

MSVC February Meeting – Is the 910th Airlift Wing Fit to Fight?

by LTC Mike Wisniewski

The Mahoning Valley Chapter of the Military Officers Association of American met on Thursday, February 23, 2018 at the Consolidated Activities Center of the Youngstown Air Reserve Station in Vienna for a luncheon meeting. President Florence Hosler welcomed potential new member to the Chapter—LTC Bill Nitch, USA, Ret. According to LTC Rod Hosler, ending sequestration will be one of President Trump’s main goals for 2018. Both the MSVC and the Mahoning Chapter of the ROA and ROAL, (the Ladies Auxiliary) were given plaques of recognition for their generous contribution of \$1,000 towards the purchase of a new van for the Youngstown VA Clinic. This van is used to transport veterans to the Cleveland VA Hospital. Both organizations’ names were prominently displayed on the 15 passenger van. The plaque was presented by Dennis McMahon to Florence Hosler, representing MSVC, and to Don Rasile, representing ROA/ROAL. This money was raised at the joint Christmas Charity Auction Dinner at the Manor Restaurant in 2016. Well over \$1300 was raised at the Christmas Dinner this past year and the ROAL is seeking suggestions as to which local veterans organization this money should be donated.

The guest speaker for the luncheon was US Air Force Sergeant, Rebekah Sines who is the Wing Fitness Manager on base. SGT Sines has served 9 years in service, three on active duty, and will be deploying for a tour of duty to Kuwait in a few weeks. Her topic was to highlight the programs the 910th Airlift Wing has instituted to maintain its troops physically fit to meet the standards of deployability. The 910th has consistently maintained its physical fitness readiness posture on par with other Wings and bases in the country. Because the 910th Airlift Wing is an Air Force Reserve unit, its training time is much more limited than an active duty unit. Thus, it must prioritize its utilization of time and training resources relying on individuals to maintain their fitness on their own. The Air Force Fitness Program goal is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total

fitness, to include proper aerobic conditioning, strength and flexibility training, and healthy eating.

SGT Sines listed the benefits of an exercise and fitness program for servicemen but also for retirees as well. The long list of benefits of a regular exercise regime include being able to live independently and reduce risk of falling, improving immune and digestive functions and bone density, lowering risk of Alzheimer disease, diabetes, obesity, heart disease, and osteoporosis. It can help reduce blood pressure, improve strength, flexibility, posture, balance, coordination. It also is a great stress reliever and the endorphins produced can help reduce feelings of sadness/depression or anxiety.

SGT Sine’s assistant demonstrated several functional exercises which tend to use multiple joints and numerous muscles. Doing functional exercises can make everyday activities easier, reduce your risk of injury, and improve your quality of life. Ready to come to the Rec Center at the YARS and join a fitness program? It’s free to all military card holders. No monthly or yearly fees. If you live within 30–40 minutes of YARS, you can’t beat the price!! Lunch is always available at the CAC too after a workout session. The Rec Center has a gym, weight room, a cadre of nautilus machines, and a full complement of bicycles and treadmills. There is a rubberized outdoor running track and a marked distance jogging course. The Rec Center is open Monday through Friday from 5:00 A.M. to 7:00 P.M. They are also open on UTA weekends from 0600 to 2000 hours, but they close at 1500 on Sunday. On an “alternate” UTA day, the Center is open only from 0800 to 1200 hrs. on Saturday. I extend an invitation to come out and join several MSVC members who regularly utilize the Rec Center during the week. If enough MSVC members express an interest, SGT Sines and her staff will develop an exercise program especially geared for the age 50+ group. The winner of the first 50/50 prize — a salad – was Rod Hosler. Big winner of the cash prize was John Marino. Next luncheon meeting will feature Capt. Palmer, a Weather Officer for the Ohio Air National Guard.



