



May-June 2026
Volume 9 Issue 2

Hilton Head Area Chapter
Military Officers Association of
America

The Hilton HeadLiner

**Brigadier General
Mitchell LeClaire
Chapter President**

Let me start with some good news. Our Chapter has once again received a 5 Star Level of Excellence Award and a 5 Star COL Marvin J. Harris Communications Award. Both of these awards are significant in that they indicate the status of our Chapter. Our Board of Directors has strived to promote excellence in our endeavors and these awards are indicative of those efforts. My thanks to our Board of Directors, and in particular, Holly Bosworth, our Webmaster and News Letter Editor, for her terrific job in compiling our comments for our submittals.

Also, please welcome our newest Honorary Member Marjie Gaynor. Marjie is the founder of Operation Morale Support an organization that provides personal end items for service members who are deployed and don't have access to a Post or Base Exchange. Welcome Marjie.

Our May membership meeting will honor our JROTC cadets at our annual award ceremony. COL Jerry Glass will present the COL Edwin Tankins Memorial Scholarship and the MOAA Medal for Military Excellence. Please join us in honoring these deserving cadets.

Your membership in our Chapter is important to us. If you haven't paid your annual dues please do so. If there are programs that you would like to see or information that you would like us to present, let us know. You have my email address and I would entertain suggestions that you may have.



2025-Star Award for The
Hilton Head Area Chapter



2025 5-Star Award for The
Hilton HeadLiner



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

NEVER STOP SERVING!

First Vice President, Programs
Theodore Janosko, COL US Army Ret.

Thanks for all you do. Wanted to update everyone on several topics

1. Meetings. I hope you enjoyed our visit to the OPFOB in March. I know that car-pooling is not ideal, but we had 50 members and guests attend. It is nice to see what our donation goes to each year and I know everyone enjoyed meeting the K9s. Our next meeting will be honoring our JROTC at the Wise Guys on May 21, 2026. Hope to see you there.

2. Future trips. Since car-pooling worked so well in March, we are considering several other meetings that we would recommend car-pooling to attend. I would like to do a joint meeting with the Low Country chapter in March 2027 at Parris Island. We are trying to get the post commander to speak at the Traditions (old officer club). Folks could also visit the museum. In the future we are looking at trips to the Mighty 8th Air Force museum in Pooler (cafeteria in the museum) and the innovation center and drone training at Hunter Army Airfield (post dining facility).

3. SC Council. The South Carolina MOAA Council met at Spartanburg on May 9th. We toured the museum at the Spartanburg American Legion and visited the Cowpens National Battlefield after the meeting (See photo). As we celebrate our country's 250th anniversary, I hope you get to visit some of the many revolutionary war sites in South Carolina. (Visit Facebook Page -South Carolina 250)

4. Fund Raising. Still looking for ideas. We are fortunate that many of our members are very well off. We donate very well to a variety of organizations and can now do so using Cheddar-up. I believe that we can host one or two fundraisers a year and donate the proceeds to our scholarships and the OPFOB. We've had several thoughts, and I would like to hear your ideas. Currently I am pursuing chapter coins and a golf tournament since we have several golfers in the chapter.
americanlegionpost205@yahoo.com



Military Veterans' Coalition (MVC)

Dennis Flynn, COL US Army Ret.

Hilton Head Island Area Military Veterans Coalition (MVC) - 2nd Quarter 2026

The 2nd Quarter 2026 MVC Board of Directors meeting was held on May 1st. The primary topic of discussion focused on preparations for the annual celebration of Memorial Day which will be hosted by the MVC on May 25 at 0930. Please attend and bring your family and friends. This event is free and open to the public.



Visit website at
[Hilton Head Island Veterans Memorial Park](#)



COL Ted Janosko Programs

If you have ideas for speakers, programs or venues, please contact Ted Janosko at tjjanosko@gmail.com.

The MOAA Board of Directors meets the First Wednesday of the month at 11:45 at the Bluffton Public Library or at The Crazy Crab, Jarvis Creek. Members are welcome to attend.

Please check with one of the Board members to determine the location

2026

Thursday 21 May 2026 - Wise Guys, 1513 Main Street, HHI. Program: JROTC Recognition

Thursday 20 August 2026 - Burnt Church Distillery, Bluffton. Guest Speaker is Annelore Harrell. Local author and MOAA Surviving Spouse.

