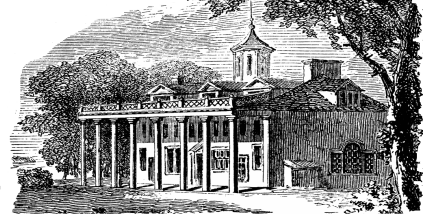


Dedicated to the memory of
General George Washington

The Despatch



Mount Vernon, Virginia Chapter - MOAA
www.mvmoaa.org



Mount Vernon Chapter

5 Star Level of Excellence



Awards (2003-2023)-



Message from the Editor

MAJ Peter Chen, USA(Ret), Editor

2025 is still young as I am writing this. The snow from the last snow storm hasn't melted and it looks like we have another storm system on the way. Within such a short period of time, we have three of what my employer calls the National Special Security Events, referring to the January 6th election certification, state funeral of President Carter and the inauguration of President Trump. While I have no idea what 2025 is going to bring, it is already an interesting year as it starts.

We all know that change is constant, and I am hopeful that we will be able to make positive changes this year. As the father of a 9 year old girl, the principal of my daughter's school recommended the parents to read *The Anxious Generation – How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness* by Jonathan Haidt. While the book is about children, there is enough material about how social media reduced social interaction even among adults. Today we are digitally connected to more people than ever, but we are also more alone and socially isolated than ever. My recommendation is let's change this starting with ourselves. Haven't heard from fellow members in a long time? Let's pick up the phone and call them to check how they are doing. Try spending more time with friends and family. If we all strive to connect with others better at individual level, we can make everything better this year. Our chapter is only as strong as our members. I believe if we improve the quality of the social aspect of our organization, it will help us keep our current members active and attract new members.

In This Issue

- 1 Message from the Editor
- 2 Smash on Station
- 3 Chapter Officers
- 4 Legislative Corner
- 5 TRICARE for Life
- 6 Upcoming Events
- 7 More from our Sponsors

Volume 53 Number 1
January 2025



The Chen Family at Alexandria National Cemetery for Wreaths Across America

Smash on Station



Each January we look for new beginnings and maybe a fresh new start. I would offer that spending sometime on the MOAA.ORG website to review our mission, our purpose and our history can provide a basis for our organizational efforts for 2025.

Each of us should look to engage a veteran neighbor or two, and discuss with them becoming a MOAA member and provide them with the “why I should become a member” information. Provide those veterans you meet a copy of the letter you just received in the mail and make it easy for them to join. Follow up that engagement in a couple of weeks to check the status. Engagement should be our strategy for increasing membership in the first quarter of 2025. Also this month dues are due and if you can see fit, please consider a donation to the MVC-MOAA Scholarship Fund.

December 2024 Event:

Wreaths Across America (WAA): MVC MOAA Members donated 99 wreaths for the event held at Alexandria National Cemetery last month. There were enough wreaths donated to place a wreath on every headstone and there were many volunteers there to place the wreaths. Thank you to all who donated to this worthy effort for those who have gone before us, and those who gave the ultimate sacrifice for our country.

January observance:

Martin Luther King Jr. Day was 20 January 2025, a day that is set aside to celebrate the life and achievements of MLK, an influential civil rights leader. He is well known for his efforts to end racial segregation and establish racial equality in the United States.

Final comments:

With the theme of adapt, improvise and overcome, 2025 will continue to be a unique effort with respect to outreach and engagement through our individual efforts. My best wishes for you and your families in 2025! I also want to thank all those members who have and will provide the leadership and effort necessary to keep the Mount Vernon MOAA Chapter a Five Star Award winning chapter in 2025.

