

**February 2023**

**Website: <http://lincolnlandmoaa.org>**

**Upcoming Events**

- February 10, 2023, Northfield Center, Springfield.
- April 14, 2023, (Indoors) Island Bay Yacht Club
- June 9, 2022, The Beach House, Decatur
- August 11, 2022, (outdoors) Island Bay Yacht Club, Springfield
- August 26, 2023, Saturday, Fifth Annual Golf Outing at Shambole Golf Course, Petersburg
- October 13, 2023, Northfield Center, Springfield

**Inside this issue:**

Next Meeting Information	1
President's Corner	2
From the Survivor Outreach Services	3
From the Legislative Liaison	4
Chapter Information	5-19

# **THE SALUTE—Never Stop Serving...**



**Next Meeting Information**

**Dinner Meeting - Friday, February 10, 2023**

**Location: Northfield Center, (Click Here for Directions - Google Maps)**  
**3280 Northfield Dr, Springfield, IL 62702**  
**Onyx/Opal Rooms**  
**Social Hour at 6:00PM, Dinner at 7:00PM**  
**COST: \$32.00 Per Person**

**RESERVATIONS MUST BE MADE NOT LATER THEN 5PM on**

**Wednesday, February 8th**

**Register on the Website**

**or by**

**Contacting Dave Knieriem**

**Phone or Text: 217-899-5526**

**Email: [dknieriem@casscomm.com](mailto:dknieriem@casscomm.com)**

**Let us know how many will attend**

**Our Program: State Rep Sue Scherer**

**Menu: Italian Feast Buffet**

- Tossed Salad with Italian & Ranch Dressing**
- Pasta Vinaigrette Salad**
- Fettuccini Alfredo**
- Homemade Lasagna with Meat Sauce**
- Italian Stuffed Shells**
- Italian Blend Vegetables**
- Bread Sticks & Garlic Bread**
- Spumoni Ice Cream**
- Coffee, Iced Tea, Ice Wat**

**President's Corner:**

Our Chapter has a Facebook page presence on the web:

<https://www.facebook.com/MOAAIncolnland> Check it out—Also, it may be accessed through our website by clicking the “F” logo near the top of the home page.

**Our Program for February will be State Representative Sue Scherer.**

**I hope all of you will plan on attending this important meeting.**

State Rep. Sue Scherer was born and raised in Decatur, Illinois where she attended St. Teresa High School. The daughter of a machinist and a homemaker, Scherer detasseled corn and worked in the cafeteria at Decatur Memorial Hospital to save money for college. After graduating from Illinois State University with a Bachelor's degree in Elementary Education, Scherer taught in the Decatur and Maroa-Forsyth public school districts for more than 30 years.

She served on various faculty committees, assisted in contract negotiations, and also earned a Master's degree from Eastern Illinois University while teaching. Representative Scherer has three daughters, Beth, Sara, and Marcy, one son, Tyler, and eight grandchildren.

Elected to the Illinois House of Representatives in 2012, Scherer is a full-time legislator representing the 96th District, which includes portions of Christian, Macon and Sangamon counties.

She sits on six committees Scherer's top legislative priorities include creating jobs, fighting for equitable funding for local schools, and cutting wasteful spending while protecting critical programs and services for seniors, veterans, students, and middle-class families.

**Committee Assignments: Chairwoman: Elementary & Secondary Education: Administration, Licensing & Charter Schools, Member: Appropriations- Elementary & Secondary Education, Member: Higher Education, Vice-Chairwoman: Museums, Arts & Cultural Enhancement, Sub-Chairperson: Citizen Impact Subcommittee, Member: Small Business, Tech Innovation**

## *From The Survivor Outreach Services Coordinator*

Greetings and Happy 2023!

I hope your holidays were full of love, laughter, and memories made. If you're like me, you're still getting into the post-holiday groove. Fortunately, the weather hasn't been all that inclement, so packing away the lights and decorations happened before Valentine's Day or Easter this time!

