



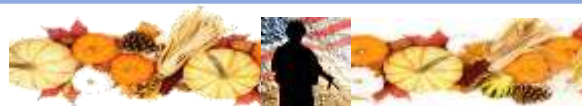
COL (Ret.) Eugenia Thornton, USA,
Chapter President

NEWSLETTER NOVEMBER 2024

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MOAA is a nonprofit, nonpartisan organization open to officers and former officers of the Uniformed Services

November Meeting Agenda



Veteran's Day, cooler weather, football, hunting season, Thanksgiving, etc. are all telltale signs that November is upon us.

Among the mid-Fall milieu is our Dover MOAA November meeting. Details are as follows—

Thursday, 21 November

Franco's Restaurant
1708 E. Lebanon Rd.
Dover DE 19901

Social Hour: 5pm-6pm
Dinner: 6pm-7pm
Program: 7pm-8pm

Dinner selections include these choices:

- Fettuccine w/ shrimp & mushrooms in white sauce (\$32)
- Baked lasagna (\$31)
- Eggplant parmesan (\$32)

To secure your dinner choice, contact Tom Smith by 12 noon on Tues., 19 November

Email: rotorhead65@aol.com

Phone: (301) 904-0228

Food Drive Donations Needed!

**PLEASE REMEMBER
TO BRING A
CANNED OR BOXED
FOOD ITEM TO OUR
NOVEMBER
MEETING**

Dover MOAA will be collecting food donations for the Food Bank of Delaware (FBD), during our November meeting.

pieces, gum and soft candy such as marshmallows, caramels, taffy, licorice, gummy items, savory snacks such as chips puffed cheese snacks, pork rinds and sweet snacks including cakes, cookies, donuts, ice cream, pastries and popsicles.

Accordingly, please bring what you can (no pun intended...) to support this benevolent organization.

Some guidance from FBD on donations--
Please note, the Food Bank of Delaware cannot accept bars or pieces, gum and soft candy such as hard candy, lollipops, soda in cans and bottles, chocolate bars or



For more information: www.fbd.org

The Table of Honor

A key event at our November meeting will be the Table of Honor Ceremony. It is also called the “POW-MIA Remembrance Ceremony,” among other similar titles, depending upon the branch of service conducting the event.

Regardless, this ritual is one of the most solemn formalities held within a community of armed forces veterans. One common-version script for the ceremony reads as follows:

Please notice the small table in a place of honor.

This table is our way of symbolizing that members of our military services are missing from our midst. They are commonly called POW's or MIA's, but we call them brothers.

They are unable to be with us this evening and so we remember them.

The table is small and set for one. It symbolizes the frailty of one prisoner against his oppressors.

The table cloth is white. It symbolizes the purity of their intentions to respond to our country's call to arms.

The empty chair represents no specific soldier, sailor, airman or Marine, but all those who are missing.

The single rose in the vase reminds us of their families and loved ones.

The red ribbon tied to the vase represents the love of our country which inspired them to answer the nation's call.

There is a slice of lemon on the bread plate, to remind us of their bitter fate.



There is salt on the bread plate, which represents the tears of their families.

The glass is inverted. They cannot join us tonight.

All who served with them and called them comrades, all who wore the uniform and swore to the same faith and allegiance, will never forget their sacrifice.

Please join me for a moment of silent prayer



November's Program and Guest Speaker

Our program for November's meeting will entail a presentation on veterans' services in Delaware. Our keynote speaker will be Miranda Mal, who is the Acting Director and Communications Officer at Delaware Office of Veteran Services.

With over 15 years of work experience in various fields, Ms. Mal oversees the operations, budget, and staff of the agency, and manages the internal and external communications, outreach, and advocacy for veteran issues. She retired from the U.S. Air Force, has a background in emergency management, and is skilled in manufacturing process improvement, mentoring, and nonprofit volunteering, which she has applied in her previous roles in the private and public sectors.

Ms. Mal stated, "My mission is to improve the quality of life and access to opportunities for veterans and their families in Delaware. I am passionate about serving my community and advancing the interests of veterans in the state and beyond."



Miranda Mal, Acting Executive Director of the Delaware Office of Veterans Services



DFRW Fundraiser, where three Dover MOAA members were asked to speak at this esteemed event



The Unfortunate Reality of Veteran Suicide

As military officers, one of our key responsibilities is “we take care of our people.” Our time in uniform may be over, but our watch never ends. That includes helping fellow veterans who may show signs of succumbing to an unfortunate, and growing concern we are seeing today-- veteran suicide.

Spouses, family members, and friends of veterans (along with fellow veterans) are often the first to identify risk factors for suicide, but may be unaware that they are actually witnessing warning signs. And, they often don’t know

who to contact, nor what to do if they observe any behaviors

According to the U.S. Department of Veterans Affairs, one or more of the below signs exhibited by a person may be an indicator of a potential issue:

- Talking about death, dying, or suicide
- Seeming depressed or hopeless most of the time
- Agitation, sleeplessness, or sleeping all the time
- Feeling excessive guilt, shame, or failure
- Withdrawing from family, friends, and hobbies they used to enjoy

- Anger or violent behavior (including self-harm)
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.
- Giving away prized possessions
- Seeming to “tie up loose ends,” like writing a will

If you have a concern, you can contact the Veteran Crisis Line at 988 (push 1) and speak to someone immediately, 24-7, regarding the situation.

There are also other help groups involved in addressing the issue of veteran suicide, as noted below.