NEVER STOP SERVING

**Continuing to Serve,
Smash**



Mount Vernon Chapter

Chapter Officers

President: Col Douglas Yurovich, USMC (Ret)
703-690-7113
1st VP: CDR George Wallace, USN (Ret)
703-354-4647
Secretary: LTC Elmontenal Allens, USA (Ret)
703-919-4381
Treasurer: Col Mike Broderick, USAF (Ret)
703-690-4672
Past President: LTC Cerie Kimball, USA (Ret)
703-310-4605

Standing Committees

Arrangements: LTC Cerie Kimball, USA (Ret)
Legislative: Col Kevin Catron, USAF 618-409-0063
Membership: LTC Elmontenal Allens, USA (Ret)
Personal Affairs: Vacant
Program Speakers: LTC Cerie Kimball, USA (Ret)
Public Affairs: LTC Cerie Kimball, USA (Ret)
HS JROTC Awards: Lt Col Bill Kehoe, USAF (Ret)
703-751-6416
JROTC Scholarship: LCDR Marty Schaller, USN (Ret)
Honor Flight Coordinator: LTC Carl Jurison, USA (Ret)
703-399-6602
Wreaths Across America: COL Robert Patrick, USA (Ret)
703-690-9336

ARQUILLA & POE, PLC



**Fred Arquilla &
Joyce Peters**
Ret. Army JAG Colonels

Wills, Revocable Trusts & Probate,
Family Law & Personal Injury

Free 30- Min. Initial Consultation

703-719-9292

Email: firm@aalaw.com WWW.AALAW.COM

Directors (2024-2025)

MAJ Peter Chen, USA (Ret)
703-402-2184
Lt Col Deborah Johnson, USAF (Ret)
571-236-7645
Lt Col Jeff Banks, USAF (Ret)
703-559-1997

Directors (2025-2026)

LCDR Marty Schaller, USN (Ret)
703-346-8347
Lt Col Jose Harris, USAF (Ret)
402-943-9722
CDR John Prevar, USN (Ret)
703-340-9587

Other Duties

Surviving Spouse Coordinator: Vacant
TOPS Liaison: Lt Col Jose Harris, USAF (Ret)
VCOC Representative: CDR John Prevar, USN (Ret)
Chaplain: Col Arnie Porter, USAF (Ret)
703-780-4310
Despatch Editor: MAJ Peter Chen, USA (Ret)
Webmaster: Joe Leonard, 843-278-1240

GEORGE WALLACE
CDR USN (RET)

USSVI LIFE MEMBER***NSL SPONSOR

LIFE MEMBER MOAA***BUCKEYE FOR LIFE

CELL (415) 672-0517 GEORGEW@RMI.NET



Amazon, Kindle, Audible

PISTON2JET

Flight Training and Aviation Solutions

Doug Yurovich, PhD

Chief Test Pilot, Assistant Chief Flight Instructor, Safety Director

dyurovich@piston2jet.com | 703-361-9200 (O) | 10600 Observation Rd
www.piston2jet.com | 571-643-6019 (M) | Manassas, VA 20110

MVC MOAA Legislative Corner

COL Kevin Catron, Legislative Chair

[Taken from the January 2025 issue of Military Officer]

As the legislative slate resets for the 119th Congress, MOAA member engagement will become even more vital to achieving their advocacy objectives. Your advocacy ensures that MOAA and the broader community of military and veteran service organizations maintain momentum for existing priorities.

Make sure to register as an advocate in our Legislative Action Center. These are among MOAA's priorities for this year:

Military housing: Recent reporting from the Government Accountability Office (GAO) reveals the myriad challenges service members in unaccompanied housing are facing. The health, safety, and privacy concerns outlined by GAO show the need for action. MOAA seeks to improve funding and condition transparency for unaccompanied housing by requiring an annual, publicly available report, which will highlight areas that require the most attention from both DoD and Congress.

Toxic exposure: MOAA will focus on capitalizing on our recently released report, Ending the Wait for Toxic-Exposed Veterans, to advocate for veterans exposed to toxic materials during their service. While the Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act has made major improvements to how toxic exposures are treated by the VA, additional measures are required. In cooperation with other VSOs, MOAA will advocate for Congress to pass legislation that shortens the time veterans must wait before their toxic exposures are acknowledged and conceded by the VA.

