



**FALCONS LANDING CHAPTER
MILITARY OFFICERS ASSOCIATION OF AMERICA (MOAA)**



The Falcon Flyer

**Falcons Landing MOAA
Chapter Newsletter
September 2019**



CHAPTER PRESIDENT'S MESSAGE, September 2019

This has been a busy quarter of the year. I am pleased to announce that our chapter once again was awarded the Levels of Excellence Award at the 5 Star level, as well as the Col. Marvin J. Harris Communication Award, which identifies those councils and chapters that do an outstanding job communicating with their members and community. As part of our Gathering program, we were very fortunate to be able to present a special documentary honoring the life and military service of Vietnam POW and Air Force Congressional Medal of Honor recipient, Captain Lance Peter Sijan.

As 2019 draws to a close, all Falcons Landing residents and staff are invited to join together in song, prayer and fellowship as we celebrate Veterans Day on Monday, November 11, 2019 in the Ballroom. All Chapter members are also invited to attend the Annual Chapter Meeting, date and time to be determined.

Thank you for your generous and continued support of our programs. We look forward to seeing you at the Veterans Day Program.

Bob Manning, Chapter President



Mission Statement

MOAA is a nonprofit veterans' association dedicated to maintaining a strong national defense and ensuring our nation keeps its commitments to currently serving, retired, and former members of the uniformed services and their families and survivors. The Falcons Landing Chapter is one of more than 400-plus local organizations affiliated with National MOAA. Our Chapter provides programs which support: those who are serving; those who have served; and those who have survived, while placing special focus on community support. We support the national organization through support of legislative priorities and "Storming the Hill" and are active in our community supporting two JROTC programs, helping recovering and needy veterans, and providing speakers to community service organizations.

Table of Contents

President's Message, Mission Statement, Table of Contents	Page 2
Chapter and Legislative Information	Page 3
Gathering, Sijan	Page 4
August Chapter Board Meeting Minutes	Page 5
Virginia Honor Flight	Page 6
Gathering, The Future of Health	Page 7
September Chapter Board Meeting Minutes	Page 8
Chapter Events, Officers & Directors, Member Status	Page 9

Chapter and Legislative Information

Chapter Membership Information

MOAA membership is open to those who hold, or have ever held, a warrant or commission in any component of the Army, Marine Corps, Navy, Air Force, Coast Guard, Public Health Service, NOAA, and their surviving spouses. If you know a prospective member, please contact Lowell Jones (703-444-9530) to receive information on the benefits of chapter membership. This is an opportune time to convert to a MOAA Life Membership, because MOAA is still giving a 10% discount on a membership conversion. A MOAA life Membership indicates your strong support for MOAA's goals. For more information, please call a MOAA representative at (800) 234-6622.

Legislative Affairs Report Information

Periodically, MOAA will lobby Congress to take legislative action to preserve our retiree benefits. The probability of favorable legislative action is in direct proportion to the number of voters who register support. MOAA sometimes includes postcards and letters in its magazine (Military Officer) for us to sign and mail to our representatives (identified for us). The MOAA Newsletter may also include an online access to act. It is imperative that we do so. To access the MOAA Newsletter for source data, copy this web address <http://www.moaa.org> and paste to your browser's search bar. After on site, click on "MOAA - Home/Official Site," go to "Publications & Media/Email Newsletter," and provide your email address. This will help you register to receive the current newsletters. You can then click on the desired subject in the newsletters and get more details. If you are not registered with MOAA National for this, call the front desk (800) 234-6622, and you'll be guided on how to receive the newsletter on a desired schedule. Have your MOAA National membership number available. If you don't have email or have questions on obtaining this information, contact Clair Wylie, Legislative Liaison, at (703) 216-7549).

Our Chapter publishes a monthly Legislative Update for all members and works with MOAA to recommend to members that they support MOAA legislative initiatives by contacting their legislators. MOAA staff and Chapter members meet with members of Congress annually in a visit called "Storming the Hill," normally in April. To review MOAA legislative activities, visit MOAA.org (as shown above) and select the "Take Action" tab. National MOAA and the Falcons Landing Chapter, MOAA, are politically nonpartisan but seek to remain informed on political matters of concern to veterans at both the state and local levels.

