaa.com/join-ecac>

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.

Sketch of the Tun Tavern



According to legend, the first Marine Corps Marine tradition holds that the Corps was formed in a bar.

U.S. Marine Corps

Something You May Not Know About the Marine Corps

The story dates to late-November 1775, when newly commissioned Captains Samuel Nicholas and Robert Mullan supposedly organized the first Marine Corps muster at Tun Tavern, a popular watering hole in Philadelphia. The two officers are said to have lured potential Marines with mugs of beer and the promise of adventure on the high seas, and their recruits later made up the first five companies that served aboard Continental Navy ships. While there's little hard evidence to back up the tavern tale—some historians maintain that a pub called the Conestoga Wagon was the more likely recruitment site—it remains a part of Marine lore to this day. The National Museum of the Marine Corps in Virginia even contains a restaurant named "Tun Tavern."

Executive Officers and Chair Positions for 2020-2021

Executive Board

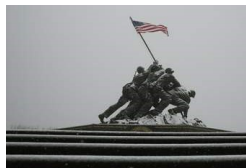
- President: Mike Horsefield
- Vice President: Jeff Bohler
- Secretary: Bill Broome
- Treasurer: Earl Digman
- Director Chapter Affairs: Marilyn Horsefield
- Director Communication: Cathy Golden
- Director Program & Banquet: Mike Golden
- Director Legislative: Charlie Block
- Past President & Chaplain: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



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.

The President's Corner:



Greetings ECAC-MOAA,

Our Chapter President, Mike Horsefield, and his wife, our Director of Chapter Affairs, Marilyn Horsefield, are currently tackling a pressing health issue. The best thing we can do to support them is to provide time to heal and relief from Chapter duties until they can actively participate. Mike asked me to serve as Acting Chapter President, and several members will assume Marilyn's duties temporarily. Please keep the Horsefield family in your thoughts and pray for a full and quick recovery for Marilyn.

For our monthly meetings, we are trying to provide a mix of topics. Last month's speaker, Libby Harper, provided an informative presentation on Venous Insufficiency, and I have heard that several of our members have contacted the clinic in Opelika. I know that I learned a few things. This month's meeting will feature Billy McDonald, who will share his father's experiences while serving as Claire Lee Chennault's wingman with the famed aerobatic flying group, "Three Men on a Flying Trapeze." Billy will also discuss his father's exploits in China from 1937 to 1940 when he trained Chinese pilots with Chennault and supported the Flying Tigers from 1941 until the end of the war.

COVID-19, the "Coronavirus" is continuing to disrupt normal operations throughout the world, and our community is no exception. While there have been no reported cases in Auburn, or Alabama as of 3/9/2020, our chapter members are decidedly an "at risk" population. As a result, our Chapter Board of Directors and I will continue to monitor the situation and make alternative arrangements as warranted.

Stay safe, wash your hands, and I look forward to seeing you on March 24th, at 1800.

V/r,

Jeffrey Bohler



Find
ECAC-MOAA on
Facebook and
Linked In



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.

ECAC-MOAA
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