Spouse employment: Rates of unemployment for military spouses continue to be four to five times higher than the national average. This persistent challenge requires not only providing education and employment resources for spouses, but also incentivizing businesses to hire someone who will likely move in two to three years. The Work Opportunity Tax Credit program was established to support populations who face significant barriers to employment, and adding a military spouse target group is long overdue. Passing the Military Spouse Hiring Act will provide another important lever needed to address the critical issue of spouse unemployment.

Access to DoD Health Care: DoD has acknowledged that congressionally directed reforms to the Military Health System together with U.S. medical workforce volatility, exacerbated long-standing access challenges and led to a destabilized MHS that does not consistently deliver timely care to beneficiaries. MOAA seeks a digital MHS assistance platform allowing beneficiaries to report access-to-care challenges and receive help navigating the MHS, including reporting requirements to increase visibility on barriers to access so fixable issues can be addressed.



Support for caregivers: MOAA has long advocated for legislation that would improve caregiving support for veterans' families. This includes enhancements to the VA Program of Comprehensive Assistance for Family Caregivers and expansion of home health and long-term care services to meet current and future needs of veterans, their caregivers, and families.

See what MOAA's priorities are and take action: [Legislative Action Center](#)



MVC-MOAA 2025 Events-Calendar



DATE	LOCATION	EVENT / SPEAKER / TOPIC
Wed. Jan 22 (Tentative) 7 pm-9 pm	Virtual	Board of Directors (BOD) Meeting: submissions due soon to Natl on Membership; Marvin A. Harris Communications Award due Feb 1; VCOC report due, 1st QTR meeting; Legislative Cmte submits State/Natl objectives to VCOC/local Congressional Delegation; chapter and scholarship audits; review 2025 calendar/goals.
Wed. Mar 5 7 pm-9 pm	Virtual	BOD Meeting: EOY-audit results; start LOE award pkg-submit May 1; non- renewal letters/drop from rolls; Apr VCOC meeting/report; JROTC medals.
Sat. Apr Date & Time TBD	TBD	Scholarship Candidate Interviews.
Wed. May 7 7 pm-9 pm	Virtual	BOD Meeting: IRS reports due; Scholarship certificates/checks, JROTC medal presentations; 2nd QTR VCOC Report; VA Corp. Commission fee; renew PO box rental.
Sat. May 10 (Tentative) 11 am-1 pm	Glory Days 3141 Duke St Alexandria Commons Shopping Mall	Lunch brunch. (Speaker TBD) <i>Lunch served at 11:30 am, Speaker to follow.</i>
Wed. Sep 3 7 pm-9 pm	Virtual	BOD Meeting: Appoint Nomination Cmte for Nov Officer election; need volunteers for Ft. Belvoir Retirees Activities Day in Sep; confirm speakers.
Wed. Sep 24 (Tentative) 6 pm-9 pm	TBD	Dinner. Speaker TBD. <i>Social Hour (Cash Bar) 6-7 pm. Buffet served at 7 pm, Speaker at 8 pm.</i>
Wed. Oct 1 7 pm-9 pm	Virtual	BOD Meeting. 4 th QTR VCOC report; Legislative Cmte proposes Natl objectives;
Sat. Nov 15 11 am-1 pm	Glory Days 3141 Duke St Alexandria Commons Shopping Mall	Lunch/Brunch. Annual Business Meeting. Speaker TBD. <i>Lunch served at 11:30 am. Officer Installation and Speaker to follow.</i>
Sat. Dec 13 (Tentative) 1130 am-3 pm	Alexandria Natl Cemetery; Social	 Wreath Laying  Holiday Social This is becoming an annual tradition for the Mount Vernon Chapter. Please join us for the annual Wreaths Across America day at Alexandria National Cemetery. We will be joining veterans from local VSOs, Boy Scouts, various military affiliated youth organizations, and numerous supporters from around the community. Following the wreath laying, we will conduct our holiday social at a place to be determined.

