

ECAC Newsletter

ecacmoaa.com



NOVEMBER 2020

Wreaths Across America

If you or a friend would like to donate to Wreaths Across America, you can click on this website to go directly to the chapter's page for donations helping the Ft. Mitchell Cemetery receive wreaths. You can even donate (purchase wreaths) in memory of someone.



Wreaths Across America

Turning the Tide on Veteran Suicide®

Headlines nationwide are sounding alarms—Suicide is Increasing. The CDC recently reported that suicidal thought has doubled in 2020. Sadly, the Veteran community holds a disproportional number of the nearly 50,000 losses that occur annually.

Our November meeting will address the subject of suicide and the steps that we can take to build a culture of mental health among veterans and all at risk within our community. Guest Speaker, Chaplain (LTC) Lou Koon will share insights from his work in intervention, that includes more than 1,400 successful suicide interventions since 2012. Of particular note, is the danger of being so focused on looking for signs that we miss 20% that are at risk without signs. They too can be helped.

While the typical epidemic calls for white coats in research labs and hospitals, the epidemic of suicide is best stopped by ground forces of ordinary people willing to engage in meaningful discussion before the coats show up. You don't have to be the First Responder on the bridge desperately trying to talk a person down. You can be the real first responder who is able to help those at risk before they ever get to the proverbial bridge of despair.

Continue on Page 8.

Next Meeting 1900 — Tuesday — 17 November 2020

The location for the meeting this month is a virtual experience by Zoom. You can connect by clicking on the following link: <u>ECAC-MOAA Zoom Meeting</u>. If chapter members want to call in because they may not have a microphone and webcam, they can still watch the meeting using the link and call in to talk using this information: <u>Call: (312) 626-6799</u>. <u>Enter Meeting ID: 914 7047</u> 2915 and Passcode: 292648 when asked.

















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	Cancelled COVID-19
April 21st	Tuesday	6 PM	Cancelled COVID-19
May 19 th	Tuesday	6 PM	Cancelled COVID-19
June	None		
July	None		
Aug 15 th	Saturday	4 PM	Cancelled COVID-19
Sept 15 ^h	Tuesday	7 PM	Virtual by Zoom
Oct 20 th	Tuesday	7 PM	Virtual by Zoom
Nov 17 th	Tuesday	7 PM	Virtual by Zoom
Dec 15 th	Tuesday	TBA	Virtual by Zoom

Thanksgiving Day is an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans



generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. This year it is celebrated on Thursday, November 26, 2020.



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. Space 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.



"Happy 245th Birthday" November 10, 1775

The USMC birthday was officially recognized in 1921. Major Edwin North McClellan of the Marine Corps History Division submitted a proposition to the ranking commandant which advocated for the anniversary to instead be designated on November 10. On November 10, 1775, just eight months shy of the Declaration of Independence, a new corps was formed following the introduction of the Continental Marine Act.

At the time, an official plan was developed by the Continental Congress to oversee a mission intercepting ammunition cargo from Britain, using Marines. This resolution made in November to create a stand-in official Marine Corps force, was essential to the formation and modernization of the now U.S Marine Corps. Having taken part in nearly every U.S. conflict, the Marine Corps has defended our country since America's inception. The Corps, with over 186,000 active duty members and 38,500 reserves as of 2017, continues its proud tradition as protectors of the U.S. and its people.

https://nationaltoday.com/marine-corps-birthday/

The President's Corner:

WIN GIFT CARDS!

Greetings! This is your November letter from your Chapter President Mike Horsefield. I hope and trust that November finds everyone healthy and ready for winter. This fall, your MOAA Board members have been working on a way to enhance everyone's holiday season! Specifically, we have authorized the expenditure of \$500 from our MOAA account to be used to fund over 20 gift cards which we will give out at the Christmas party. The prize breakdown will be in increments of \$50, \$40, \$30 and \$20 - all totaling up to \$500 for our virtual Christmas party on December 8th hosted on a Zoom video teleconference. The only catch is you must be present (virtually) to win. To keep it interesting, we plan to only permit one prize per member except for the \$50 grand prize where everyone present will have a chance to win.