Thursday 15 October 2026 - Location TBD. Guest Speaker: James Albert, President SC Council MOAA

Wednesday 11 November 2026 - Veterans Day Memorial Service at the Shelter Cove Veterans Memorial Park. Lunch, 2nd floor Poseidon following Veterans Day Ceremony. Details to follow.

December 2026 - Holiday Meeting Date, Time and Location TBD

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Hilton Head Island, SC 29925

Surviving Spouse Liaison
Marilyn Janosko, CPT, U.S. Army

Surviving Spouse Corner: Resources for Surviving Spouses
By: Barbara Smith

As a surviving spouse and a member of MOAA, you have access to a host of people who are there to guide you through any difficulties or questions you might have. MOAA exists to protect military benefits and to offer you resources which cannot be found elsewhere.

MOAA membership is 350,000 strong, of which 16% are surviving spouses. Experts in the Washington, D.C., area advocate for legislation benefiting our community; they are equally vigilant when fighting legislation that would harm our benefits.

You are encouraged to visit MOAA.org, where you can sign up to receive [The MOAA Newsletter](#) and choose areas of most interest to you, such health care and earned benefits, finance, and spouse and family.

On the homepage when you see the prompt "I AM A," scroll down and click on "Surviving Spouse," which will lead you to the [Surviving Spouse Page](#). This site provides information relevant to our community.

MOAA has a Surviving Spouse Advisory Council (SSAC) consisting of eight surviving spouses advocating for issues and concerns of interest to our community. Email SSACouncil@moaa.org with any questions or concerns you may have.

MOAA's Surviving Spouse Virtual Chapter meets once a month and is open to all MOAA surviving spouses and surviving spouse liaisons. Speakers cover important information regarding issues and concerns one month and the next is an open forum meeting taking questions and hearing concerns of attendees. [Learn more about the chapter, including how to join.](#)

Additionally, **MOAA's Surviving Spouses and Friends Facebook group** provides information, answers questions, and offers an opportunity to interact with others traveling the same course. Although not sponsored by MOAA, another Facebook group, **DIC Surviving Spouses & Friends**, is open to all surviving spouses who receive or who have questions regarding Dependency and Indemnity Compensation.

[RELATED AT [MOAA.ORG: Dependency and Indemnity Compensation](#)]

Check out your local MOAA chapter where you can meet new people and other surviving spouses. Some of our events have speakers on a variety of

Surviving Spouse Liaison **Marilyn Janosko, CPT, U.S. Army**

subjects that might interest or concern you, with some other events providing entertainment. Most chapters have a surviving spouse liaison who is there to assist you with any issues or concerns you might have or just to provide some comfort or a sounding board.

Surviving Spouse Corner: Strengthening Emotional Well-Being By: Roy Yenchsky March 27, 2026

The death of a military spouse reshapes emotional well-being in ways that reach far beyond grief itself. It is a loss that touches identity, daily rhythm, and the quiet sense of safety that comes from sharing life with someone who understood both the burdens and the pride of service.

For many, the brain responds to this kind of profound disruption with a mix of numbness, hypervigilance, and deep fatigue — natural reactions to a heart trying to make sense of a world suddenly changed. Yet within that upheaval, emotional well-being becomes not just a hope but a necessity: a steadying force that helps the mind process sorrow, rebuild resilience, and slowly rediscover moments of connection, purpose, and peace. This journey is neither quick nor linear, but it reflects the same courage and endurance that military families have always carried.

Emotional well-being and brain health are deeply interconnected, shaping how we think, cope, and experience daily life. Strong emotional balance supports healthier brain function, while a well-nourished brain strengthens our ability to manage stress, build relationships, and maintain resilience. Research shows that chronic stress can harm key brain regions involved in emotional control, memory, and decision-making, including the prefrontal cortex, amygdala, and hippocampus. When these areas are disrupted, people might experience anxiety, irritability, or difficulty concentrating.

How Emotions Shape the Brain

Positive emotional states — such as purpose, connection, and calm — help regulate stress hormones and support cognitive performance. People who report higher emotional stability and life satisfaction tend to support stronger memory and decision-making abilities as they age.

Conversely, chronic stress elevates cortisol, which can shrink the hippocampus and over activate the amygdala, making emotional regulation more difficult and increasing vulnerability to depression or anxiety.

Surviving Spouse Liaison Marilyn Janosko, CPT, U.S. Army

The Brain–Body Connection

The brain communicates constantly with the body through neural pathways and chemical messengers. Neurotransmitters like serotonin, dopamine, and norepinephrine influence mood, motivation, and focus. When these systems are imbalanced, emotional well-being can suffer.