MSVC-MOAA 2018 Calendar

| Date | Location and Program |
|---------|--|
| 3/20 | FREE Veterans of the Valley Luncheon, 11:00 AM – 1:00 PM St. Nick's Hall, 764 5 th St. Struthers RSVP required Rod Hosler page 5 |
| 3/23 | Luncheon Meeting at CAC, YARS, speaker; Capt. Palmer–Weather |
| 4/5 | MSVC Board Meeting, NOC, YARS |
| 4/6 | United Veterans Council Recognition and Awards Banquet Honors a Veteran of the Year and Citizen of the Year Immaculate Heart of Mary Parish Center 4500 Norquest lvd. Austintown Social 6:00 p.m. Dinner 6:30 p.m. Tickets \$25 per person see Rod Hosler page 5 |
| 4/16-19 | "MOAA Storming of the Hill," Washington, DC |
| 4/20 | Luncheon Meeting at CAC, YARS (3 rd Fri.) Program: Fly Fishing |
| 4/20 | East High School JROTC Awards Ceremony & Dinner at East HS |
| 4/21 | TCTC JROTC Awards Ceremony at Trumbull County Technical Career |
| 4/26 | YSU Army ROTC Awards Ceremony & Breakfast at YSU– invite only |
| 4/28 | <i>Ohio Council of Chapters Quarterly Meeting, DSC-Columbus</i> |
| 5/3 | MSVC Board Meeting, NOC, YARS |
| 5/4–6 | MOAA Leadership Seminar, Chicago, Illinois |
| 5/5 | YSU graduation & ROTC Commissioning after graduation |
| 5/10 | Dinner Meeting JROTC/ROTC/new 2LT's Recognition CAC, YARS |
| 5/12 | Decoration of Graves, Calvary Cemetery, Youngstown |
| 5/19 | Armed Forces Day at Buhl Park |
| 5/28 | Memorial Day Ceremonies 8:30 A.M. Oak Hill Cemetery, Youngstown |
| 6/7 | MSVC Board Meeting, NOC, YARS |
| 6/21 | Dinner Meeting at Golden Corral, Hermitage, PA program TBA |
| 7/26 | Picnic, Vienna Rod & Gun Club, rifle & pistol shoot, picnic The ladies will have the pistol range with their own instructor |
| 7/28 | <i>Ohio Council of Chapters Quarterly Meeting, DSC-Columbus</i> |
| 8/5 | Wings-n-Wheels 9-5 SLOAS Airfield, 4085 N River Road, Warren |
| 8/17-18 | D-Day at Conneaut, Ohio www.ddayohio.us free bus transportation available on Friday, reservations required |
| 8/23 | MSVC at YARS Steak Fry/Corn Roast—legislative night |
| 9/6 | MSVC Board Meeting, NOC, YARS |
| 9/21 | Picnic Lunch at Camp Ravenna (Nomination of Officers) |
| 10/4 | MSVC Board Meeting, NOC, YARS |
| 10/26 | Luncheon Meeting, CAC, YARS (Business Mtg & Election of Officers) |
| 10/28 | <i>Ohio Council of Chapters Quarterly Meeting, DSC-Columbus</i> |
| 10/31 | MOAA Annual Meeting, Phoenix, AZ |
| 11/8 | MSVC Board Meeting, NOC, YARS |
| 11/16 | Luncheon Meeting, CAC, YARS (Installation of Officers) |
| 12/2 | MOAA/ROA Christmas Party, Manor Restaurant, Austintown |

YARS –Youngstown Air Reserve Station, Vienna, OH TBA –To be announced
CAC –Community Activity Center NOC–Navy Operational Center
Suggestions for programs contact: COL John Koshan 330-448-4758

President's Message

Spring is around the corner as we look forward to participating in more exciting activities. The MSVC ranks have been thinned by several members facing health issues, but they continue to recover steadily. Our last meeting about physical health and fitness given by Air Force Reserve Sergeant Sines from the YARS Fitness Center certainly gives us pause toward better fitness.

There are many upcoming national legislative issues that are causing MOAA National to kick its advocacy program into high gear. Chapter members Rod Hosler and Dick Calta will be joying MOAA members from across the nation and the MOAA staff as they “Storm the Hill” seeking Congressional support for those initiatives that will better the quality of life for all members of America’s uniformed services. But let’s not forget our state legislators and Ohio legislation that impact uniform services members within our state. It only takes a stamp or e-mail to get your message across. LET YOUR VOICE BE HEARD.

This spring our chapter will be recognizing outstanding Cadets from YSU’s Army ROTC and Junior ROTC Cadets from East High School and Trumbull Career and Technical Center. Please contact Dave DiTallo or Rod Hosler if you wish to become involved. Our support to these program is very important.