MOAA Legislative Priorities

Provide force structure and funding to sustain and strengthen the all-volunteer force. Provide hard-gained benefits for active, guard/reserve, and retired community.

Objectives: Maintain end strengths; maintain current TRICARE fee laws and health plan structure; provide those serving with pay increases tied to the employment cost index; maintain commissary patron savings at current levels; provide basic housing allowance at current levels; and provide our veterans quality health care and eliminate the backlog in disability claims.

The Gathering, August 8, 2019

SIJAN

By Tom Owens (slightly edited)

On August 8, the local MOAA Chapter convened another superb event for their continuing series, The Gathering. This event featured “Sijan,” a special documentary honoring the life and military service of Vietnam POW and Air Force Congressional Medal of Honor recipient, Captain Lance Peter Sijan.

Captain Sijan, for his “selflessness and courage in the face of lethal danger,” is the only Air Force Academy graduate to receive our nation’s highest military award. It was bestowed posthumously to his family by President Gerald Ford on March 4, 1976.

On November 7, 1967, Lance was flying a combat mission over North Vietnam when he was lost in a horrific explosion of his F-4 Phantom aircraft. Although he managed an ejection, he landed in the dense Vietnamese jungle and was soon surrounded by enemy forces. Despite two days of relentless and heroic rescue attempts, U.S. helicopters were driven off by withering ground fire—many rounds finding their mark in the vulnerable hovering aircraft.

Lance was severely injured with a compound fracture in his leg and had lost the use of his survival radio, which made his rescue virtually impossible. For 48 days he dragged himself through the jungle, unbelievably managing to evade the enemy. Unconscious and near death, he was captured and imprisoned in the Hanoi Hilton where on January 22, 1968, after several weeks of torture and his refusal to cooperate with prison officials, he succumbed to his serious injuries. After the war, Lance’s remains were returned to the United States where he is interred at a military cemetery in his hometown of Milwaukee, WI.

The “Sijan” documentary is the product of 10 years of hard work, dedication, and passion by his sister, Janine Sijan Rozina. The film is 82 minutes in length and is shown in a nonlinear fashion in that the story documents much of Lance’s Vietnam experience with flashbacks to his childhood and Academy years. He was a brave, competent, and accomplished fighter pilot, but he was also much more. Lance Sijan was kind and compassionate, and in spite of his tough guy football-player image, he was also a gifted artist with a love and talent for photography and sculpture. For many years, one of his sculptures was on display in Arnold Hall at the Air Force Academy. Lance Sijan was a special man.

His legacy lives on in literature throughout the Air Force and Nation. Several years ago, Malcolm McConnell portrayed Lance’s ordeal and extraordinary courage in his book, “Into the Mouth of the Cat”. Air Force Academy cadets reside in a dormitory bearing his name, and annually, the Chief of Staff of the Air Force presents the Air Force’s highest leadership award named in his honor.

After several years of relentless leadership, multiple generous donations, and in-kind labor, the “Lance Sijan Plaza” featuring the F-4 Phantom aircraft was rededicated at the Milwaukee airport. It is a wonderful and inspirational site.

At the viewing, we were also privileged to have in attendance Air Force Captain Guy Gruters who was shot down in Vietnam and spent five and one half years as a POW. As fate would have it, Guy and Lance were in the same cadet squadron at the Air Force Academy. When captured, Lance was placed in a cell with Guy, who cared for him and in fact, held him in his arms as he passed.

MOAA Chapter Board Meeting, August 15, 2019

President Bob Manning: Called the meeting to order. Led the Pledge of Allegiance. Reviewed the Mission Statement.

Secretary's Report: Genevieve Pustay. The June 2019 Board meeting minutes were distributed to Board members and subsequently approved..

Treasurer's Report: Peter Scott.

