

In this issue:

From Coastal Carolina MOAA

- CCMOAA's President's Message
- Membership
- Scholarships
- Chapter Events
- ROTC/JROTC
- Keeping Craven County Vibrant – Be Green
- Helping Those in Need
- Influenza – A Different Time

From National MOAA

- Beware of Scams Connected to the Coronavirus Crisis
- National Cemetery Administration Suspends Military Funeral Honors
- Healthy Finances, Healthy You

CCMOAA's President's Message

On behalf of the MOAA Coastal Carolina Officers and Board of Directors, it is my pleasure to inform you that our Chapter won two national awards; the 2019 MOAA National Print / E- Newsletter Communications Award (5 Star) and the Website Communications Award (5 Star). Special thanks to Mark Sandvigen, Chapter Secretary / Newsletter, Website Manager, and Editor. Mark's dedicated efforts in managing the Chapter Newsletter and Website, as well as his ongoing communication to our membership are very much appreciated.

I would also like to recognize James Dargan. Jim is the recipient of the prestigious MOAA Leadership Award and would have been recognized at our March Installation Dinner. For those wishing to acknowledge Jim's efforts on behalf of our chapter, he will formally be recognized at one of our future chapter activities – we will keep you updated.

This past month has been particularly difficult, due to COVID-19; several MOAA and community events were either cancelled or postponed. The mobile replica Vietnam War Memorial, "The Wall That Heals" event scheduled for New Bern on March 26-29 was cancelled. New Bern is hopeful that the mobile Vietnam Wall will be awarded to us in late 2021. Thank you to several of our Chapter MOAA members who served on the Vietnam Wall Committee, as well as many members who volunteered.

Marie Senzig and I represented the Coastal Carolina Chapter at the 1st Quarter State Meeting in Raleigh on January 15th. The 2nd Quarter Meeting is scheduled for May 16th.

Wishing you and your families good health. Please continue to adhere to safe health practices during this time. If you know of any of our members or veterans who may require assistance, please let us know.

Membership

For our Coastal Carolina Chapter members **who are not** National MOAA members: we need your help. Please consider joining MOAA, the basic MOAA membership is FREE! Our for 2020 goal is to achieve 100% of our members, who are eligible, to also be MOAA members. If you would like, we can submit your membership application for you. Please contact Mike Kennedy, (252) 631-3191 or kennedymj16@hotmail.com, and let him know that he can submit your email address and contact information.

Coastal Carolina Clarion Newsletter

April 2020 issue



Scholarships

News from the scholarship front is that we are extending the deadline for application submission to 1 May and will adjust our evaluation process to account for the school closings and final decisions on graduation dates. If you are looking for ways to continue to assist those in our community, why not choose the Scholarship Fund? If you are interested, please contact Dan Walzak (252) 288-5541.

Chapter Events

The chapter will not schedule any meetings/dinners/lunches until the pandemic has passed. We will certainly give everyone ample notification of our next event, but until then please stay safe and support all efforts to defeat this enemy.

ROTC/JROTC

Our Chapter continues its support of ROTC and JROTC units with MOAA's Leadership Medals and Certificates. So far this year we have recognized two distinguished ECU ROTC cadets (Army and Air Force) for their superior performance and leadership. We have also recognized our first JROTC cadet from Pamlico County High School.

Keeping Craven County Vibrant – Be Green

There have been two studies recently published in Science News about the high cost to the environment of buying online. The two studies found that there is a 20% reduction in pollution added to the environment by shopping locally.

Our small businesses and restaurants have gone out of their way to ensure there are no interruptions to the kind of service and meals we have come to expect. If you have friends and family here locally, consider buying gift cards for everything from groceries to a meal out.

If you are technically savvy, download your favorite apps on either your PC or phone and order up. Our businesses will be glad to deliver your goods curbside or to your home.

Helping Those in Need

Part of our shared military ethos is service. If you are looking for other ways to help, consider the [Craven County Food Bank](#). We have included their list of most needed items at the bottom of the newsletter. These items can be donated to your church's pantry, the food bank, or RCS. Next time you are at the commissary, or your local grocery, fill up another bag – for about \$25 you can make a big difference.

Influenza – A Different Time

One of life's truisms is that bravery and courage do not recognize gender, color, religion or creed. At the turn of the last century, military nursing was in its infancy with our oldest, US Army Nurse Corps, just 13 years old when we entered WWI. During the Spanish Flu epidemic of 1917-1919, military nurses were routinely recognized for their valor.

During the height of The Great War and the Spanish Flu epidemic, 272 Army Nurses and 19 US Navy nurses died, over half dying of the flu or its complication, pneumonia.

To fully understand their heroism, 28 US Army nurses would be awarded France's highest honor, the Croix de Guerre, Great Britain would award the British Royal Red Cross to 69 American nurses and the Military Medal to 2 of them, and the U.S. would award the Distinguished Service Cross (the second highest gallantry medal) to 3 nurses and the Distinguished Service Medal (the highest decoration in noncombat) to 23 more.

Coastal Carolina Clarion Newsletter

April 2020 issue



Of the four Navy Crosses (the second-highest decoration) awarded for valor in combat, three were given posthumously to those Navy Nurses who shut themselves away in quarantine-wards to care for those with Spanish Flu.