For some, the post-holiday season causes "the blues." But, did you know that it isn't just the conclusion of the holiday excitement causing these feelings? Instead, the cause may be exacerbated by the winter season due to reduced daylight and some folks experience the same feeling during the summer season, as well. The term is Seasonal Affective Disorder (SAD a fitting acronym!). Before explaining in greater detail what this means, let me begin by saying there are simple treatments available to help those who are feeling blue. Keep reading to learn about these treatments and more about the disorder. SAD is a type of depression that affects many people seasonally – winter and/or summer. As such, many of the symptoms listed below<sup>1</sup> are also associated with major depression. However, additional symptoms listed are specific to winter and summer SAD.

### **Symptoms of major depression may include:**

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

### **For winter-pattern SAD, additional specific symptoms may include:**

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")

### **Specific symptoms for summer-pattern SAD may include:**

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Episodes of violent behavior

Now, for the good news... As I mentioned in the beginning, SAD is treatable and even preventable! There are four categories of treatment, which included light therapy, psychotherapy, antidepressant medications, and Vitamin D. For more information about treatments and Seasonal Affective Disorder, please visit the National Institute of Health website annotated in the reference below.

**Wishing all of you a Happy and any-color-but-blue New Year!**

Chris Milchuck  
Survivor Outreach Services  
217-761-3382  
[christine.a.milchuck.ctr@army.mil](mailto:christine.a.milchuck.ctr@army.mil)

<sup>1</sup>Seasonal affective disorder. (n.d.). National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

## Legislative Liaison Update

It's a New Year and a new Congress. This new Congress is facing some challenging fiscal issues, be prepared for attempts to find "savings" in veteran services.

Already the Congressional Budget Office (CBO) is proposing TriCare for Life enrolment fees and annual deductibles.

If you aren't already using the MOAA advocacy links to raise your concerns with our elected officials consider doing so soonest.

MOAA National is preparing for the annual Advocacy in Action event in April to be an in-person, on the Hill event.

But that doesn't mean that if you get a chance to talk with your Congressperson or Senator that you can't let them know what is important to the 7% of us who wore our Nation's uniforms.

Be looking for the topics for this year. You will see them in the MOAA electronic newsletters and other MOAA info sources.

New year, new Congress – there's much we need to be watching. Stay vigilant and engaged with your representatives in Washington!

Semper Fi – Bob



## JROTC/ROTC Report from LtCol Jim Forman

East Central Illinois MOAA Chapter had a long history of supporting the JROTC/ROTC program. There had been various Chapter awards, scholarship endowments to Senior class JROTC cadets, and the MOAA medal to Junior class cadets for both JROTC and ROTC.

East Central was responsible for three Army JROTC high school units: Mattoon, Olney, and Danville. There are four ROTC units: Eastern Illinois (Army) and the University of Illinois (Army, Navy, and Air Force).

We provided seven MOAA medals to the Junior class cadets in each detachment. In addition, we gave each cadet \$25. In the past, we held a luncheon to honor each of the cadets. Due to the pandemic, we substituted the money in place of the luncheon.

Each JROTC cadet (a senior going to a college or university selected by the detachment commander), received a \$300 scholarship. Although the scholarship recipient attended the luncheon, we did not give them an additional \$25.

Carol and I enjoyed the Lincoln Land Christmas party and the scholarship auction.

Jim Forman



Army Cadet Cruz and Col O'Donnell



Air Force Cadet Kim and Major Benson



Laying wreaths at Camp Butler—2023

### Wreaths Across America





Laying wreaths at Camp Butler—2023

### Wreaths Across America





Wreaths Across America—2023

Camp Butler, Springfield, Illinois

## **MOAA Accomplishments in 2022**

### **Active Duty**

**Executing a Credible Game Plan for Health Care Oversight --**

This issue also impacts Families, Retirees, and Survivors.