July opening balance:	\$13,829.96
Income: \$645 (Dues and MOAA Award)	
Expenses: \$3,778.11 (LVFS, LCCVEB, Checkbook, Insurance, Refreshments)	
Closing balance:	\$10,696.85

Designated Funds included in Balance above: Scholarships (\$1000, Lt Gen Pustay) \$1,150

We are waiting for one outstanding check before closing BB&T account—\$1000 for scholarships.

Balanced checkbooks vs. bank Statements for June and July. No discrepancies.

Pay Falcons Landing for refreshments (\$40.80) and Reproduction (\$31). Carried.

Treasurer's Report was approved.

Membership Report: Lowell Jones.

	Premium Members	Surviving Spouses	Honorary	Total Members
December 31, 2018	136	69	0	205
August 15, 2019	134	62	0	196

Total National Members: 187 (95%) Total National Life Members: 135 (69%)

Recruited one new member in July. Renewed 5 of 13 members due in August to date.

Legislative Report: Clair Wylie. The August monthly Legislative Report was distributed.

Auxiliary: Vicki Estey. New volunteers were trained, including Vicki and Dave Estey and John and Maija Kuspa. A new project is to redo the library at West Falls with assistance from Tom and Mary Ann Flynn. Vicki is reporting volunteer time in a different way: hours worked instead of visits.

Preliminary Reports: Johnson Center - 530 hours, June 2019 (2 MOAA volunteers

530 hours, July 2019

West Falls - 41.89 hours, July 2019 (9 MOAA; 2 non-MOAA)

Total volunteers available: 109 MOAA, 16 non-MOAA

Loudoun Veterans and Family Support (LVFS): Howard Schue. A recent loan was made to a needy veteran who broke an ankle and was in need of \$800 for rent. This is an example of collaboration with Community Lutheran Church. A farewell reception was held at Falcons Landing for Pastor Joe Vought on August 14. Howard presented a short history of LVFS and noted that donations from our MOAA membership were a major source of funds for this. Pastor Joe is an active supporter of LVFS and plans to remain so while staying in the area. Might Auxiliary status be considered for the Pastor? LVFS continues to be an active and viable source of assistance to veterans. Next meeting - Sep. 19th.

Public Affairs: Bob Manning for Don McCarthy. An article on the success of LVFS activities was submitted for the October MOAA magazine. It is currently in consideration for publication.

Speakers Program: Max Johnson. Projected Speeches: Duff Rice, September 25, Herndon High School, Humorous Side of a Marine Corps Career. Max Johnson, November 7, Shepherd's Center and November 13, Vienna Presbyterian Church, MacArthur's "Duty, Honor, Country".

JROTC: Stan King. Provided input to selection process for AFJROTC scholarships—John Pustay scholarship to Chantilly Academy. Possible increase in future Pustay scholarships.

Personal Affairs: Kathy Trossbach (absent). No report.

Virginia Council of Chapters (VCOC): Bob Manning. Bob and Clair Wylie attended the 3rd Quarter Meeting in Richmond on July 17. We received the 5-Star Harris Communications Award. The Northeast Region Council Leadership Workshop will be held in Hershey, PA on September 6 & 7. Bob Manning, Lowell Jones, Phil Walsh, and Howard Schue will attend.

Loudoun County Community Veterans Engagement Board (LCCVEB): Jim Mullen. One year anniversary marked. Jim Mullen is the current Chair. The goal is to identify and pursue strategic initiatives, namely: Tele-medicine in the April to June 2020 timeframe. Veterans clinics in 2021.

The Gathering: Bob Manning (Bill Hilsman absent). Scheduled September 12. Topic: Ongoing Research at the National Institutes of Health.

New Business: Bob Manning. The MOAA Chapter's Falcons Landing website is operating. The annual solicitation letter will be sent September 3. The Wellness Center meeting room will be used to display our MOAA awards. Bob Manning will pursue this action with the appropriate Falcons Landing Management. The next Honor Flight event is scheduled for September 6. The Vietnam Veteran Pinning Ceremony and Blue Water Navy Resource Fair will take place on August 16.

