


**ECAC**

# ECAC Newsletter

**ecacmoaa.com**
**JANUARY 2025**


## Thursday Jan 16th AU Club 6PM

This year's first chapter meeting/dinner is a social with our membership. Please come and enjoy the comradery with fellow military friends.

### MARK YOUR CALENDARS;

**February 20, 2025:** For the National Guest Speaker from Washington, DC We will meet at Saugahatchee Country Club to accommodate the extra visitors from the surrounding areas. Please attend this meeting to get an update on MOAA's Legislative Priorities for 2025 and to meet potential members. Last time we had 10.

**April 17, 2025:** The ROTC Banquet at Saugahatchee Country Club which celebrates the students who receive our MOAA award. Many family members and instructors attend this event, so we ask our membership to assist in recognizing these recipients.

January is National Operations Security (OPSEC) Awareness Month, which focuses on protecting sensitive information and activities.

OPSEC Awareness Month educates people about the importance of protecting sensitive information from adversaries like hackers, spies, or terrorists



Order from the menu below,  
and each person/couple pays their own bill.

#### *Salad:*

Clubhouse Caesar \$8

House \$8/\$12

Add Chicken \$8, Add Shrimp \$11, Add Steak \$12, Add Salmon \$13

#### *Dinner:*

All Served with Mashed Potatoes and Grilled Asparagus

8 oz Filet Mignon \$39

Grilled Chicken Breast \$25

Cabana Burger \$15

Fresh Catch Special \$38

**Next Dinner Meeting  
January 16, 2025  
1800 —Thursday— 6 PM**

**1650 Yarbrough Farms Blvd.**

**Auburn, AL 36830**

Take Shug Jordan Pkwy to  
North Donahue Dr. and go north.

After 1/2 mile turn left  
onto Yarbrough Farms Blvd.,  
and the AU Club is on the right.

**Please RSVP at 334-826-1107**

**or by email to**

**bohler1107@charter.net**

**by Tuesday, Jan. 14th by 9PM.**

## Board Meeting was Monday, Jan 6, 2025.

### As of December 31, 2024, the chapter has:

### 2025 Dues

73 Regular Members	<b>\$50</b>	Per regular member.
10 Surviving Spouse Members	<b>\$45</b>	Per dual member.
2 Associate Members	<b>\$25</b>	Per Widow/Associate/ROTC student
<b>85 Total Chapter Members</b>		

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

February's Board of Directors meeting will be Monday, Feb. 3rd, at 1145 at Chappy's. Any member wishing to attend should contact a Board member for an invitation.



Treasurer Report by Gordon Bugg  
 \$2096.40    12-31-24    Bank Balance  
 No outstanding items or deposits

There are no December minutes as the Christmas Party was cancelled.

### \*\*\*Dues Payment\*\*\*

At the Sept & Oct Board Meetings the board discussed what the new dues should be after doing some research. Many clubs in the area are around \$75-\$95 per year. Our **chapter dues have been \$20 for over 30 years and haven't been enough the last few years to meet our chapter's needs or goals due to inflation.**

The chapter has been covering the tax, large group service charge, and tip for each **person's meal for the several years, so the price of meals would stay low when it** was a set menu at Saugahatchee Country Club. The chapter has also covered room rentals. Using the AU Club and paying for our own meals has worked well for the **majority of our meetings, but the angled patio room isn't workable with the 50- 75** attendance at special events.

For a regular member, \$50 was suggested by the board and the chapter members voted at the October general meeting to raise it to this amount starting in the 2025 year. Surviving spouses in the future would pay \$25. Dues will be collected in January and February at the meetings or by mail. Payment is due by March 1st, so a new roster can be prepared. Look for an invoice in the mail with a stamped return envelope to mail your check after the January meeting.

If you have questions, concerns, or payment issues about your chapter dues, please contact the membership chair, Judy Bohler, at the email address [bohler1107@charter.net](mailto:bohler1107@charter.net) which is the email the newsletter is sent to you.