I recommend that everyone practice connecting to Zoom at our next regular meeting on Tuesday, November 17th. We will send out a Zoom link before the meeting to help you connect. In the meantime, your MOAA organization is still doing great things for you and Veterans everywhere. So while it may appear as though we're not necessarily doing much as a Chapter (we are), the national MOAA organization which you support is still successfully fighting for your hard-earned benefits.

Keep the faith and I look forward to seeing everyone in person soon!

Mike Horsefield





Secretary's Report October 2020

As of October 31, 2020, the chapter has:		2020 Dues				
67	Regular Members	\$20	Per regular member.			
12	Surviving Spouse Members	\$15	Per dual member.			
2	Associate Members	\$5	Per Surviving Spouse/Associate/ROTC			
81	Total Members					
Please mail a check to ECAC-MOAA, P.O. Box 124, Auburn, AL, 36830-0124. Or, bring your check						
o a dinner meeting. * 2021 Dues notices will be going out soo						

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

* Commander Thomas L. (Len) Cochran, USN, (Retired) passed away October 21st. * The November Board of Directors meeting was held on Tuesday, November 3rd at 1300 by Zoom videoconference. * If you have any information that has changed, please contact Bill Broome at wjbroome@gmail.com or 703-395-4317.

Treasurer's Report

October 2020

Summary of Activity 10/01/2020 to 10/31/2020								
Balance Forward from 09/01/2020	\$5,229.73							
Deposits/Credits		\$00.00						
Withdrawals/Debits			\$56.65					
Service Charges	00.00							
Ending Balance as of 09/30/2020:				\$5,173.08				

Legislative Chair—Charlie Block

PΙ

National, State, & Local News

At a recent Legislative Forum I attended Dana Atkins CEO of MOAA spoke. Two of the things he pointed out as current issues are proposed changes to the Military Healthcare system. What many of us don't know is that the TRICARE reimbursement rate is less than the MEDICARE rate and as a result folks in certain areas will have difficulty getting a doctor to serve them if they can no longer use a Military Treatment Facility.

The second thing Atkins talked about was Arlington Cemetery. I have copied current information from MOAA about this issue: The public comment period opened Sept. 15 and will close Nov. 16. MOAA will continue to encourage our members and others to comment. Click this link (https://www.federalregister.gov/documents/2020/09/15/2020-17801/army-cemeteries#opencomment) to go directly to the comment page. Or, you can read the full proposed rule at this link and make your comments there by clicking the "SUBMIT A FORMAL COMMENT" button in the upper right corner.

Arguments Against the Changes

- The proposal will force those who have already made end-of-life plans to make difficult decisions

 in some cases, the family will have to decide on behalf of the deceased with no previous input or planned options.
- The changes, which would force more people to a different cemetery, do not account for allimportant military honors.
- The proposed eligibility, emphasizing combat and the Purple Heart, diminishes the value of career-long service for others who wore the uniform, particularly those who shared similar risks

Legislative Chair—Charlie Block (Con't)

- The proposed eligibility, emphasizing combat and the Purple Heart, diminishes the value of career-long service for others who wore the uniform, particularly those who shared similar risks in the air and at sea.
- As proposed, the changes could end up being discriminatory against some military branches and specialties, and against those whose gender prevented them from serving in certain capacities. MOAA has requested, and has been unable to obtain, any reliable information from DoD or the Army on how the proposed changes impact eligibility from each service or how the changes impact eligibility by gender. We can only conclude such information was not considered in any meaningful way when the proposal was developed. Without this information, it is fundamentally unfair and disrespectful to the entire veteran community to rush through these new exclusions on Arlington eligibility.
- The proposal allows for eligibility of political appointees, possibly displacing a more deserving service member. It's an unpopular change among many MOAA members; any changes that narrow eligibility for those who served a career should not be used to create space for political appointees not otherwise eligible.