Top of Virginia Honor Flight, September 7, 2019

By Maury Cralle (Chapter Member), slightly edited

Maury Cralle recently took advantage of the opportunity to join a Virginia Honor Flight to take veterans to Washington DC and visit the war memorials. Ben Frank and Jim Mullen also attended the trip.

We assembled at 7 AM at the Ashburn Fire Station and were welcomed by members of the Top of Virginia Honor Flight organization and members of local American Legion post 2001 plus a number of other local citizens. We got our T-shirts and souvenir photograph taken. We found out that Top of Virginia does this 4-times a year in Virginia. All told the USA Honor Flights have brought in over 220,000 veterans to date.

We had a violin band playing during our breakfast. Then we boarded new busses for our “flight” into DC.

A local motorcycle club on 6 Harleys led us as an escort into DC, where we picked up a police escort who stayed with us the rest of the day. NO problem with traffic in the city!

We had 5 WWII veterans in our group. At Arlington, the ones able to walk had the honor to lay a wreath at the Tomb of the Unknown Soldier. There were about 60 veterans all told in our group. Each veteran is required to have a personal escort who must stay within 5 feet of the veteran at all times for safety. My son-in-law, Dave Jones, escorted me, and it strengthened the bond between us by the end of the day.

We visited the WWII, Korea, Vietnam, Iwo Jima, and Air Force memorials. As a special treat we were able to visit the stables of the Caisson Platoon at Fort Myer. They provide the horses for all Full Honor funerals. It was very interesting to hear how hard they work and all that is required to prepare for a funeral. Finally, we went to Arlington National Cemetery for the 3 PM changing of the guard ceremony followed by the wreath laying I mentioned earlier. Very moving.

Finally time to go home, and we were a quiet but happy group for the ride. But WOW. When we got to the fire station, there must have been 100 people turned out to welcome us back. Every one saying “Thanks for Your service! See pictures below. And inside the hall, a brass band was playing (loudly!), and there was a delicious dinner ready thanks to Mission Barbecue. It was a wonderful day, and if you ever have the chance to go, I highly recommend you accept. You will not have to spend one penny and you will remember it for the rest of your life.



Honor Flight veterans present wreath at the Tomb of the Unknown Soldier



NJROTC cadets from Loudoun High School and about 100 local residents welcome the veterans upon their return to Ashburn after the Honor Flight

The Gathering, September 12, 2019

The Future of Health

By Brian Sullivan and Bill Hilsman

Imagine a world where heart disease, cancer, and other maladies are as rare as smallpox and polio are today. Thanks to the work of the National Institutes of Health (NIH) in Bethesda, MD, and at the research centers around the world, that future is well on the way. The heart disease rate is down 70% from what it was, and cancer deaths have decreased by 27%, said Robert Balthaser and Laren Friedman of the Foundation for NIH who spoke at the Military Officers Association of America monthly Gathering at Falcons Landing on September 12.

While NIH does get funding from Congress, it's not enough to cover their needs. So, in 1990, Congress chartered the Foundation for NIH. Each year, NIH sends the Foundation a "wish list" of projects they would like to fund, and often more than half is for rare diseases. The Foundation then builds partnerships with corporations, non-profit organizations, and others to address these projects. Results and products of NIH research are available to the world. Of the more than \$62 million the Foundation receives each year, 80% goes for research programs and partnerships, 6% for medical education, and 14% for administration and fundraising.

Falcons Landing resident Bob Rosenberg introduced the program by telling his NIH success story. Some 17 years ago, he was diagnosed with cancer. He first went to his primary care physician, but the experience was less than satisfactory. Visits to other cancer specialists followed, each one advocating his or her specialty. Finally, he called NIH asking for NIH's advice. The operator advised him to come in and meet NIH's cancer researchers. He did, the doctors discussed all the options, and he had the treatment. The result: 17 years later Bob is still cancer-free.

Another resident Dr. Ray Stutzman, former head of Urology, Surgery, and multiple Committees at Walter Reed National Medical Center said that the NIH was clearly one of our country's crown jewels. He discussed the NIH partnership not only with Walter Reed but also with hospitals throughout the nation and even some in distant countries. Not only did the NIH share information on health issues but also trained young doctors from other hospitals at the NIH on different health-related issues.