As a chapter we are both pleased and honored to have Nurse Corps Officers coming from such a distinguished heritage.

Beware of Scams Connected to the Coronavirus Crisis

By: Amber Monks

In a time of uncertainty, there is a heightened risk of falling victim to scams concocted by those with ill intent. For cybercriminals and scammers, the coronavirus crisis creates an attentive audience who may be willing to accept false information to protect themselves.

Arm yourself not only against the virus, but against other threats, by learning how to detect them first with tips from the Army Criminal Investigation Command (CID).

Knowing how legitimate organizations conduct business can give you a leg up on anyone who attempts to pull the wool over your eyes.

As always, follow good practices online and don't open or click on links from unsolicited emails. These links or emails could contain malware. Never give away personal or financial information about yourself or others online without first verifying the source.

Most scams include messaging that requires immediate action. No matter how urgent it sounds, if something doesn't sound quite right, it probably isn't, and you can always contact an organization you know and trust for confirmation. Legitimate organizations can verify their information and will not pressure you into taking an action that you are uncomfortable with.

Seeking information from trusted sources can also help you steer clear of scams. MOAA has links to these organizations, as well as links for recent news updates at [MOAA.org/coronavirus](https://moaa.org/coronavirus). You can also contact your state, county, or city health department, your local hospital, your primary care physician, local medical clinics, or other locations where you receive medical services.

National Cemetery Administration Suspends Military Funeral Honors

By: Cory Titus

The [National Cemetery Administration](https://www.nca.gov/) is suspending military funeral honors – whether by military personnel or volunteer organizations – at its 142 national cemeteries.

The move comes as a precaution to mitigate the spread of COVID-19. Cemeteries will remain open and continue to provide interments for veterans and eligible individuals. Immediate family members – limited to 10 people – will be able to witness from a distance.

The NCA is asking families who wish to postpone a scheduled interment to contact the national cemetery where the interment is scheduled as soon as possible. Those who choose to continue with the interment can work with the NCA to schedule a committal or memorial service at a later date. The

Coastal Carolina Clarion Newsletter

April 2020 issue



National Cemetery Scheduling Office in St. Louis will continue to provide scheduling services for the duration of the COVID-19 emergency. To schedule a burial, call (800) 535-1117, option 1.

Arlington National Cemetery (ANC) closed to the public as of March 13. Funerals will continue, [per the ANC website](#), and family members can visit during restricted hours after obtaining a family pass. Family members can call (877) 907-8585 for information about visitation, ceremonies, or scheduling. Updates will be posted on [ANC's Facebook page](#).

Healthy Finances, Healthy You

By: Vera Wilson

[A recent study](#) reveals 90% of Americans say finances are a major source of frustration and anxiety, with most of us calling it our top stressor. To get out of your financial rut, the study suggests taking “microsteps,” actions that are too-small-to-fail and promote healthy financial habits. Here are the highlights:

- Troublesome thoughts are more stressful if you try to avoid them. Writing down the fact that you're two months late on your car payment — especially if it's keeping you up at night — allows you to park it for now but makes it real and therefore actionable.
- Most people who did improve their financial situation turned to others for support and feedback. Identify someone you can talk to about your finances. Find a good listener who will sympathize with your challenges and offer guidance but won't be judgmental.
- Break down a big financial goal into smaller, less intimidating steps so that you can celebrate achievements and track your progress.
- Review your finances at least monthly (with your partner, if you combine your money with theirs). Pinpoint any concerns and make course corrections if necessary.
- How many times have you missed a payment due date by just a day? Set calendar reminders on your phone or computer so a missed \$25 payment doesn't turn into a \$39 late fee alongside a healthy dose of regret.

FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA FOOD DRIVE MOST NEEDED ITEMS

CANNED FRUITS & VEGGIES



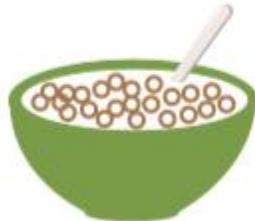
CANNED MEAT



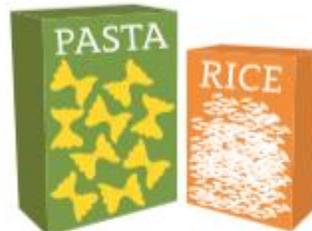
CANNED BEANS & SOUP



CEREAL



WHOLE GRAIN PASTA & RICE



PEANUT BUTTER



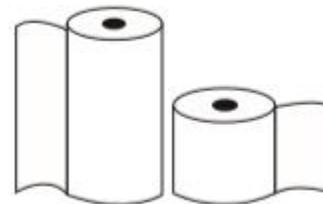
HYGIENE ITEMS



HOUSEHOLD ITEMS



PAPER PRODUCTS



FOR INFANTS & KIDS

Diapers
Wipes
Pedialyte
Infant Cereal
Fruit Cups
Granola Bars
Mac & Cheese Cups
Crackers
Juice Boxes

FOR SENIORS

Nutritional Shakes & Drinks
Adult Hygiene Products

POP TOP CANS & MICROWAVABLE CUPS PREFERRED
LOW SODIUM • LOW TRANS FAT • SUGAR FREE • NO GLASS
FOODBANKCENC.ORG

FOOD
BANK

OF CENTRAL
& EASTERN
NORTH
CAROLINA