Physical factors such as sleep, inflammation, and fatigue also affect how the brain processes emotions, reinforcing the need for whole-body care.

Strengthening Emotional and Brain Health

Several habits support both emotional balance and neurological resilience:

- Regular physical activity boosts serotonin and dopamine, improving mood and cognitive flexibility.
- Quality sleep helps the brain detoxify and consolidate memories.
- Social connection reduces stress responses and protects cognitive health.
- Mindfulness and gratitude practices calm the nervous system and enhance emotional regulation.
- Balanced nutrition, especially omega-3s and antioxidants, supports neural communication.

Together, these practices create a reinforcing cycle: A healthier brain supports stronger emotional well-being, and emotional well-being protects the brain.

Suggested reading: Dial Down: Holistic Strategies to Move from Chaos to Calm by Lt. Col. Raquel Durden, USA (Ret), a transformative guide offering simple, actionable wellness practices, interwoven with real-life stories.

The US Department of Veteran Affairs presents

The Survivor Series to empower survivors with insightful guidance & support.

**Join us on the last Wednesday of every month from 1pm-2pm ET.
www.va.gov/SURVIVORS**

The MOAA Newsletter is an **award-winning** member-only e-newsletter subscription that provides information on topics most important to MOAA members, like looking for updates on current legislative issues, military benefits, or the latest MOAA events. The MOAA Newsletter is included for free as part of your MOAA membership.

[MOAA - The MOAA Newsletter](#)

We're excited to announce that **MOAA's Legislative Action Center** has a new look—redesigned to improve your experience and make it easier to engage on the issues that matter most.

With a streamlined layout and updated navigation, the Action Center now features:

Featured Advocacy Campaigns: Spotlights MOAA's top priorities, and will change depending on what is gaining traction.

Advocacy by Issue Area: A refreshed layout, allowing you to browse topics such as Currently Serving, DoD Health Care, and Retirees & Veterans.

Latest Advocacy News: A new section combining videos, timely analysis, and links to MOAA's most recent advocacy updates.

These enhancements are part of our broader goal to make the Action Center your one-stop-shop for legislative engagement, news, and other important tools.

[Join MOAA's Advocacy!](#)

**CW5 John Marcinowski, USA
2nd Vice President - Membership**

We would like to welcome new Chapter member. Hope to see you soon at our meetings.

Commander (USCG) Mark Benjamin and his spouse Shirley. Mark and Shirley spend most of the year in Traverse City, MI and winters in Sun City Hilton Head.

COL (USA) Macintyre and his wife Patricia

**LT Dick Dubiel, USN
Legislative Affairs**

- Major Richard Star Act received strong endorsement from the Pentagon on April 30 in testimony presented to congress. The Act proposes to remove the offset between disability pay and retirement pay for combat wounded veterans. 6 new sponsors were added in April, 5 in the house and 1 in the senate. The total number of sponsors is now 400.
- Military budget shift. The pentagon is shifting \$50b of fiscal year 2026 budget from climate control efforts and other social issues to border security and military infrastructure. The shift represents about 8% of the budget.
- Iran Epic Fury Costs are approximately \$30b to date. Approximately 80% of those costs are associated with munitions and interceptors. The second largest are of costs are equipment loses including 4 F-35Es and a KC-135 tanker.
- NDAA 2027 – The pentagon has proposed a budget for fiscal year 2027 of \$1.45T. The budget includes a 7% pay raise for military personal. Approximately \$1.1T is for standard operations. The budget includes funding for the Golden Dome Missile Defense System and advanced Military equipment including F-35s, F-47s and B-21 bombers.

CW5 John Marcinowski

2nd VP, Membership

Hilton Head MOAA Board Members Visit Hunter Army Airfield's Innovation Center

Exploring Cutting-Edge Advancements in UAVs and 3D printing

Five members of the Hilton Head Chapter of MOAA Board recently embarked on an enlightening field trip to Hunter Army Airfield, where they visited the 3rd Combat Aviation's Innovations Center. The center welcomed the group with enthusiasm, eager to showcase its latest breakthroughs in designing, 3D printing, and deploying small UASs, commonly known as drones, in support of combat operations.

