

# The Salute online



Monthly newsletter of the Portsmouth Area Chapter, an affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield and Franklin, Virginia, since 1983. Dinner meetings are held the Second Thursday of each month except July and August. Although MOAA and PACMOAA actively lobby legislatures for all US uniformed services members, we are nonpartisan do not participate in political activities.

VOLUME XXXVIII ISSUE II

Learn more at pacmoaa.org

February 2019



### FROM THE PRESIDENT'S DESK

PACMOAA had a great start to the New Year with twenty-eight members, spouses, and guests attending the January meeting! Guests attending included COL Dan Warren, USA (Ret), VCOC President, and his wife Elaina. It was also a pleasure to see our new Surviving Spouse member Alice Fticsar. A table was set up in memory of Chuck Kuehn with 11 of the many birdhouses he donated to PACMOAA. These were raffled with the 50/50 raffle to help raise money for scholarships. It took Chuck at least 12 hours to paint each birdhouse and he brought one to almost every dinner meeting he

attended! Everyone wants to win one of Chuck's birdhouses so Hal donated one of his two birdhouses for raffle at this dinner meeting!

After dinner, COL Warren (center )inducted the new Leadership Team Members (left to right): President – MAJ Sherry Ferki, USA (Ret), Secretary-COL Hal Hostetler, USA (Ret) and Board Of Directors – COL Ben Barnard, USAF (Ret) and CWO2 Doug Weller, USCG (Ret).



#### HAPPY BIRTHDAY

Shirley S Barker Traci Green Sherry A. Miller Robert C Parker Jr. Lynn M Terry After the induction ceremony, COL Warren discussed the importance of involvement in all levels of government - local, state and federal. He reminded everyone to send in the post cards that come frequently with the MOAA magazine each month and to respond to the emails from MOAA asking for support for bills MOAA feels are in the interests of veterans. The MOAA newslet-

ter carries many articles of in-

terest and some that need to have action taken. On the MOAA website, one of the bullets at the top of the page is Take Action [use our website home page red link] this lists all the items needing action.

COL Warren also discussed the change in visiting legislators in Richmond. The ongoing 4-year renovation of the original General Assembly and the move to Pocahontas Building has resulted in reduced space for conducting an annual MOAA/VCOC Storming Day as done in previous years. This year



(Continued on page 6)

# **Chapter Happenings February**

Click Here for
DIRECTORY

- 02 Ground Hog Day
- 03 Super Bowl Sunday
- 04 USO Birthday (1941)
- 14 PACMOAA meeting
- 14 <u>National Salute to Veteran Patients</u> Week of February 14
- 14 Valentine's Day
- 18 Presidents' Day
- 19 US Coast Guard Reserve Birthday

(1941)

#### **FEBRUARY DINNER**

Our February dinner meeting will be held on Thursday the 14th at Hilton Garden Inn Harbour View (MAP). Social hour begins at 1730 with dinner at 1800. The cost of the meal is \$30.00 including tax and gratuity.

#### DINNER MENU

Iceberg Tossed Salad with Ranch or Italian Dressing
Pork Tenderloin with Apples
Jasmine Rice and Green Beans Almandine
Dinner Rolls and Butter
Chef's choice for Desserts
Ice Tea, Water, Coffee and Hot Tea Station

Please make your reservation <u>no later than Sunday 10 February</u> with Sherry by phone or by email. PLEASE REMEMBER THAT A RESERVATION MADE IS A RESERVATION PAID!

### GUEST SPEAKERS

In celebration of the USO birthday the United Service Organizations (USO) of Hampton Roads and Central Virginia is providing our guest speaker. Just prior to the onset of America's involvement in World War II in 1941, President Franklin D. Roosevelt sought to unite several service associations into one organization to lift the morale of our military and nourish support on the home front. We will meet both of the below:

Paula G Moran was raised on a working farm in Havre de Grace, MD. She holds a B.A. in English from Hood College in Frederick, MD and a Juris Doctorate from the University of Baltimore School of Law. In 2009, she and her family moved to Norfolk where she served as Executive Director of Horizons Hampton Roads until coming on board with the USO as its President and CEO in September, 2012.

Chelsea Lynch was raised in Ohio and moved to Norfolk Virginia to attend Old Dominion University. Upon graduation she decided to pursue a career in Non-Profit having developed a passion at an early age for the field.