Our Chapter will continue to have interesting and insightful presentations at our monthly luncheon or dinner meetings. Please attend and be part of the program. As we continue to meet this year, I remind you to renew your MOAA National membership as well as our MSVC membership. I also encourage our MSVC members to become MOAA National members. Please remember, MOAA National is our direct voice with those in power in the halls of government.

Our luncheon meeting this month at the CAC will feature Ohio National Guard Captain Palmer. Perhaps he’ll let us know he makes the weather in Northeast Ohio as interesting as it is. Please attend this presentation and meeting.

As you all know, any organization is only as good as its membership and their active participation, and the MSVC-MOAA continues to be one of the better chapters in Ohio and perhaps the country. We have much to be proud of. I encourage all MSVC-MOAA members to continue to attend our dinner meetings, to meet other officers, renew old acquaintances and meet new members. It’s up to US to keep our chapter active and vibrant. Thanks for your continued support to MSVC-MOAA and MOAA National.

*Florence Holser,
MSVC President*

Legislative Issues – March 2018 *Legislative Affairs Liason, LTC Rod Hosler, USA, Ret.*

2018 Tax Reform and What it Means to You ©By Vera Wilson, MOAA Staff

No matter how you feel about the recent tax reform the president signed into law in late 2017, it probably will have an impact on both your paycheck and your 2018 annual tax return and beyond. Let's cut through all the political noise and see what the tax bill might mean to you.

The new tax tables lower the tax rate for every bracket (except the very lowest) and effectively eliminate the marriage penalty. This means the majority of taxpayers will see more money in their paycheck.

Standard deductions (what you deduct from taxable income if you don't itemize) are increasing substantially. Whether this works in your favor will be determined by the amount you typically itemize and if your deductions still are allowed. Taxpayers in high-tax states could see an increased tax burden due to the elimination of the SALT (state and local taxes) deduction. Other itemized deductions, like home equity loan interest and unreimbursed employee expenses, also have been eliminated.

Taxpayer favorites like the mortgage interest, medical expense, and charitable contribution deductions still are allowed (with some changes). But unless your total for these allowable deductions is higher than your new and improved standard deduction — if you're a senior with high medical costs or a generous giver, for instance — you might no longer find it beneficial to itemize.

What didn't get much press was that personal exemptions are eliminated. Historically, this deduction could be significant, especially for large families. But wait! The child tax credit has been doubled to \$2,000, and a credit directly decreases your tax burden, not your taxable income. That's a plus, right? Yes, but the overall impact of these changes still might actually raise your taxes, especially for families with dependents over age 17.

Freelancers, rejoice! Many small business owners will be able to deduct a whopping 20 percent of their qualified business income, but how this income and deduction is defined and calculated is extremely complex so run, don't walk, to your tax professional's office on this one.

The only direct mention of the military in the new tax bill relates to PCS moving expenses, which are the only type of moving expense deduction still allowed.

Ultimately, the new tax bill's impact can vary greatly based on your family size, location, income, and many other circumstances.

Key Federal Legislation Supported by MOAA®

Senate Bill 66: A bill to amend Title 10, U.S. Code, to permit certain retired members of the uniformed services who have a service-connected disability to receive both disability compensation from the Department of Veterans Affairs for their disability and either retired pay by reason of their years of military service or Combat-Related Special Compensation, and for other purposes.

Senate Bill 143: A bill to amend the IRS Code of 1986 to allow a credit against income tax for amounts paid by a spouse of a member of the Armed Forces for a new State license or certification required by reason of a permanent change in the duty station of such member to another State.

Senate Bill 339: A bill to amend Title 10, U.S. Code, to repeal the requirement for reduction of survivor annuities under the SBP by veterans' dependency and indemnity compensation, and for other purposes.

Senate Bill 422: A bill to amend Title 38, U.S. Code, to clarify presumptions relating to the exposure of certain veterans who served in the vicinity of the Republic of Vietnam, and for other purposes.

House Resolution 303: A bill to amend Title 10, U.S. Code, to permit additional retired members of the Armed Forces who have a service-connected disability to receive both disability

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Legislative Contacts

MOAA Legislative Update
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1-800-234-6622 ext. 215

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Email the legislative contacts through their web site.