The visit was marked by inspiring demonstrations that highlighted the genuine passion and commitment of the center's team. Every aspect—from the intricate design processes to the practical applications of their products—reflected a remarkable dedication to quality and innovation. The team's enthusiasm was palpable, underscoring why the Innovations Center stands out as a leader in its field.

The experience culminated with lunch at the Warrior Restaurant, where the board members engaged in a lively Q&A session with UAV soldiers. They also enjoyed a video presentation detailing the history of HAAF. As a special touch, each guest received a personalized 3D printed name plate and a unique unit patch, memorable tokens that left a lasting impression.

The Board members extend their sincere gratitude to the Innovations Center for sharing their expertise and going above and beyond to make the visit special. The group looks forward to maintaining contact with the center's OIC and hopes to welcome them for a future presentation to MOAA members on Hilton Head Island.

OPERATION MORALE SUPPORT

Operation Morale Support continues to support military units serving in isolated locations around the world. They currently provide care packages to units in Egypt, Syria, Jordan and Djibouti, Africa and South Korea.

Items typically requested by the units include the following;

Snacks	Cookies
Candy	Baby Wipes
Holiday decorations	Battery operated lights
Instant Coffee	Hygiene Products
Ground coffee	Toiletries
Microwave popcorn	Electrolyte packages
Flaming Hot Cheetos (small)	Trail mix
Foot care products	Tea
	Feminine Products (thin pads/ tampons)

If you would like to support our troops abroad, let me know what you have to donate and I will make arrangements to take the items to Marjie Gaynor, Founder of Operation Morale Support. You can contact me at hh.moaa@gmail.com. Monetary donations are also welcome to offset the cost of postage. You can donate on-line at the MOAA donations site by clicking here

[Operation Morale Support](#).

**Holly Bosworth, LTC US Army
Webmaster/Newsletter Editor**

The Cheddar Up online payment system simplifies membership management for chapters and councils by offering secure payment processing, customizable member experiences, and streamlined record-keeping. It reduces administrative burdens and enhances the MOAA brand.

The goals of Cheddar Up are to make joining a chapter or renewing membership easier and simplifying tracking payments, collection of information from members and record keeping.

We can customize the experience by providing receipts that include membership information, sending messages with dues or event reminders, etc.; allowing for recurring payments/auto renew; including a link to make donations to the chapter; and letting members order meal selections or purchase tickets in advance of meetings and events.

Look for the QR Code or weblink on flyers to access Cheddar Up and payment information.

******* If you are unable or choose not to use the URL link or QR Code to register for events, you can still send a check in the mail with your name and meal selections. Mailing address is HH MOAA, PO BOX 22631, Hilton Head Island, SC 29925**

Join Hilton Head Area Chapter MOAA on FACEBOOK

Please click on the link and request to join the group. After Mike Minton accepts your request to join the group, please check out the Facebook page and provide any feedback you may have.

[Hilton Head Area Chapter MOAA](#)





MOAA SIGNATURE GROUPS

Join MOAA Leadership and your fellow MOAA members
on these hosted cruises and land tours.

AFFORDABLE TRAVEL — Every MOAA Signature Group is a negotiated special which is not available to the general public – only MOAA members and their guests can attend. You can, however, bring as many friends and family members with you as you like.

EASIER, SAFER TRAVEL — Vacations are meant to be an escape. It is your time to relax and unwind, explore, and discover. So, let us take care of the details. This is valuable time that doesn't have to be spent worrying about how you're going to get there or, what you're going to do when you get there

INCREASE THE FUN FACTOR — Being surrounded by like-minded people offers you the chance to share experiences and make new memories together. Group travel can give you the chance to meet people and make new friends. You'll meet individuals who are also passionate about travel and have experiences that are similar to your own. With shared military backgrounds and values, camaraderie forms naturally and often leads to lasting friendships.

2026 & 2027 SIGNATURE GROUPS

July 12-21, 2026	Highlights of Eastern Europe River Cruise	9-nights from \$3,999
October 1-10, 2026	Western Europe Yacht Cruise	9-nights from \$4,999
April 25-May 2, 2027	Castles Along the Rhine River Cruise	7-nights from \$4,199
July 19-27, 2027	France & Spain Yacht Cruise	8-nights from \$5,799
September 14-25, 2027	Circle Iceland Yacht Cruise	11-nights from \$8,999
Sept. 25-Oct. 4, 2027	Battlefields of WWI & WWII Tour	10 days from \$6,495