Chelsea began her career with the USO as the Center Director at the AMC Terminal and J50 center locations on Naval Station Norfolk. She currently serves as the Director of Resource Development and enjoys knowing her position helps fund the life transforming programs and services offered by the local USO.



# **CHAPTER NEWS**

#### MEMBERSHIP RENEWAL REMINDER

PACMOAA fiscal year begins on 1 January We have been collecting dues since last month Please resubmit a membership form with any changes in your personnel profile. As editor of The Salute and directory I am particularly interested in changes of email, phone numbers, and street addresses.

The PACMOAA dues are \$25.00/year for Regular members and \$20.00/year for Auxiliary members. You can pay your dues at the next PACMOAA meeting or by first-class mail to:

PACMOAA P.O. Box 5353 Portsmouth VA 23703

Dues enable PACMOAA to pay for VCOC dues, newsletters, internet services, administrative expenses, monthly program speakers, and entertainment like the Tidewater Concert Band that performs at our Christmas Gala when we R&R after the year's efforts.

Why your membership is important! Local chapters are critically important to the ultimate success of any national organization. Membership and dues are critical to chapter survival. The camaraderie we experience at our monthly dinner meetings is a bonus benefit of membership that we enjoy and appreci-Additionally, we must have and are grateful for those who are able to perform leadership responsibilities or otherwise participate in important chapter activities. All of us remember why we first joined PACMOAA. PACMOAA and MOAA are both advocating for our best interests and that of our family at the local, state, and national level. Neither organization can be successful by name alone; they must have a large representation and some source of funding.

What is the least we can do to meet our stated objectives? First and foremost is just being a member of PACMOAA. There is power in

numbers. As a member, you enjoy the camaraderie and community of meeting with other local members who share the exceptional experience of military service and financially support the chapter. You become something larger than a lone voice by lending necessary strength in numbers to effectively support the greater good. Another important component of PACMOAA membership is legislative involvement. Part of your dues pays membership in the Virginia Council of Chapters representing you in Richmond via the Joint Legislative Council, which advises the State Legislature on all matters concerning military personnel and their families in Virginia. You also can have, if you chose, the opportunity to meet with your Congressman and State Legislators as a representative of a larger advocacy concerning issues affecting you.

As a member, you receive guidance to current information focused on important issues from the websites and publications from MOAA and PACMOAA. Our website is PACMOAA TODAY. Our newsletter is published in three forms: The Salute by mail, The Salute express by email and The Salute online. We also have a Youtube Channel, PACMOAA TODAY. Please help us protect the benefits earned by veterans, retirees, reservists, National Guard and active duty military as well as their spouses and dependents by continuing your membership and convincing others that it is their best interest to join.



## PACMOAA MEMBERSHIP FORM 2019

FULL NAME:	NICKNAME:				
GRADE/RANK:	SERVICE: BIRT		BIRTH DATE:		
STATUS: Active	Retired	Former	Surviving Spouse		
MAILING ADDRESS					
			LL PHONE:		
Civilian Occupation:					
MOAA Membership I Off. Mailing Label)	No.:	(From	MOAA card or Military		
Spouse's Name:		Spouse's I	Nickname:		
Are you willing to serve as board member or on a committee? ( ) Yes ( ) No					
PLEASE CIRCLE CORRECT AMOUNT: ANNUAL DUES ENCLOSED IS \$25.00 FOR REGULAR MEMBER OR \$20.00 FOR AUXILIARY MEMBER. Make checks payable to PACMOAA and send mail to:					
PACMOAA, PO Box 5353, Portsmouth, VA 23703					
DATE:	SIGNA	ATURE:			
NOTE: For members for regular members	_	_	l before 1 January, \$12.50 y members		

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PACMOAA LEADERSHIP 2019					

(Continued from page 1) FROM THE PRESIDENT'S DESK VCOC representatives were invited to join in several events on the JLC (Joint Leadership Council) Day at the General Assembly on January 16. Until last year, VCOC would have "Storming the Hill" each year in January the day after the 1st Quarterly meeting. Last year because of construction and no place to meet, they did not hold "Storming the Hill." The JLC day activities were arranged through Col Frank Wickersham and attendees had to register with him.