Yet another resident told of how her husband, who had been diagnosed with a terminal illness, was sent to NIH to be a part of a new cancer treatment trial. He lived even longer than projected, but most important to him was that with days left, he was able to contribute to better health for patients in the future.

Key to being able to finance the multiple projects studied at NIH is the ability to engage other partners from academia, the scientific world, other hospitals, and private sector medical programs is the work of the Foundation. Establishing different projects with both government funds and partnership funds have set into motion over 100 projects today. So many of us, our families, and people throughout the world have and will be recipients of the benefits of this great medical center and the Foundation that is playing such a key role in advancing biomedical research.



L to R: Bob Rosenberg, Laren Friedman, Robert Balthaser, Bill Hilsman

MOAA Chapter Board Meeting, September 19, 2019

President Bob Manning: Called the meeting to order. Led the Pledge of Allegiance. Reviewed the Mission Statement.

Secretary's Report: Genevieve Chadwick.

The August 15 Board meeting minutes were distributed to Board members and approved.

Treasurer's Report: Bob Manning for Peter Scott.

May opening balance:	\$10,696.85
Income: \$220.00	
Expenses: \$4,321.80 (LVFS-\$3,000, Adopt-A-Platoon-\$1,250, Copying-\$31, Refreshments-\$40.80)	
Closing balance:	\$6,595.05

All checks have cleared the BB&T account. The account will be closed and balance transferred to NW bank. Balanced checkbook vs. bank statements for August. No discrepancies.

Treasurer's Report was approved.

Membership Report: Lowell Jones

	Premium Members	Surviving Spouses	Honorary Members	Total
December 31, 2018	136	69	0	205
September 19, 2019	132	62	0	194

Total National Members: 185 (95%) Total National Life Members: 133 (69%)

In September, we recruited one new member (Betsy Wylie) and lost one (Marie/Doris O'Neill, deceased).

Legislative Affairs: Clair Wylie. The September Legislative Report was published and distributed to members.

Auxiliary: Vicki Estey. Two new volunteers were trained on September 9. The library renovation at West Falls is complete. Tom Flynn reconfigured the middle shelves.

August Volunteer Hours: Johnson Center - 511 hours (350 MOAA, 161 Non-MOAA)

West Falls - 38 hours (32 MOAA, 6 non-MOAA)

Total volunteers available: 109 MOAA, 16 non-MOAA

Johnson Center now has a total of 28 MOAA volunteers. West Falls has a total of 19 Non-MOAA volunteers. New Business. For the Johnson Center, found a need for manicures and daily calendar updates for residents.

Public Affairs: Don McCarthy. An article on the success of LVFS activities was submitted for the October MOAA magazine and is under consideration for publication. A suggestion to send letters to editors with newsworthy Chapter activities was discussed. Previous efforts have resulted in poor or no responses.

Community Speakers Program: Max Johnson. On September 11, we participated in a "9/11" event in Herndon. Projected Speeches include: Duff Rice, September 25, Herndon High School NJROTC: "The Humorous Side of a Marine Corps Career." Max Johnson, November 7, Shepherd's Center and November 13, Vienna Presbyterian Church: MacArthur's "Duty, Honor, Country".

JROTC: Stan King. No report.

Personal Affairs: Kathy Trossbach. Sending condolence cards and working with two resident families.

Virginia Council of Chapters (VCOC): Jim Mullen. Bob Manning will attend the October meeting (Patriot Center, Williamsburg). Final agenda includes a memorial service and candle lighting ceremony. The 5-Star Harris Communications Award will be received by our Chapter.

Leadership Conference—Hershey, PA: Bob Manning. Discussion of this worthwhile conference by attendees: Bob Manning, Phil Walsh, Lowell Jones. MOAA is sensitive to the negative effect of not promoting surviving spouses as members of the Chapter. A sample letter was approved to send to MGen Joe Lynch (MOAA General Counsel). The letter addresses clarification of the Surviving Spouse Liaison at Falcons Landing. No response yet to clarify the status.