GUARANTEED LOWEST PRICES *from* The Official Travel Agency of MOAA



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Email Address: **mail@MOAAvac.com**



For complete details, including detailed day-by-day itinerary, please visit us online

MOAA SIGNATURE GROUP CRUISES



Highlights of Eastern Europe

9-nights ~ July 12-21, 2026

Uniworld Boutique River Cruises
Budapest to Bucharest

Rates from **\$3,999** Riverview, **\$5,099** Balcony
Single Supplement from \$2,400

MOAA Amenity: €100 Onboard Credit per person



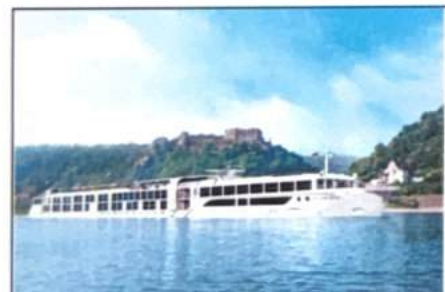
Western Europe Yacht Cruise

9-nights ~ October 1-10, 2026

Atlas Ocean Voyages
Dublin to Porto

Rates from **\$4,999** Oceanview, **\$5,499** Balcony
Single Supplement from \$2,025

MOAA Amenity: \$100 Onboard Credit and Premium Unlimited Wi-Fi per person



Castles Along the Rhine

7-nights ~ April 25-May 3, 2027

Uniworld Boutique River Cruises
Amsterdam to Basel

Rates from **\$4,199** Riverview, **\$5,199** Balcony
Single Supplement from \$2,000

MOAA Amenity: €100 Onboard Credit per person



France & Spain Yacht Cruise

8-nights ~ July 19-27, 2027

Atlas Ocean Cruises
Nice to Barcelona

Rates from **\$5,799** Oceanview, **\$6,399** Balcony
Single Supplement from \$2,430

MOAA Amenity: \$100 Onboard Credit and Premium Unlimited Wi-Fi per person



Circle Iceland Yacht Cruise

11-nights ~ Sept. 14-25, 2027

Atlas Ocean Voyages
Reykjavik to Dover

Rates from **\$8,999** Oceanview, **\$9,999** Balcony
Single Supplement from \$3,947

MOAA Amenity: \$100 Onboard Credit and Premium Unlimited Wi-Fi per person



Please complete this page and mail with your donation check, payable to MOAA-HH, PO Box 22631, Hilton Head, SC 29925

2026 HH MOAA membership Renewal Form

Dues \$30.00 Scholarship _____ Outreach _____ OPFOB _____

Operation Morale Support _____ Total _____

Please complete the following to ensure that your personal information is accurately reflected in the 2026 directory. **(PLEASE PRINT CLEARLY)**

Last Name _____ First Name _____

Rank _____ Branch of Service _____

Active _____ Retired _____ Former _____

National MOAA Membership Number* (REQUIRED) _____

Street Address _____

State _____ Zip Code _____

Phone Number _____ Cell _____ or Mobile _____

Email Address _____

Name of Spouse _____

Spouse's email _____

*Chapter By-Laws: Article IV - Membership, Section 6 - Regular members are required to hold and maintain membership in The Military Officers Association of America. Auxiliary members are encouraged but not required to hold and maintain such membership. Go to the [MOAA Home page](#) to find your National MOAA member number or call MOAA Member Service Center 8AM-6PM Monday through Friday at 800-234-6622 or 703-549-2311. You can also email them at msc@moaa.org,

You can now renew and pay your annual membership dues on line with our new Cheddar-Up program. Click [here](#) to go to Cheddar-Up or use the QR Code below.



Please complete this page and mail with your donation check, payable to MOAA-HH, PO Box 22631, Hilton Head, SC 29925

Membership dues are waived for the first year

Enclosed

Dues \$30.00 Scholarship _____ Outreach _____ OPFOB _____

Operation Morale Support _____ Total _____

Please complete the following to ensure that your personal information is accurately reflected in the directory.
(PLEASE PRINT CLEARLY)

Last Name _____ First Name _____

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Active _____ Retired _____ Former _____

National MOAA Membership Number* (REQUIRED) _____

Street Address _____

State _____ Zip Code _____

Phone Number _____

Email Address _____

Name of Spouse _____

Spouse's email _____



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You can now renew and pay your annual membership dues online with our new Cheddar-Up program. Click [here](#) to go to Cheddar-Up or use the QR Code above