Thank you all for your assistance and participation over the past year. Even though we ended the year with seven new members last year, membership is an ongoing issue and involvement of the membership in running the organization is vital. Please renew your membership, either at a meeting or via the mail. Many of us on the Leadership Team have been serving in one role or another for some time, most for over 10 years. We need new ideas and approaches to continue to make PACMOAA a successful organization. If any of you have any ideas or suggestions, please share them with any of the Leadership Team. For example, if you have any ideas for a good speaker or program, please share your ideas with myself or our program chair, Ken App. I look forward to working with everyone for a successful and productive 2019. Please continue to keep our service members and their families in your thoughts and prayers as well as the local homeless population. Remember we collect items for the Portsmouth Volunteers for the Homeless and are starting to collect items for the baby pantry at the Coast Guard Base Portsmouth every month.

# **CHAPTER NEWS**

### IN MEMORIAM

It is with sadness that we announce that there will be one less member celebrating with us this year with the passing of Charles E. Kuehn of Suffolk, VA.

### WELCOME ABOARD

On the bright side *The Salute* extends a hardy welcome to LT Joyce Johnson a US Navy veteran living in Suffolk.

#### REMEMBERING CHUCK KUEHN

In the December Personal Affairs Update, I mentioned that Chuck had broken his hip recently. I had visited him around Thanksgiving time and he was going to PT and staying in the Skilled Care Unit at Lake Prince Woods. Many members signed a Get Well Card for



Chuck and MG Timothy P. Williams, Adjutant General of Virginia had a great time at our June Scholarship Banquet.

Chuck at our Christmas party and I took the card to him the following day. He was so happy to see the card and know that so many of us missed him and wished him well. Chuck seemed to be doing better than on my previous visit with him and was working hard on PT. I also took him a color copy of the article in the October newsletter about him and his bird-

houses. Many of the staff on the Skilled Care Unit didn't know Chuck well or about his bird houses and he was pleased to be able to show them the pictures. He also reminded me that he had an unfinished birdhouse in the dresser drawer in his room. Chuck also mentioned his deceased wife Rose and talked about how much he missed her as he did at my previous visit. As usual I got several hugs and saw his wonderful smile several times!

Many of us have one or two of Chuck's birdhouses and we had ten on display at the January meeting. He usually signed his name and had a number written on the bottom of each



birdhouse. One of mine is number 391. His son told me he had painted over 400 of the birdhouses since he started in 2012 at 90 years of age! After a few years of not being a member of PACMOAA, Chuck rejoined in 2014 and brought one of his hand painted birdhouse to just about every meeting he attended to be used as a door prize to help raise money for scholarships. Everyone wanted one of Chuck's birdhouses - each one was different and hand painted by him, taking about 12 hours or so to complete!

It was very interesting talking with Craig, Chuck's son, at the viewing and reception after the funeral. Chuck served during 3 wars, starting with WWII, and decided to retire before going to Vietnam - he felt serving in several wars was enough. Chuck started as an enlisted soldier and was commissioned in wartime. He served in North Africa, Korea, Germany and El Paso in addition to many other posts.

Eight PACMOAA members/spouses attended the viewing and/or funeral. Chuck planned his funeral and left his son very detailed instructions about everything including the type of casket and music for his service! The following prayer was included in the brochure at the Service of the Resurrection celebrating the life of Charles Emil "Chuck" Kuehn and embodies the essence of Chuck.

An Old Soldier's Prayer By Lewis Millet

I have fought when others feared to serve. I have gone where others failed to go. I've lost friends in war and strife, Who valued Duty more than love of life.

I have shared the comradeship of pain. I have searched the lands for men that we have lost. I have sons who served this land of liberty, Who would fight to see that other stricken lands are free.

I have seen the weak forsake humanity. I have heard the traitors praise our enemy. I've seen challenged men become even bolder, I've seen the Duty, Honor, Sacrifice of the Soldier.

Now I understand the meaning of our lives, The loss of comrades not so very long ago. So to you who have answered duties siren call, May God bless you, may God bless you all.

We will all miss Chuck's friendship, sense of humor and his smile with a twinkle in his eye but will keep many happy memories of our times together.

Submitted by Sherry Ferki

#### PERSONAL AFFAIRS OFFICER

With the deaths of three long time PACMOAA members in the past 2 months, the importance of planning ahead for the surviving spouse/ family members was amply demonstrated. One service member did not seem to have done any preplanning for the surviving family member and one left detailed instructions for everything including the funeral! Quite often, one spouse takes care of most of the financial matters and that is often the service member. Dealing with the death of a loved one is diffi-

cult enough without having to figure out from scratch how to do everything - who to call, what info is needed, what the passwords are for different accounts, etc. This was a reminder to me as I have started on the booklet but have not finished putting in all the necessary information.