**Maintaining Pay Raise Comparability**

### **Families**

**Securing Comprehensive Privatized Military Housing Reform\***

**Securing a Basic Needs Allowance for Families Facing Food Insecurity**

**Temporary BAH Increase for High Cost-of-Living Areas**

**Enhanced Leave for Military Families**

**Support for Public Schools Serving Military-Connected Children**

### **Guard & Reserve**

**Securing Major GI Bill Upgrades to Include Transferability and Improving Benefits for Those on Title 32 Orders\***

**Improving Guard and Reserve TRICARE Coverage (and Securing a Premium Cut)**

**Ensuring Guard and Reserve Retirement Age Credit for Active Duty Service**

### **Retirees**

**Protecting TRICARE For Life\***

**Lessening the Impact of TRICARE Fee Hikes**

**Defeating 'COLA Minus 1 Percent'\***

**Boosting Compensation Significantly for Retirees With 50% VA Disability (and Fighting for Full Concurrent Receipt)\***

**Ensuring TRICARE Coverage Evolves to Keep Up With Commercial Plans and Other Government Payers**

### **Survivors**

**Repealing the SBP-DIC Offset ('Widows Tax')**

### **Veterans**

**Comprehensive Toxic Exposure Reform**

**Providing Wounded Warrior Protections and Caregiver Enhancements\***

**Expanding Veterans' Health Care, Benefits, and other VA Compensation and Support Programs**

## Lincoln Land Chapter MOAA

PO Box 9435  
Springfield, IL 62791-9435

David Miller  
Phone: (217) 415-2837  
or 217-761-3973.

Email:  
david.b.miller32.nfg@mail.mil

[http://  
lincolnlandmoaa.org](http://lincolnlandmoaa.org)



**Our Purpose**—Serving the entire Military Community locally & nationally

**Our Motivation**—Supporting our most reliable asset—the US military member

**Our Means**—Informing legislators, supporting local events & organizations

**Our Membership**—Commissioned Officers of the Eight Uniformed Services (USA, USMC, USN, USAF, US Space Force, USCG, NOAA, USPHS) who strongly believe in supporting a volunteer force for the safety and security of our country

## MISSION OF THE LINCOLN LAND CHAPTER

### Military Officers Association of America

**The Lincoln Land Chapter's mission is to foster fraternal relations among the retired, active and former uniformed services and their National Guard or reserve components;**

**to protect the rights and interest of same to include dependents and survivors;**

**to further promote useful services for members of the former and current members of the Armed Forces and their dependents and survivors;**

**and to serve the community to the fullest extent possible.**

MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization.

While MOAA is permitted by law to lobby—and does so actively—its status as a tax-exempt veterans organization precludes it from participating in political activities, which are defined as intervening directly or indirectly in any political campaign on behalf of or in opposition to any candidate for public office.

Stated briefly: the association may advocate issues, but it may not advocate the election or defeat of particular candidates or political parties. This newsletter follows the policies of MOAA National.

Now and Always  
We'll be There.



90228

1-800-247-2192 • [www.moaainsurance.com](http://www.moaainsurance.com)



### MOAA Legislative Action Center

You can help MOAA by visiting their legislative action center and contacting your elected officials regarding pending legislation MOAA is working. You can reach the Legislative Action Center at the following email address: [takeaction.moaa.org](mailto:takeaction.moaa.org)

## Reasons to Join a MOAA Chapter

You know the value of belonging to MOAA and your chapter. But when you're talking to a potential new chapter member, it's important to remember that many officers might have only limited knowledge of MOAA's chapter system.

Creating a dialogue and asking open-ended questions is the best way to find out if and how a chapter membership could help a prospective member.

Find out as much as you can about their priorities in order to tailor a response that is more likely to resonate with them personally.

Here are some aspects of membership that may appeal to them.

1. **Make yourself heard.** MOAA's chapters provide critical grassroots support for MOAA's national legislative agenda. Chapter members let their legislators know what's on their minds and open doors for MOAA's legislative team in Washington, D.C.

2. **Give back to the community.** Chapter members are MOAA's ambassadors in their communities, supporting countless programs that make a difference in the lives of others. These members continue to serve and are giving back in the truest sense.

3. **Value added to chapter members' lives.** MOAA chapters sponsor interesting programs and opportunities to interact with civic, political, military, and business leaders on issues important to members.

4. **Networking with fellow officers.** Chapters include second-career members in the work force and retired service members who have contacts in their communities that can be valuable to transitioning officers.

5. **Stay informed.** Chapter newsletters, websites, and meetings provide you with the latest information on local, state, and national issues and changes to military benefits.