<https://wefacethefight.org/>



<https://nvf.org/stop-veteran-suicides/>



<https://stopsoldiersuicide.org/>

Dover MOAA Captured Moments



October's
Meeting



Our Pres and
Dolly at
Veterans Day
Event on "The
Green"



Local and National Topics of Concern

VA Secure Sign-in Changes in 2025

From the U.S. Dept. of Veterans Affairs:

https://www.va.gov/initiatives/prepare-for-vas-secure-sign-in-changes/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=13NOV2024

The PACT Act-Updates

From Veterans Benefits Administration (video):

<https://www.youtube.com/watch?v=k0FznJ3gavM>

The Case for BAH Restoration

From MOAA.org:

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/advocacy/join-moaas-fight-for-a-full-military-housing-allowance/>

The Maj. Richard Star Act

<https://www.stripes.com/opinion/2024-09-10/implications-of-an-unpassed-major-richard-star-act-15131851.html>

Junior Enlisted Pay Raise

From Military.com:

<https://www.military.com/daily-news/2024/06/28/massive-junior-enlisted-pay-raises-take-another-step-forward-house-final-outcome-murky.html>

Hegseth Nominated by President-elect Trump as Defense Secretary

From Military Times:

<https://www.militarytimes.com/news/pentagon-congress/2024/11/13/trump-picks-fox-commentator-pete-hegseth-as-his-next-defense-secretary/>

Permanent Office Proposed for Veteran Feedback

From MOAA.org:

https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/house-lawmakers-seek-permanent-office-for-veteran-feedback-to-improve-va/?utm_source=newsletter&utm_medium=email&utm_campaign=TMNsend&utm_content=jj5pOIfKmqMAMHJh1eJHNA==+DE+ATFHsRM+1+ERet+P+CC

Support the Dole Act: Contact Your Legislator

From MOAA.org:

https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/advocacy/send-a-message-this-veterans-day-ask-your-lawmakers-to-back-the-dole-act/?utm_source=newsletter&utm_medium=email&utm_campaign=TMNsend&utm_content=jj5pOIfKmqMAMHJh1eJHNA==+DE+ATFHsRM+1+ERet+P+CC



DE Issues of Concern

- **HB399 (Sec. of VA)**
<https://legis.delaware.gov/json/BillDetail/GenerateHtmlDocument?legislationId=141333&legislationTypeId=1&docTypeId=2&legislationName=HB399>
- **HB303 (Disabled Vets School Tax Credit)**
<https://legis.delaware.gov/BillDetail/140936>
- **HB272: ("Loan Sharks Bill")**
<https://legis.delaware.gov/BillDetail/141003>
- **Proposal: 100% DE Tax Free Military Retirement Pay and Other State Laws**
<https://turbotax.intuit.com/tax-tips/military/states-that-dont-tax-military-retirement/L6oKaePdA>
- **Portability of Military Spouse Skill Certifications**
https://dpr.delaware.gov/aboutagency/military_services/

Chapter President's Chat

REMEMBER the Fallen...
HONOR those who Serve...
TEACH our children the value of Freedom...

Each year, November 11th is a particular time for us all. Some like to observe it in quiet solitude, and some like to attend parades or ceremonies or go visit veterans in nursing homes.

On Saturday, November 16th (10:30am-2:30pm) Dover MOAA took part in a Veterans Day observance on The Green at Legislative Mall in Dover. We had a table and a small display, and appreciate everyone who was able to come out to see us.

A great way to celebrate Veterans Day (and Memorial Day, and recognize a veteran on their birthday or anniversary) is to go to the Wreaths of Honor page and donate a few wreaths. Personally, I like the five wreaths for \$75 package. You can check out the Wreaths Across America website for details: <https://www.wreathsaacrossamerica.org/pages/166217/Overview>

If you are so inclined, remember that this year is the first year we have had the Delaware Veterans Cemetery in Bear as our home station. We now can physically take part in laying the wreaths, or simply attend the ceremonies on December 14, 2024 at 10:30 a.m.

On that date and time, Dover Delaware Military Officers Association Of America will be helping Delaware Veterans Memorial

Cemetery-Bear to remember and honor our veterans by laying remembrance wreaths on the graves of our country's fallen heroes.

While Ann Devers is our Chair for Wreaths Across American Fundraising, Randy Morgan (rmorgan6022@aol.com) is our point of contact if you plan to assist with wreath laying. He will be there with the Delmarva West Point Grads group and will take any MOAA participants under his wing as well. Let him know if you plan to attend.

Please help us honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you. Thank you so much for supporting our endeavor!

Also, remember that in November, we have a table of honor, and we bring canned and boxed goods to the Delaware Food Bank.

We are entering the season of giving, and we know how good it feels to give!

Never Stop Serving,
Gene



Upcoming Dover MOAA Meetings

21 November

19 December

16 January



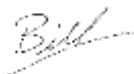
Newsletter Submissions

The *Dover MOAA Newsletter* is slated for publication on the Friday prior to each monthly meeting, and is disseminated electronically via email to all members. Input is welcomed from Chapter members, as well as relevant information from members of the community.

We will also accept the submission of opinion articles, with the understanding that the eventual publication of any items is subject to the discretion of the Chapter Newsletter Editor, and Chapter President.

Please submit all items via email to me directly at: colwjalexander@gmail.com. You can also contact me via cell phone (voice or text) at: 302-521-4781.

Thank you for your support in helping make our newsletter a distinguished channel of information for our MOAA members!



Bill Alexander

Help Us Grow & Stay Informed!

Please share the news of membership in our great chapter with any eligible uniformed services members and veterans with whom you come into contact. Here's the link to our membership form: <https://dovermoaa.org/chapter-membership>

And, check out our Facebook page for the latest news and info:
<https://www.facebook.com/groups/8509355691721>

Never Stop Serving...