MOAA has many helpful booklets but several are especially helpful in planning ahead for our survivors. Help Your Survivors - Now: A Guide to Planning Ahead looks at SBP and burial procedures and expenses; continuing entitlements like medical care, pharmacy care and dental care; and personal affairs like your estate, documents requirements checklist and when a service member dies checklist. The Personal Affairs Guide: A Personal Inventory for Peace of Mind looks at personal data security including passwords and where to keep this document; record keeping including important info per self and spouse, family records, social security, etc.; financial information including financial and retirements accounts and annuities, credit cards, loans, etc.; insurance - life, long term care, medical, dental, vision. VA hospital and any other insurance: and wills and other arrangements. MOAA Survivor's Checklist: First Steps for Moving On is a small pamphlet but it gives names and contact info for "who to contact" with room to add important numbers and notes. All of these resources can be downloaded or ordered from MOAA at no cost. I will bring some copies of each to the next dinner meeting.

Many of our members and some spouses have had a rather difficult year. Being a caregiver is a also very stressful situation. Please keep them in your thoughts and prayers.

CAPT Bob Parker, USNR (Ret), an active member of PACMOAA for 34 years a Past President as well as a PACMOAA Life Member is having more medical issues but is still very interested in PACMOAA and asked to me to tell everyone hello from him. He looks forward to hearing from you all.

Eleanor Parker. Bob's wife, is having some medical issues and recently moved into Bob's Brightwood Woodburn facility.

Ray Cicirelli is having more medical issues and so he and Peg will not be able to attend meetings as often as in the past. Ray was put in hospice recently and is now living in the Memory Care Unit Room 516 at Lake Prince Woods in Suffolk. Peg said he would love company. Bruce and I visited him and Peg this week and had a good visit with both of them.

Please let me know if you, a member of your family, or another PACMOAA member is ill and would like visitors or for us to remember them in the newsletter. We cannot support members when they need us unless someone notifies us.

Thank you.

Sherry Ferki, Personal Affairs Officer

Home: Cell:

#### **PVH STILL NEEDS WINTER HELP**

Portsmouth Volunteers for the Homeless is a primary provider of emergency shelter for single homeless individuals and moves them from dependency to self-sufficiency, through supportive services in cooperation with other organizations in the Portsmouth area.

#### 2018 ACCOMPLISHMENTS

- Served 270 distinct individuals in winter shelter and service center services.
- Sheltered a total of 203 distinct individuals for total of 160 night's stay.
- Provided 12,045 units of service (sheltering, showers, laundry, HRT bus passes, mail distribution, telephone usage, and housing documentation)
- Coordinated, staffed and managed inclement weather contingency sheltering (around-the-clock) for snow storms.
- Collaborated with homeless service providers to get 40 individuals housed.

Our on-going and Winter Shelter services material donation needs are listed below.

- ☐ XL Ziploc bags (10 gallon size)
- ☐ Deodorant (travel size)
- ☐ Lysol Disinfectant Spray
- ☐ Clorox Disinfectant Wipes
- ☐ Hand warmers
- ☐ Bleach (chlorine)
- ☐ Towels and Facecloths (white)
- ☐ Kitchen Trash bags
- ☐ Adult Pull-Ups (brief-style)
- $\square$  Foot Powder (travel size)
- ☐ Paper Towels
- ☐ Men's Boxers (M, L, XL)
- □ Lady's Underwear (M, L, XL)
- ☐ Disposable Gloves (non-latex)

# PACMOAA DONATES TO THE CPOA BABY PANTRY AT COAST GUARD BASE PORTSMOUTH



Peg Cicirelli and Sherry Ferki are members of the Military Women of Tidewater group and Sherry received an email on 11 January about donating items to the baby pantries at Coast Guard Base in Yorktown and Portsmouth. The Hampton Roads Chief Petty Officers Association maintains baby pantries at Yorktown and Portsmouth bases for E-5s and below. These items are needed even more now with the Coast Guard not being paid during the shutdown. Sherry sent a message to our Leadership Team members and received donations totaling \$720. Some members sent checks directly to the Association. Sherry made deliveries on January12<sup>th</sup> and 25<sup>th</sup>. She was shocked at the cost of baby supplies.

Sherry would like for us to donate to the group on a regular basis. This is directly helping military members in the Portsmouth area and true community involvement!