6. **Influencing state legislation.** Most states have a council of chapters that unites chapters in the state. These councils, and independent chapters in states without a council, often lobby for and pass state-level legislation that affects military members and their families, such as exempting military retired pay from state income tax or increasing funding for state veterans' programs.

7. **Camaraderie with a purpose.** MOAA chapters unite active duty, former, and retired officers from every branch of service, including National Guard and Reserve, as well as surviving spouses, offering the opportunity to connect with others with similar backgrounds and interest and develop close and lasting friendships.

**LINCOLN Land Chapter Leadership 2022-2023****IL-03 Lincoln Land Chapter**

**\*President, BOD:** David Miller, LTC USA, Ret, david.b.miller32.nfg@army.mil, or miller42@aol.com.

**\*1<sup>st</sup> Vice President, Webmaster, Dinner/contracts, BOD:** David Knieriem, Maj USA, Ret, dknieriem@casscomm.com.

**\*2<sup>nd</sup> Vice President, Programs, Personal affairs, BOD:** Nathan Clemmer, LtCol USAF, Ret, Nathan.Clemmer@gmail.com

**\*Treasurer, BOD:** Eugene (Gene) Bian, COL USAR, Ret, gb2416@comcast.net

**\*Secretary, Communications & Publicity, BOD:** Maj Kory Harms, Kory.l.Harms.mil@army.mil

**Legislative Liaison:** Dr. Robert Tyler, Col USMC, Ret, robtttyler@msn.com

**Membership Chair:** David Falk, Maj USMC, Ret, falkda63@aol.com

**Immediate Past President:** Darrell L. Roll, COL USA Ret, darrell.roll@sbcglobal.net

**Scholarships:** Dr. Mark DePue, LTC USA, Ret, DePuemr@outlook.com

**Surviving Spouse Representative:** Christine (Chris) Milchuck, Christine.A.Milchuck.ctr@army.mil

**Honorary Chapter Chaplain:** Justin Everson, je3453@gmail.com

\*BOD = Board of Directors



2023 Lincoln Land Chapter

MOAA Meeting Dates

February 10, 2023—Northfield Center, Springfield

April 14, 2023—(indoors) Island Bay Yacht Club, Springfield

June 9, 2023—The Beach House, Decatur

Fifth Annual Golf Outing— August 26, 2023—Shambolee Golf Course, Petersburg, Illinois

August 11, 2023—(Outdoors) Island Bay Yacht Club, Springfield

October 13, 2023—Northfield Center, Springfield

December 8, 2023—Northfield Center, Springfield~Annual Christmas Meeting/Member Auction



## **All about MOAA**

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. MOAA members proudly hail from every branch of the uniformed services. To them, we have made the same promise that they have made to their country: Never Stop Serving. MOAA's greatest mission is to improve the lives of those who serve and their families, which is achieved largely through the tireless advocacy efforts taking place in our nation's capital. MOAA's experts in Washington are there to support legislation that benefits the military community and are equally vigilant when fighting to stop legislation that threatens our livelihood. The larger our numbers, the greater our voice. Membership is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses. MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization. With more than 350,000 members from every branch of service - including active duty, National Guard, Reserve, retired, former officers, and their families - we are a powerful force speaking for a strong national defense and representing the interests of military officers at every stage of their careers. MOAA's highest priority is providing first-class service to our members. We are the leading voice on compensation and benefit matters for all members of the military community. We provide expert advice and guidance to our members. While the association does advocate a strong national defense, it does not, as an association, become involved in matters pertaining to military strategy or individual weapons systems of the various services. The association's board of directors has long believed that such decisions can be made only by those who have all of the facts available to them: today's actively serving military leadership. The association plays an active role in military personnel matters and especially proposed legislation affecting the career force, the retired community, and veterans of the uniformed services. MOAA's overarching goals are captured in its resolutions, which reflect the views of the entire membership. The membership provides input and votes on resolutions every two years (on even years). While MOAA is permitted by law to lobby - and does so actively - its status as a tax-exempt veterans organization precludes it from participating in political activities, which are defined as intervening directly or indirectly in any political campaign on behalf of or in opposition to any candidate for public office. Stated briefly, the association may advocate issues, but it may not advocate the election or defeat of particular candidates or political parties.