6 TRICARE For Life Enrollment Fees, Cost Shares Part of New Budget Report

By: Karen Ruedisueli, MOAA's Director of Government Relations for Health Affairs
(Edited from an article in the 15 January MOAA Newsletter)

The Congressional Budget Office (CBO) has once again targeted TRICARE For Life (TFL) in its biennial report outlining options for reducing the deficit.

The December 2024 report highlights savings that could be achieved by introducing a TFL enrollment fee or minimum out-of-pocket cost requirements. Similar concepts have been presented in past CBO reports, which are issued every two years to provide information to lawmakers confronting budgetary challenges.

Last year, nearly 200 MOAA members and staff took this issue to Capitol Hill as part of our Advocacy in Action campaign, ensuring elected officials understand the intense opposition to TFL fees. Retirees already have fulfilled all the requirements to earn their health care benefit, and MOAA will fight any attempts to cut it, including fee increases designed to shift costs from DoD to seniors who rely on TFL.

While no current legislation proposes TRICARE fee increases, MOAA takes these threats seriously given pressures on the DoD budget and precedent for such proposals. From FY 2013 to FY 2017, MOAA's efforts helped to block five consecutive administration budget request proposals for TFL enrollment fees.

Some details on the options included in the CBO report:

TFL Enrollment Fee

TFL enrollment is automatic once a beneficiary starts paying Medicare Part B premiums. There is no enrollment fee or monthly premium for TFL coverage.

A CBO proposal would require Medicare-eligible beneficiaries who choose to enroll in TFL to pay ***an annual enrollment fee of \$610 for individual coverage or \$1,220 for family coverage.***

The enrollment fees would be indexed to grow at the same rate as average Medicare costs in later years.

TFL Cost Sharing

The other CBO measure affecting TFL would introduce minimum out-of-pocket requirements, including an \$850 deductible – TFL would not cover any of the first \$850 of a beneficiary's Medicare cost-sharing. For the first \$4,250 in total medical expenses each year, Medicare would pay its 80% (or \$3,400) while the TFL beneficiary would be responsible for the full \$850 not covered by Medicare.

After the deductible was satisfied, TFL would cover only 50% of the next \$7,650 in Medicare cost-sharing. This means TFL beneficiaries could face ***up to \$4,675 in cost-sharing per year.*** Similar to the enrollment fee proposal, cost-sharing requirements would increase annually at the rate of Medicare cost increases.

Protecting Your Earned Benefit

The options outlined in the CBO report come from various sources including past proposed legislation or budget proposals, congressional offices, federal agencies, and the private sector. "As a collection, the options are intended to reflect a range of possibilities, not a ranking of priorities or an exhaustive list," the report states. "Inclusion or exclusion of any particular option does not imply approval or disapproval by CBO, and the report makes no recommendations."

MOAA appreciates the importance of addressing the deficit, but our nation must fulfill obligations to those who serve a full career in uniform. We will fight any proposal that increases costs to seniors who rely on TFL for their health care. The TFL benefit was a key component of the compensation and benefits package that sustained the all-volunteer force throughout two decades of war – MOAA will also protect the future of TFL for current working-age retirees and career servicemembers who are counting on TFL as a critical part of their future retirement plans.

We will be monitoring for any signs that CBO's concepts have gotten traction. The administration budget request, due in February but sometimes delayed during the first year of a new administration, will likely give us our first glimpse at any potential proposals to increase TRICARE fees. Look for updates on these and other legislative issues in *The MOAA Newsletter* and at MOAA.org, and register at our Legislative Action Center so you can take part in upcoming grassroots efforts designed to preserve service-earned benefits.

...and more from our much-appreciated sponsors

Picture Yourself Here.

Experience the Camaraderie at Patriots Colony with a Complimentary Two Night Stay! Call 855-258-0520 or Email us at regina.thompson@rivhs.com.