Legislative Issues from page 3

compensation from the Department of Veterans Affairs for their disability and either retired pay by reason of their years of military service or combat-related special compensation.

House Resolution 333: A bill to amend Title 10, U.S. Code, to permit retired members of the Armed Forces who have a service-connected disability rated less than 50 percent to receive concurrent payment of both retired pay and VA disability compensation, to extend eligibility for concurrent receipt to Chapter 61 Disability Retirees with less than 20 years of service, and for other purposes.

House Resolution 1384: A bill to amend Titles 5, 10, 37, and 38 of the U.S. Code to ensure that an order to serve on active duty under section 12304a and 12304b of title 10, U.S. Code, is treated the same as other orders to serve on active duty for determining the eligibility of members of the uniformed services and veterans for certain benefits and for calculating the deadlines for certain benefits.

House Resolution 93: A bill to amend Title 38, U.S. Code, to provide for increased access to VA medical care for women veterans.

House Resolution 299: A bill to amend Title 38, U.S. Code, to clarify presumptions relating to the exposure of certain veterans who served in the vicinity of the Republic of Vietnam, and for other purposes.

March Birthdays: 2–James Stiger, 3–US Navy Reserve, 9–Joe Zentis, 12–Tom Petzinger, 17–Edi Zentis, 17–Bill Sweeney (Army), 20–Andrew Nelko

April Birthdays: 3–Nick Spano, 14–US Air Force Reserve 16–Don Allen, 16–Tyler Strohecker, 20–Shawn Dickerson, 23–US Army Reserve, 27–Wil Kline



Mail Your Letters to Congressional Leaders
The March issue of *Military Officer* included preaddressed letters to key congressional leaders asking them to take action on two important issues affecting military personnel. Send your letters today!

Please sign, seal, stamp, and mail the blue-colored letters inserted in the March issue of *Military Officer* to the preaddressed key congressional leaders. If your spouse is listed in your MOAA record, an additional four letters are included from her or him to sign and mail. Be a part of MOAA's "One Powerful Voice" to keep military pay increases comparable to private-sector wages and end the deduction of service-earned retired pay from VA disability compensation.

MSVC COMMITTEE CHAIRS

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- ROTC/JROTC**..... CDR David Di Tallo, USN, Ret.
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- Newsletter Editor**..... Mrs. Janet Oglesby
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Membership Renewal or Application for Mahoning and Shenango Valleys Chapter

Name: _____ Military Status _____ Spouse Name _____

Branch _____ Rank _____ Years Active/Reserve ____/____

Active *(Regular) — Reserve* — National Guard*

Regular Member (Retired, Former, Active* Officer of the seven uniformed US Services **Membership \$20/year**)

Surviving Spouse is available for surviving spouse of a military officer **Membership \$10/year**

Spouse (local MOAA chapter only, not national, spouse is member of chapter) **Membership \$20/year**

Address: _____

Primary Phone: _____ Secondary Phone _____

Drivers License# for Air Base access _____

E-mail: _____ Applicant DOB _____ Spouse DOB _____

Newsletters will be emailed, if you prefer postal service, check this box

Member of MOAA National Yes No MOAA # _____

Make Check Payable to: **MSVC-MOAA** mail to address on right

You may pay regular and surviving spouses dues (not spouses) with a credit card at: www.moaa.org

You may use credit card and PayPal to paid, regular, spouses and surviving spouse dues at msvc-moaa.org/membership

*Free chapter membership if under government contract and you maintain a MOAA national membership. A non military email address is preferred.

Navy Operational Support Center Youngstown
Attn: MSVC-MOAA
3976 King Graves Road Bldg 540
Vienna, OH 44473-5980

Physical Readiness – Then and Now

The Army is reviewing its fitness requirements as the service grapples with rising obesity rates in the ranks. Seventeen percent of active-duty soldiers were classified as obese in 2015, according to service's 2016 "Health of the Force" report. Leaders rolled out a new holistic health and fitness program in 2017 to address the problem, which includes a possible new combat fitness test that could replace soldiers' existing test.