Loudoun County Community Veteran Engagement Board (LCCVEB): Jim Mullen. In October, Tom Grant will report that LCCVEB supported \$10,000 of veterans' aid, of which our Chapter donated \$3,400. The September 7 Honor Flight was very successful and moving. See article on page six.

Loudoun Veterans & Family Support (LVFS): Howard Schue. The "Shave for the Brave" effort in July raised \$4,855. LVFS has taken in \$14,290. To date, \$9,200 was spent on direct aid to veterans. "Flags for 9/11" is a teacher-supported placement of more than 3000 flags on school lawns. LVFS strong supporter, Pastor Joe Vought (Community Lutheran Church), has retired. Need to honor him and keep him involved.

The Gathering: Bill Hilsman. October 17. Topic on global terrorism and foreign policy problems.

New Business: Bob Manning. The American Legion will host a Vietnam War Pinning Ceremony in Ashburn on November 16 for Loudoun County. Our Falcons Landing MOAA Chapter website address is now linked on MOAA and VCOC websites. The annual solicitation letter for donations has been sent to all members.

Important Chapter Events, Officers & Directors, Member Status

General Membership Meets Quarterly, planned for evenings in the Falcons Landing Ballroom. The Gathering - special briefings (sponsored by the MOAA Chapter) open to all Chapter members and Falcons Landing residents. Nominally, one event per month in the Falcons Landing Ballroom. Board of Directors (BOD) meets monthly, as required. Chapter Executive Committee (President, 1st VP; 2nd VP, Secretary, Treasurer) meets as required; acts on behalf of Board on immediate issues. Committees meet at discretion of Committee Chairs.

2019 Meeting Schedule:

BOD nominally 10:00 A.M. on third Thursday of scheduled month

Quarterly Membership Meetings at 2:00 or 7:30 PM

January 17 – BOD

July—N/A

February 21 – BOD

August 15—BOD

March 21 - BOD

September 19—Board Meeting

April 18—BOD

October 17—BOD

May 23 – BOD

November 11—Veterans Day

May 27 – Memorial Day

November 21—Board Meeting

June 20—BOD

December 4—Annual Meeting

2019 Officers and Directors

President/Director/Programs: Bob Manning, Col, USA, Ret. (703) 543-9158

First Vice President: Phil Walsh, Col, USMC, Ret. (703) 978-4328

Second Vice President/Director/Legislative Affairs: Clair Wylie, Cmdr, USN, Ret. (703) 216-7549

Secretary: Mrs. Genevieve Pustay, (703) 444-5284

Treasurer: Peter Scott, Col, USA, Ret. (703) 715-7396

Director Membership: Lowell Jones, Col, USAF, Ret. (703) 444-9530

Director/Surviving Spouse/Auxiliary Affairs: Mrs. Vicki Estey, (512) 749-2810

Director/Personal Affairs: Mrs. Kathy Trossbach, (703) 430-1342

Director/Public Affairs: Don McCarthy, Capt, USN, Ret. (703) 430-5608

Director/The Gathering Coordinator: Bill Hilsman, Lt Gen, USA, Ret. (703) 433-1284

Director/JROTC/Scholarships: Stanley King, Col, USA, Ret. (703) 281-0825

Director/Speakers Bureau: Max Johnson, Col, USA, Ret. (703) 508-3788

Member at Large: Bill Suter, Maj Gen, USA, Ret. (703) 909-9810

Founder, Past President: John Pustay, Lt Gen, USAF, Ret. (703) 444-5284

Past President: Glenn Carus, Col, USAF, Ret. (703) 444-3269

Past President: Leo Childs, Maj Gen, USA, Ret. (703) 430-2884

Past President: Howard Schue, Col, USAF, Ret. (703) 433-2220

Past President: James Mullen, Lt Col, USA, Ret. (703) 444-4741

Members Deceased(3rd Quarter, 2019)

Bruce Brown, 08/23/19

Paul Wieland, 08/28/19

Marie/Doris O'Neill, 09/02/19

Welcome New Members (3rd Quarter, 2019)

Betsy Wylie, 09/23/19