MOAA's Recommendations

- Grandfather those who are currently eligible to account for 20-year retirees who have already intended ANC to be their final resting place.
- Expand ANC using non-contiguous federal land, which would allow years to figure out how to bestow similar honors at partnered or sanctioned locations. MOAA is concerned non-contiguous expansion was not considered with the same fervor applied to eligibility.
- Change the time horizon to 90 years. The planning criteria for extending the life of ANC for 150
 years was arbitrary and spans over the next five generations. Conditions for the past five
 generations are not a reasonable yardstick when looking five generations forward.
- Extend the period of implementation. A protracted period of three to four years would afford time to create a reservation system to gauge intent for those currently eligible and examine the creation of ANC annexes through noncontiguous expansion, as specified in Public Law 114-158 and outlined above. Congressional approval and oversight for the final determination is needed to ensure the intent of this law is met.

What Is Next?

When the Federal Register public comment closes, it will take over a year to reconcile and resolve legal challenges before approval. Existing ANC standards will remain in effect during that time. Intervention from elected officials may be required to change course for reduced eligibility for our national cemetery.

Charlie Block ECAC Legislative Chair

TAKE ACTION

<u>Pass a Budget, on Time, to Avoid Damage Caused By Continuing Resolutions</u>. Continuing resolutions stall plans to modernize DoD and improve the lives of servicemembers, military families, retirees, and veterans. New programs receive no funds while outdated ones limp forward. Looming shutdowns put some servicemembers' pay at risk. Ask your lawmakers to pass a budget on time this year.

MEMBER SECTION



ECAC would like to welcome our newest member **Jerry Williams**. We are still waiting for additional information on Jerry. We will update the membership next month.



Commander Thomas L. "Len" Cochran, USN, Retired of Auburn was born to the late Essie B. Parker Cochran and Lenwood Cochran on August 26, 1934 in Wilton, AL and passed away at his home surrounded by family on October 21, 2020. He was 86 years old. He came to Auburn in 1978 following a 22-year career where he retired as a Commander in the US Navy. In Auburn he worked with the School of Pharmacy and then went on to practice pharmacy at Kroger before fully retiring. He was preceded in death by his son, Kendrick P. Cochran. Len is survived by his wife of 64 years, Monette B. Cochran; children, Thomas L. Cochran, Jr. (Renee), John W. Cochran (Susan), and Mona Silvey (Lee); daughter by marriage, Anna G. Cochran; 12

grandchildren, and 17 great grandchildren.

























69 Veterans Day Free Meals 2020

Plus Other Veterans Day Freebies for 2020

Written by Stacy Fisher, Updated 11/10/20



Veterans Day Free Meals for 2020 is now being updated! Keep checking back for more additions.

Here is your guide to all the great Veterans Day free meals! We want to thank you for your service. Below are all the popular restaurants and other retailers that are giving away free meals, discounts, <u>and other freebies</u> to veterans on Veterans Day (Wednesday, November 11, 2020).



Applebee's Veterans Day Free Meal (Wednesday, November 11, 2020)



Olive Garden Veterans Day Free Meal (Wednesday, November 11, 2020)



Red Lobster Veterans Day Free Appetizer or Dessert (Wednesday, November 11, 2020)



Starbucks Veterans Day Free Coffee (Wednesday, November 11, 2020)



Golden Corral Veterans Day Free Meal (November 1 - 30, 2020)



Little Caesars Free Veterans Day Pizza (Wednesday, November 11, 2020)



O'Charley's Veterans Day Free Meal (Wednesday, November 11, 2020)



<u>Cracker Barrel Veterans Day Free Dessert (Wednesday, November 11, 2020)</u>



Chicken Salad Chick Veterans Day Free Meal (Wednesday, November 11, 2020)



<u>Huddle House Veterans Day Free Sweet Cakes (November 8-11, 2020)</u>



Logan's Roadhouse -- On November 11 between 3 and 6 pm



Sizzler Veterans Day Free Lunch (Wednesday, November 11, 2020)



Smoothie King -- Free 20 oz. Smoothie (Wednesday, November 11, 2020)



TCBY -- Free 6 oz. frozen yogurt (Wednesday, November 11, 2020)



Free Haircuts at Great Clips (Wednesday, November 11, 2020)



Free Car Washes for Veterans (Wednesday, November 11, 2020)



Goo Goo Car Wash Systems - 1672 S. College Street Auburn AL 36832

Goo Goo Car Wash Systems - 2336 Bent Creek Parkway Auburn AL 36830

For a complete list of freebies and other discounts Veterans Day 2020 refer to the following links:

https://www.thespruce.com/veterans-day-free-meals-1357348

https://www.thespruce.com/veterans-day-freebies-discounts-4101988

https://www.military.com/veterans-day/veterans-day-military-discounts.html

Continued from Page 1.