Marines completed their own review in 2016 that resulted in changes to their body composition and fitness standards. A year earlier, Coast Guard leaders looked at rolling out the first-ever service-wide fitness test. Coasties had been taking fitness test specific to their jobs, and the commandant ultimately decided to keep it that way.

This isn't the first time military leaders have worried about the possibility of troops' declining fitness. In 1960, the head of the physical education department at the U.S. Military Academy at West Point, N.Y., lamented the issue in a memo to the commandant of cadets, the school's highest-ranking officer.

"We find ourselves now in a rather serious predicament, one which is becoming more serious each year," the memo states. "Incoming cadets possess less physical ability than they did 20 or 30 years ago. ... At the same time, it is apparent that the officer of today and tomorrow will need more physical coordination, strength, and stamina than his predecessor."

MSVC BOARD MEMBERS

- President** **Former LT Florence Hosler, USN**
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- Legislative Affairs** **LTC Rod Hosler, USA, Ret.**
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Mahoning and Shenango Valleys Chapter Blue Star Families

If you know anyone who is deployed, or will be deploying, overseas, please contact the USO so we can add them to our recipient list. We want to support as many of our dedicated military members as possible and keep them connected with home and family. **Contact Information:** Bruce A. Bille, USO Northern Ohio Youngstown Air Reserve Station Support Office, Office: (330) 609-2115 Cell/Text: (330) 333-0397 Fax: (330) 617-8515 E-mail: USOTrumbullCo@gmail.com

| | |
|--|---|
| Son of Mark and Patty Andrews Maj Matt Andrews, USAF, deployed to Afghanistan til April 2018 |  |
| Son of Jim & Martha Bishop Lt Col Kevin Bishop, USAF, Kirtland AFB Albuquerque, New Mexico | |
| Son of Jim & Carrie Hosack, LT Brennan Hosack, USN, Key West, Florida | |
| Son of Tom & Julia MacRae Maj John MacRae, USAF, Elgin AFB, Florida F35 instructor pilot. | |
| Sons of Rick & Janice Morgan LTC Andrew Morgan, USA, at NASA, Johnson Space Center, Houston, TX LCDR Benjamin Morgan, USCG, with VTS (Vessel Traffic Service) at USCG Sector New Orleans, Louisiana | |
| Grandson of Tom & Marla Raseta A1C Joshua Raseta, USAF, Hill AFB, Ogden, Utah, F16 Fighter Squadron | |
| Son of Rick & Kelly Williams — PFC Garrett Williams, USA 82 nd Airborne at Fort Bragg, North Carolina | |
| Son of Mike and Barb Wisniewski — CW2 Steven Wisniewski, is a Maintenance Test Pilot for the AH-64D Apache helicopter. He is stationed at Ft Drum, NY part of the 10 th Mountain Division | |
| Active Duty Chapter Members | |
| Col James Dignan, USAFR, Pentagon | |

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|--|
| LTC Wil Kline, USAR, Norfolk, Virginia |
| Capt Joshua Palmer, Ohio Air National Guard, Rickenbacker |
| LCDR BJ Sacramento, USN, (COMSUBGRU 8) NSA Capodichino, Naples, Italy |
| MAJ Lisa Stremel, USA, Ft Hood, Texas |
| 1 st Lt Kristina Valentic, MC–USAFR, Youngstown Air Force Reserve Station |
| YSU ROTC Graduates |
| 2013–1LT Eric Hippley, USA, Elmendorf/Richardson Alaska |
| 2013–1LT Jacob Rafidi, USA, Virginia |
| 2014–1LT Tyler Strohecker, USA, Ft Drum, New York |
| 2014–1LT Lorin Davis, USA, Wheeler Army Airfield, Hawaii |
| 2014–1LT James Stiger, Fort Leonard Wood with the 5 th EN BN |
| 2015–2LT Jared Hideg, USA, Florida |
| 2016–2LT Brandi Burrows, Military Intelligence, Ft. Campbell, Kentucky |
| 2016–2LT Adam Hoover, Chemical Corps, Ft. Leonard Wood, MO then Korea |
| 2016–2LT Matthew McIntire, Chemical Corps, currently at Ft. Leonard Wood, MO |
| 2016–2LT David Smith, Infantry |
| 2017–2LT Lonnie Bissmeyer, Signal Corps |
| 2017–2LT Tierney McCaster, Fort Campbell Basic Officer Leadership Course (BOLC) |

Membership Meeting at YARS, Friday, 23 March 1300 hr — RSVP by Wednesday, 21st by 1800 hr

Where: **Youngstown Air Force Reserve Station**
Community Activity Center
3976 King Graves Rd
Vienna, OH 44473

Who: **Members, Spouses, Guests of members, Surviving Spouses**

Social: **1230** no cash bar

Call to Order: **1300** (1:00 P.M.)