**ECAC-MOAA's 2025 Meeting Dates**

Jan 16th	Thursday	6PM	Auburn Univ Club
<i>Feb 20th</i>	<i>Thursday</i>	<i>6PM</i>	<i>Saugahatchee</i>
Mar 20th	Thursday	6PM	Auburn Univ Club
<i>Apr 17th</i>	<i>Thursday</i>	<i>6PM</i>	<i>Saugahatchee</i>
May 15th	Thursday	6PM	Auburn Univ Club
Jun/July	No Meetings		

**Medicare Advantage**

**Open Enrollment Period started on Jan 1, 2025 and closes March 31, 2025.**



*January is the first month of a 365 page book. Write a good one.*

*Brad Paisley*



The Auburn Planesmen R/C Flying Club,

<https://auburnplanesmen.org/>

is located on a private full-scale (700 feet long by 100 feet wide) grass runway, flying radio-controlled electric, glow, gas, and turbine-powered aircraft. There is a solar-powered battery charging station for 12V and 120V battery chargers. You can expect 5-7 of the flying club members out every weekend, most likely on Sunday afternoons.

Check out the website for more information.

**FYI: Distaff Club**

If you are somewhat new to ECAC MOAA, you may not be aware that there is a local organization called Distaff Club for military spouses. They restaurant hop on the second Wednesday of the month in the Auburn/Opelika area. Traditionally, the February meeting includes a bring a spouse/friend/Valentine to lunch and the December meeting has an ornament exchange. They enjoy getting together to socialize and getting to know one another. Dues are only \$5.00 a year and collected at the restaurant in the summer. If interested, please contact Judy Bohler, President, (334) 826-1107 or Cathy Golden, Treasurer, (334) 246-7142. Come join us!



## Preview Four Changes Coming to TRICARE in 2025 (on pages 4-5)

**By TRICARE Communications Newsroom    Dec. 23, 2024**

FALLS CHURCH, Va. — With the end of the year approaching, it's a good time to consider your family's healthcare needs for the coming year. As you think about things like scheduling preventive care visits and knowing your 2025 TRICARE costs, you should also note some changes coming to TRICARE in 2025. There will be a new health plan and dental contracts—as well as other expanded TRICARE benefits—that may provide you and your family with services to support your overall health and well-being.

**"TRICARE remains committed to offering service members, retirees, and their family members with the best possible benefit wherever they are,"** said Dr. David Krulak, Director of TRICARE Health Plan, at the Defense Health Agency. **"We believe these changes will help improve access to high-quality care for TRICARE beneficiaries around the world."**

**Keep reading to learn about four of these changes and whether they'll affect your family.**

### New regional contracts in the U.S.

**Do you live in the U.S.? If so, the biggest change coming to TRICARE in 2025 is the start of health care delivery under TRICARE's new regional contracts. These changes will affect you unless you have the US Family Health Plan or TRICARE For Life.**

While there will still be two TRICARE regions, six states currently in the East Region (Arkansas, Illinois, Louisiana, Oklahoma, Texas, Wisconsin) are moving to the West Region. There are also some ZIP codes in four of these states that will be exceptions to the region changes.

Remember: If you live in the West Region, or a state moving to the West Region, you need to provide your recurring payment information to TriWest Healthcare Alliance by Jan. 1, if you pay for your TRICARE coverage via bank electronic funds transfer, debit card, or credit card. (However, if you pay by military pay system allotment, you don't need to do anything. Your payment information will transfer to TriWest automatically.) You can also create an account on TriWest's website and check which providers are in TriWest's network.

The new contracts will bring several improvements, including:

- More efficient referral transfers between the two regions
- Greater access to highly specialized medical and surgical care
- Improved choice, including virtual value network tools that will help you quickly identify providers with the best outcomes
- Better access to telehealth appointments

Do you have more questions about how the new TRICARE contracts may affect you in 2025? Check out these articles on the TRICARE Newsroom:

- Live in the West Region? Update Your TRICARE Payment Information With TriWest
- Reminder: TRICARE Regions Are Changing Jan. 1, 2025
- Know How TRICARE Regions Are Changing in 2025
- Learn How Referrals and Specialty Care Will Work as New TRICARE Contracts Start in 2025
- Q&A: What To Know as New TRICARE Contracts Begin in 2025