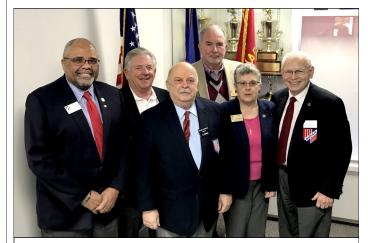
# **NEWS FROM VCOC**

#### LEGISLATIVE REPORT JANUARY 2019

The Virginia Council of Chapters (VCOC) meeting was called to order January 15, 2019. The meeting was held in Richmond, Virginia. VCOC policy initiatives to be presented to the General Assembly (in priority order) are as follows:

- 1. Increase state active pay
- 2. Income tax subtraction for certain low income 100% disabled veterans
- 3. Electronic return of state ballots by deployed Virginia military personnel
- 4. Personal property tax relief for certain disabled veterans
- 5. Free state tuition for Virginia National Guardsmen
- 6. Remove the combat requirement element from both the Virginia military survivors and the Dependent Education Programs (VMSDEP)
- 7. Phase in a system for partial state tax exemption for military retirement income

Due to the ongoing renovation of the General Assembly Building, there will not be a



PACMOAA was well represented at the meeting with (l to r) Karl Wilson, James Stephan, Steve Turner, 'Dolly' Cherrington, and 'Hal' Hostetler present. 'Jim' and 'Dolly' are VCOC Officers as is VCOC President, Daniel Warren (center front).

"Storming of the Hill" this year. Therefore, the aforementioned initiatives have been forwarded to the district offices of Delegate Stephen Heretick and Senator Louise Lucas. Individual chapter members are encouraged to call, write, or email their legislative representatives concerning current legislation. Use the links and searches on our website to locate and contact your legislators.

Nationally, The annual MOAA "storming" held in Washington, D.C will be conducted at an undetermined date during April 2019. Dates are also being discussed for the annual congressional luncheon and will be shared when available.

Respectfully,

Karl Wilson, Legislative Representative

The editor has requested that members document legislator contacts with photos of the meeting. The pursuit of legislators is not always successful. Hence, I received the photos (upper right) of Hal and Karl on unsuccessful cold calls at the local offices of Senator Lucas and Delegate Heretick.

Office staff assisted with a life sized cutout of Lucas and a quick selfie. All in good fun.





# **NEWS FROM MOAA**

# CHANGES COMING TO PHARMACY BENEFITS

By: Capt. Kathryn M. Beasley, USN (Ret), Director of Government Relations, Health Affairs
TRICARE is planning to add a new tier of drugs to its three-tier medication formulary one that's made up of drugs *excluded from* 

coverage by TRICARE.

Medications now fall into one of the existing tiers: Generic (Tier 1), Brand Name (Tier 2), and Generic and Brand Name (Tier 3 known as "non-formulary"). The addition of a new fourth tier (to be referred to as "Excluded" or

"Not Covered"), according to officials who recently briefed MOAA on the development, "aligns TRICARE's pharmacy benefit with current industry standards among commercial health care plans."

The new tier will require beneficiaries to pay the full out-of-pocket cost for the drug. Beneficiaries can find out all drugs TRICARE currently covers by searching the TRICARE Formulary or calling Express Scripts at (877) 363-1303.

# CHAIRMAN PLEDGES TO KEEP BIPARTISAN TRADITION

By: Cmdr. René Campos, USN (Ret)

The House Armed Services Committee held its first meeting of the new 116th Congress on Jan. 24, while much of Washington remained in the shadow of the federal shutdown.

The committee is responsible for funding and oversight of the Department of Defense, including personnel policies and services to support the health and well-being of servicemembers and their families.

Rep. Adam Smith (D-Wash.), the new chairman, convened an "organizational meeting" to layout priorities and procedural rules for governing in the session. Smith thanked the former chairman - and now ranking member -- Rep. Mac Thornberry (R-Texas) for his leadership and staunch support of "one of the most bipartisan committees in Congress," having shepherded passage of a National Defense Authorization (NDAA) for the past four years.

"Working issues with both sides of the isle is the best model for this committee which has endless number of important and complicated issues it must work," said Smith.

Smith said his two priorities as committee chair are "to maintain its bipartisan tradition and to produce an NDAA."

#### 3 TIPS TO GET THE MOST OUT OF BRS

By: Amanda Dolasinski / LtCol Shane Ostrom, USAF (Ret), CFP, Program Director for Finance Benefits Information at MOAA.