Suicide is not the result of wanting to die. It is the result of loss that leads to hopelessness and that hopelessness is so overwhelming that it short-circuits the coping mechanisms to the point that suicide seems to be the only option. Caring and courageous individuals willing to listen, learn, and lead offer incredible power to reignite hope when it seemed all hope was gone.



About Lou

Dr. Kenneth 'Lou' Koon is an author, speaker, interventionist and Chaplain (LTC) in the USAR. He is the founder of Armed Forces Mission and the Intervene Challenge. In 2012 he developed the Listen Learn Lead model of suicide intervention after his own brush with suicidal thoughts. More than 17,000 individuals have participated in L3 training including members of the 101st Airborne, the 169th Fighter Wing US Air National Guard, Homeland Security, Universities, and hundreds of law enforcement agencies throughout the US. Lou was honored as the Trinity Awards Emergency Responder of the Year and

inducted into the University of North Georgia Alumni Hall of Fame in 2018 for his work in intervention. He a member of the Georgia Chiefs of Police Association, National Alliance on Mental Illness, and International Critical Incident Stress Foundation. Lou holds a Master of Divinity in Education, Doctorate in Counseling, and completed his clinical education at Piedmont Hospital. He and his wife, Sherry are the parents of four grown sons. Two are Air Force, one was Coast Guard, the youngest is a Fireman/EMT with the Atlanta Fire Department. They have four grandchildren and one on the way and love spending time with the family at Lake Wedowee Alabama.

"Lou Koon is leading the charge to eradicate veteran suicide. Follow the leader."

Brigadier Gen. Pete Madsen USA ret.

Army Chaplain pays it forward...the ultimate example of leaving no soldier behind

Atlanta Journal















https://images.search.yahoo.com/yhs/search; ylt=AwrC3L5GBqtf F QALgIPxQt.; ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMEc2VjA3BpdnM-?p=veterans+day+2020&type=cr hp sep20 wk43 2020¶m1=f1



A joint service color guard presents the colors during a Veterans Day ceremony at the Indiana War Memorial in Indianapolis, Nov. 10, 2018. (U.S. Air National Guard photo/Jonathan W. Padish)



UNITED STATES MARINE CORPS

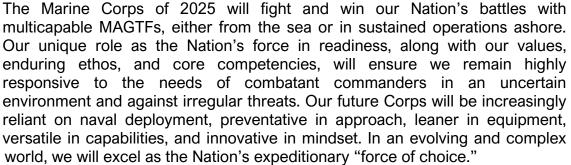


MISSION

The Marine Corps has been America's expeditionary force in readiness since 1775. We are forward deployed to respond swiftly and aggressively in times of crisis. We are soldiers of the sea, providing forces and detachments to naval ships and shore operations. We are global leaders, developing expeditionary doctrine and innovations that set the example, and leading other countries' forces and agencies in multinational military operations. These unique capabilities make us "First to Fight" and our nation's first line of defense.



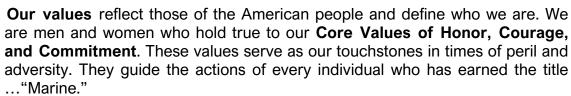
VISION





CORE VALUES







MOTTO

"Semper fidelis"
("always faithful" or "always loyal")

MARINE CHANT



"Oorah!" which is not to be confused with the "hooah!" of the Army or "hooyah!" of the Navy and Coast Guard.

https://www.hqmc.marines.mil/Portals/142/Docs/MCVS2025%2030%20June%5B1%5D.pdf / https://www.google.com/search?q=logo+usmc&tbm=isch&hl=en-US&sa=X&ved=2ahUKEwi-ne37g_nsAhXLcgwKHeftDmoQrNwCKAB6BQgBEIUC&biw=1583&bih=700#imqrc=qOb6595YU9X2iM



FYI: If you are wearing a non-disposable cloth mask to prevent the spread of Covid-19, be sure to wash your mask in hot water and soap, scrubbing at least 20 seconds. Tumble the mask in the dryer on high heat to further sanitize, and store in a clean place. Cloth face masks should be worn in public settings where social distancing measures are difficult to maintain, such as in grocery stores, especially in areas of significant community-based transmission.