- Experience the story of America in the place where it all began, Colonial Williamsburg.
- Play at Williamsburg National Golf Club, a Jack Nicklaus designed course.
- Enjoy Virginia Capital Trail, a dedicated, paved pedestrian and bicycle trail connecting past and present capitals of Jamestown and Richmond along the Scenic Route 5 corridor.
- Explore College of William and Mary, the second oldest college in the nation.
- Savor hand-crafted cocktails, appetizers and pub fare at Archie's Tavern.
- Discover past friends and relive great memories.

PATRIOTS COLONY
At Williamsburg
www.patriotscolony.com

Patriots Colony, sponsored by Rivside Health System, is a LifeCare community exclusively for retired and former military officers retired and former federal civil employees and their spouses.

Indian River Colony Club
The Place Patriots Call Home
55+ Community

Call Today! 877-272-5545

3 Day / 2 Night Getaway Package!
Golf, Tennis, Fine Dining and Hotel
ONLY \$99*
*per person

- Single Family Homes
- Private Golf Course
- Private Country Club
- Maintenance Free Living

www.IndianRiverColonyClub.com/usmilitary **FOUR STAR**
Indian River Colony Club • 1936 Freedom Drive • Melbourne, FL 32940

TUOMEY TURFGRASS CONSULTING, LLC

Sean Tuomey
Certified Turfgrass & Horticulture Consultant

P.O. Box 10403
Alexandria, VA 22310

info@tuomeyturfgrassconsulting.com
www.tuomeyturfgrassconsulting.com 571-212-4578

Mid Atlantic
Real Estate Professionals, LLC

Tobin Seven
REALTOR® / Veteran / Eagle Scout
Licensed in VA, DC & MD

SOLD
By Seven

Cell: 703.327.6800
Email: Tobin@SoldBySeven.com
Web: www.SoldBySeven.com

Tobin will give you 0.5% of purchase/sale price back at Settlement. This is real money to you. Licensed in Virginia, Maryland and DC. 34 years' experience and ranked in top 1% of Realtors based on volume. Life Member of MOAA.

Tuomey Turfgrass Consulting

landscape industry **certified**
manager & technician

NATIONAL ASSOCIATION OF LANDSCAPE PROFESSIONALS

Soil Analysis; soil fertility, soil biology - edaphology and agronomy - to include weed control and pest control
Certified Nutrient Management Planner
Turfgrass & Horticulture Solutions For All Seasons

"Qualified - Confident - Recognized"

SOLD
By Seven

TOBIN SEVEN • REALTOR®
www.SoldBySeven.com
703.327.6800



Mount Vernon Chapter
Military Officers Association of America
P.O. Box 97, Mt Vernon VA 22121-0097

Address Service Request

Comments or letters to the editor may be sent to the above address or email: despatcheditor@proton.me

To join the MOAA Mount Vernon Chapter, please go to:
www.mvmoaa.org

Mount Vernon Chapter Membership
Regular Membership \$25 Surviving Spouse \$10

1. By Mail: Send your check payable to MVC-MOAA to 2025 CHAPTER Membership Dues, Mount Vernon Chapter, Military Officers Association of America, P.O. Box 97, Mount Vernon, VA 22121-0097
2. Pay online through the national MOAA website at <https://chapterdues.moaa.org/membership.aspx>
3. Pay online at the Mount Vernon website: www.mvmoaa.org Click on "Join MVMOAA" (will require you to logon) in the lower right corner or logon first and click "Renew Membership"

Bob's Printing

Family Owned & Operated Since 1979



Robert M. Beach
 SKC, USN Retired



8403-D Richmond Highway
 Alexandria, Virginia 22309

(703) 360-7284
 Fax (703) 360-3825
flagbike@aol.com

**Now and Always
 We'll be There.**



1-800-247-2192 • www.moaainsurance.com

The Mount Vernon 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.