- 1. Plan for the Future: Focus some of your efforts to long-term financial goals. Ostrom said he knows junior members are not usually thinking about retirement, but the earlier you start saving, the more money will accumulate for your retirement. "You're thinking about paying off student loans and climbing the career ladder," he said. "But be ready to plan for retirement when you're 25. Time is your greatest asset; procrastinators will come up short at retirement."
- **2** Don't Leave Money on the Table: Contribute to your plan to maximize the match as soon as you can. If possible, at a minimum contribute the maximum allowable 5 percent to obtain the DoD's 5 percent match. "It will take at least a 10 percent to 15 percent of income contribution over your working life to accumulate the wealth needed for a long retirement," Ostrom said.
- 3. Educate Yourself: Understand investment strategy and read about dollar-cost averaging. "That's where MOAA comes in," Ostrom said. "We're the best counselors to help. We're unbiased counselors that can teach you how to be a good consumer in the financial world."

# VA MISLEADS VETS ON NON-VA EMERGENCY CARE

By Tom Philpott

Veterans who flooded the Department of Veterans Affairs with reimbursement claims for private-sector emergency care, in the wake of their appeals court victory in the <u>Staab</u> case, have been getting misinformation from the VA that likely discourages them from appealing wrongly denied claims or from supplying the VA with follow-up documents to complete their claims.

That's the contention of a new lawsuit filed Jan. 1 by attorneys led by the non-profit National Veterans Legal Services Program (NVLSP), which is trying to force the VA to heed the *Staab* decision and reimburse tens of thousands of veterans for non-VA emergency care that their own health insurance cov-

ered only in part.

As reported here in November, an initial lawsuit filed by NVLSP, which still pends, alleges VA wrongdoing on another issue related to *Staab* claimants. It contends that the VA wrote an implementing regulation for *Staab* last year in a way that still denies thousands of veterans non-VA emergency care reimbursements, and saves the VA billions of dollars, on precisely the type of claim the U.S. Court of Appeals for Veterans Claims ruled that Congress has wanted the VA to pay since 2010.

The new lawsuit charges that letters sent the past year to thousands of veterans, denying a *Staab*-related claim or seeking more information to reach a claim decision, have contained "an incorrect statement of law," language that contradicts what the appeals court concluded in *Staab*.

"It's beyond my comprehension how they could do such a clearly lawless act," said Barton F. Stichman, NVLSP's executive director and the lead attorney in both lawsuits.

#### WOMEN IN THE DRAFT?

This article by Patricia Kime originally appeared on Military.com, the premier resource for the military and veteran community.

A congressionally mandated commission is weighing whether women should be required to register for the Selective Service System, or whether the U.S. needs a draft registration system at all.

The National Commission on Military, National and Public Service, created in 2016, spent the past year reviewing public service options in the U.S., including the armed forces, Ameri-Corps, the Peace Corps, federal employment and more.

Members released an interim report Jan. 23 that offers some radical proposals for the Selective Service System, which requires all 18-year-old men to register for a potential draft.

Among the options under consideration is whether women should be required to register, if the Selective Service System could be used to find candidates to fill critical military billets, or whether the system should be scrapped entirely.

#### DISCOUNTED ROMANTIC GETAWAYS

Published Jan. 25, 2019

By Maryann Hammers

Treat your better half to a special tryst, while saving yourself some serious cash. Here are romantic inns, boutique hotels, and resorts — all with hefty military discounts. [As Valentine's Day occurs in February and the outer banks is off-season I offer only the Sanderling Resort as a distinct possibility. More destinations are listed in the title link. I recommend you call the 877 reservation number below for details and options.]

#### NORTH CAROLINA

The four-diamond **Sanderling Resort** in the Outer Banks on the Atlantic Ocean, consists of 120 guest rooms and suites, plus five rental homes. Amenities include two dune-side pools, oversized fire pits, a spa, a lobby bar, and several dining options. The hotel's longstanding "Heroes Welcome" program offers discounted rates starting at \$119 property side to \$129 a night ocean side (regular rates start at \$179-\$279), plus 20 percent off food, spa, and retail purchases. The offer is valid through March 14, 2019. Book online using corporate/promo code HERO14, or call (877) 697-4613.

My wife, Twila, has this thing about what she refers to as "guilt gifts" for special occasions such as Valentine's Day. Thus no candy, no flowers, no jewelry is the order of the day.

For Christmas I bought her a complete set of beautiful laser fit high dollar floor mats for her minivan which did not seem to fill the bill either. Maybe I should consider a trip to the Sanderling Resort for Valentine's Day.

#### THAT'S A WRAP FOR FEBRUARY