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.

Due to COVID-19, Chapter face to face meetings are on hold until safe conditions can be guaranteed.

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.

UNITED STATES MARINE CORPS RECON

Force Reconnaissance (FORECON) is one of the United States Marine
Corps' special operations capable forces (SOC), and supplies essential elements
of military intelligence to the command element of the Marine Air-Ground Task
Force (MAGTF), by supporting their task force commanders, and their
subordinate operating units of the Fleet Marine Force (FMF). Historically, the Force Recon
companies, detachments and platoons performed both deep reconnaissance and direct action
(DA) operations. Some missions are now shared by the Marine Special Operations Teams (MSOT),
due to the establishment of the U.S. Marine Special Operations Command (MARSOC) in 2006.



Governor Ivey was joined State Health Officer Dr. Scott Harris when she announced her 19th supplemental emergency proclamation containing an amended Safer at Home Order that includes a statewide mask requirement. Individuals will be required to wear a mask or other facial covering when in public and in close contact with other people, as described in the order. This amended order extends until December 11, 2020 at 5:00 p.m.



includes a statewide mask requirement kept in place to help prevent the spread of the COVID-19 virus. that includes a City Council asked for everyone to continue practicing social distancing and wearing masks to help slow the

Executive Officers and Chair Positions for 2020-2021

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

Executive Board

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

Chaplain: Mike Golden

MOAA ISSUES

TAKE ACTION

These important issues require your **immediate attention**. Send your elected officials a MOAA-suggested message today. **Press the control key and then click on the link.**

<u>Urge Your Elected Officials to Support Legislation to Stop Cuts to Military Medicine</u> Act now to urge your senators to support FY21 NDAA legislation that will halt MTF restructuring as well as cuts to uniformed medical personnel billets. While the House NDAA draft includes critical provisions, the Senate version remains silent. Ask your senators to support these protections and push for their inclusion in the final NDAA.

Ask Your Lawmaker to Help Expand Benefits for Tens of Thousands of Vietnam Veterans The Senate version of the FY 2021 National Defense Authorization Act (NDAA) would expand VA benefits available to Vietnam veterans exposed to herbicides such as Agent Orange, adding conditions scientifically linked to such exposure.

<u>Protect Gold Star spouses during future shutdowns</u> Under current law, Gold Star spouses receiving benefits from the Department of Defense are protected from interruptions in payments during a government shutdown. But because Coast Guard paychecks come from the Department of Homeland Security, these survivors are still at risk.

<u>Urge your legislators to support concurrent receipt</u> Contact your representative and senators and urge them to support H.R. 5995, the Maj. Richard Star Act, and the companion S. 3393 -- which would provide concurrent receipt for servicemembers unable to complete 20 years of service due to their combat-related injuries. Help ensure these men and women get their full service-earned retirement, as well as their disability compensation from the VA.

Act now to extend CHAMPVA coverage Did you know many adult children of veterans who are disabled or who died from a service-connected disability risk losing their health care through no fault of their own during the COVID-19 pandemic?



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/

Support the Jobs and Childcare for Military

Families Act According to Department of Defense data, 24% of the military spouse labor force remains unemployed. That's over six times higher than the national unemployment rate. Additionally, many military families feel the impact of the rising cost of health and dependent care. To retain the best and brightest in an all-volunteer force, we must remove as many barriers to family financial stability as possible. Ask Congress to expand the Work Opportunity Tax Credit to military spouses and provide Flexible Spending Accounts as a servicemember benefit.



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 P.O. Box 124 Auburn, AL 36831-0124