Program: **Capt Josh Palmer**, Weather Officer for the Ohio Air National Guard

Lunch: **1310** (pre order from the selections next column)

Attire: **Casual**

RSVP:

1. Click here [next-chapter-event](#) to place your order. *The web site is set up to take orders. A copy of the order goes to Janet and one to Bruce. It can't handle special requests or take credit cards.*
2. Email Janet Oglesby djo52800@neo.rr.com with your reservation and menu selection.
3. Or call 330-568-4456 leave a message. Make sure you state your menu selection.

Please pay at the lunch meeting with cash or check The "soup of the day" will be announced in the email reminder that arrives before the meeting.

Pre order from the following selections.

Entrees:

- Buffalo Chicken Wrap, beverage**.....\$8.00
Lettuce, tomato, onion, shredded cheddar, ranch and buffalo sauce
- Club Sandwich, beverage** \$8.00
Ham, turkey, bacon, American & provolone cheese, lettuce, tomato and mayo
- Reuben Sandwich, beverage**..... \$8.00
Marble rye, corn beef, sauerkraut, swiss and dressing
- Fish Sandwich, beverage** \$6.00
Tarter sauce and lettuce
- Chef Salad, beverage, roll**.....\$9.00
Cherry tomatoes, sliced red onions, cucumber, hard-boiled eggs, shredded cheddar and pepper jack cheese, julienne ham and turkey
Your choice of Italian, Balsamic, French, Ranch dressing

Side Options:

- Side Salad**..... \$3.00
tomatoes, cucumbers, black olives & cheese
- French Fries** \$1.00
- Cup of "Soup of Day" chili is always available**..... \$3.00

Salad Dressing

Your choice of Italian, Balsamic, French, Ranch dressing
Note if you only order side options, beverage is \$1.00

Mahoning Shenango Valleys Chapter
MOAA™
Military Officers Association of America
NOSC-Youngstown
3976 King Graves Road Bldg #540
Vienna, OH 44473-5980

Last Year Awards



5-star chapter



5-star web site



4-star newsletter



Membership Requirements for MSVC-MOAA

Membership in MSVC-MOAA shall be composed of: Men and women who are or have been commissioned or warrant officers of the seven United States uniformed services (Army, Navy, Air Force, Marine Corps, Coast Guard, National Oceanic and Atmospheric Administration, and Public Health Service). Surviving spouses of deceased individuals who, if living, would be eligible for membership. Chapter specific membership for spouses of present members and honorary members. MSVC-MOAA memberships are open to all eligible people.

MSVC-MOAA Mission Statement

MSVC will promote the objectives of the Military Officers Association of America providing a uniform lobbying platform on behalf of the active duty, Reserve, Guard, retired, and former officers of the uniformed services and their spouses and families.

Conduct activities which: perpetuate traditions, educate and inform members of world, national, and local events, which affect the current and former members of the U.S. military. Provide a fraternal and supportive community for members to network, socialize and promote camaraderie.

This newsletter is published for the benefit of the members of the Mahoning and Shenango Valleys Chapter, which is an affiliate of the Military Officers Association of America (MOAA). MOAA and its affiliated chapters and councils are non-partisan. Articles in this newsletter are the opinions solely of the individual authors and do not necessarily express the policy or opinions of the newsletter's editor or publisher. Also, the individual opinions do not reflect an endorsement by the Mahoning Shenango Valleys Chapter or the national organization of the Military Officers Association of America, unless so indicated [Copyright 2016 Military Officers Association of American All rights reserved.] Questions or comments should be directed to: Former LT Florence Hosler, USN email: hoslerfm@zoominternet.net