## Expanded Childbirth and Breastfeeding Support Demonstration

Are you expecting a baby in 2025? You should know there are also some changes coming to the TRICARE [Childbirth and Breastfeeding Support Demonstration](#) on Jan. 1. This demonstration provides childbirth and [breastfeeding support](#) services to those who have TRICARE Prime, TRICARE Prime Remote, or TRICARE Select, as described in the [TRICARE Maternity Care Brochure](#). In 2025, the CBSD will expand overseas. There are also some new certification and participation requirements for labor doulas in the U.S. In the U.S., the changes include:

- Participation agreements: Certified labor doulas in the U.S. must sign a participation agreement to take part in the CBSD. Labor doulas with a participation agreement can't ask you to pay for covered services once you've met your deductible. They also can't ask you to file your own claims.
- Certification requirements: Among other qualifications, labor doulas must have a current certification from an approved certifying body. The list of approved certifying bodies now includes the National Black Doula Association. (Note: Labor doulas working with a state [Medicaid](#) program may not be required to meet the certification requirement. But they must still sign a participation agreement.)
- Visit flexibility: The CBSD now includes a maximum of six hours of visits from your labor doula (plus unlimited hours of labor support during the birthing event). These can happen before or after you give birth. The six hours can be split into 15-minute increments any way you'd like.

The CBSD will also be available overseas beginning Jan. 1. Overseas, the CBSD includes the same benefits as it does in the U.S. Keep in mind, there may be different, country-specific rules about provider qualifications and services.

Overseas, you must register for the CBSD before you get any services. To register, contact International SOS via phone or email. You should do this as early as possible in your pregnancy. After you register, International SOS will let you know if they can find a TRICARE-authorized provider within 14 days.

The CBSD ends in the U.S. and overseas Dec. 31, 2026. At that time, TRICARE will decide if this coverage will become permanent. To learn more, check out "2025 Changes to the TRICARE Childbirth and Breastfeeding Support Demonstration" on the TRICARE Newsroom.

## New dental contract

In March 2025, a new TRICARE Dental Program contract will begin. While United Concordia will remain the TRICARE dental contractor, [the premium rates will change](#). In the coming weeks, keep an eye out for another TRICARE Newsroom article that explains more about the new dental contract. It'll include the updated rates that will take effect in March 2025.

## Updates to drive time waiver policy

Do you have a TRICARE Prime plan? In 2025, if you move more than a 30-minute drive (but less than 100 miles) away from your military hospital or clinic, you can seamlessly stay empaneled with your current primary care manager.

Unlike in the past, you won't need to take any action to waive your drive time access to care standard. [You'll get a letter telling you that you live farther than a 30-minute drive from your PCM, which is outside the access to care standard](#). If you don't respond, you'll remain with your current PCM. However, you can still choose to change to a new PCM, if you prefer.

The new process is simple:

- After your move, you'll get a letter from TRICARE. It'll tell you that you live farther than a 30-minute (but less than 100 miles) drive from your PCM.
- If you don't respond, you'll stay with your current PCM.
- If you want to change your PCM, follow the instructions in the letter.

More information about this updated policy will be available in 2025.

While a few things will change next year, TRICARE's commitment to the highest quality of care remains the same. Unlock your health by learning more about how to get care with TRICARE in 2025.

## Who Can Join MOAA Chapter?

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.

## 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.

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

## Executive Officers, Board of Directors, Chair Positions for Oct 2023-Oct 2025.

President:	Mike Horsefield	<b>Chair Positions</b>	
Vice President:	Chris Richie	Surviving Spouses Liaison:	Kathy Barto
Secretary:	BJ DeBardeleben	Tops:	Mike Horsefield
Treasurer:	Gordon Bugg	Membership:	Judy Bohler
Director Chapter Affairs:	Ron Carson	Personal Affairs:	Ron Carson
Director Communication:	Jeff Bohler	Newsletter Editor:	Judy Bohler
Director Banquet:	Judy Bohler	Web Site:	Jeff Bohler
Director Legislative:	Ron Barto	Digital Communications:	Jeff Bohler
Past President:	Mike Golden	News Release:	Ron Carson
		ROTC Awards:	Jim Matthews
		Monthly Meeting:	Judy Bohler
		Guest Speakers:	Chris Richie
		By-Laws:	BJ DeBardeleben
		State Council:	Ron Barto
		Legislative Updates:	Ron Barto
		MOAA News:	Ron Barto
		Chaplain:	Mike Golden



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/>



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



**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.