



MOAA, including the Heritage Hunt Chapter, is a nonprofit nonpartisan veterans' association dedicated to maintaining a strong national defense and to preserving the earned entitlements of members of the uniformed services and their families and survivors. Membership is open to those who hold or have ever held a warrant or commission in any component of the U.S. Army, USMC, USN, USAF, USSF, USCG, USPHS or NOAA and their surviving spouses.

## Osborn Park JROTC Change of Command and Awards Ceremony

By Richard Carver

Photos by Jim Beavers



Naval JROTC educators and cadets kicked off the Spring 2025 Awards season for Osborn Park High School at Larry Nemerow Field of the Al Crow stadium on Saturday morning April 5th.

Manassas Mayor Michelle Davis Younger, distinguished guests, representatives of several community organizations, including the American Legion, United States Coast Guard, Daughters of the American Revolution and the Military Order of the Purple Heart, among others were entertained by the Osborn Park NJROTC Cadet Corps of more than 140

under the expert guidance of senior naval science instructor Lt. Cmdr. James S. Ogawa (USN, Ret.) and assistant Master Sgt Jason Scott, (USMC, Ret).

MOAA HH Chapter members Jim Beavers, Mary Jo and Tom Howarth and Dick Carver were in attendance as a change of command, awards ceremony, military dress parade and pass in review highlighted the events.

In the transfer of command, Cadet Lt. Cmdr. Christina Johnson relinquished command of the detachment to Cadet Lt. Cmdr. Matthew Klein.



See **Change of Command** page 3

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**Bernie Ziegler, Editor  
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## Editor's Notes

We start this issue with a review of the Osbourn Park High School Naval JROTC Change of Command and Awards Ceremony. Members of our Heritage Hunt Chapter were on hand to record the event and present awards to two of the detachment cadets.

We follow with the calendar of upcoming chapter events, to include a Happy 16<sup>th</sup> Birthday to our chapter, and a reminder to those who haven't done so, to renew their chapter dues for 2025.

Next up is a combination original and MOAA written article about Never Stop Serving, the MOAA tag line designed to inspire continuing service at the national and local levels with emphasis on the local level.

We conclude with a reprint of an article from the MOAA website providing some advice on how to improve your mental skills. No inference intended.

While we all enjoy the many benefits of MOAA membership, we also have an obligation to support MOAA's efforts on our behalf. The MOAA legislative action center is an extremely easy and convenient way to stay abreast of legislative issues and to participate in influencing the issues for our benefit. Take a moment to check it out at <http://takeaction.moaa.org/?5>.

This newsletter is distributed electronically to all chapter members. If you know of a member not receiving *The Clarion*, please contact the editor. This newsletter is also available electronically at <https://www.hhmoaa.org/newsletter>.

As always, please tell your eligible neighbors and friends about MOAA membership and either pass along the membership application at the end of this newsletter or encourage them to contact Mary Jo Howarth as shown here.

### Join MOAA's Heritage Hunt Chapter

To learn more about the nationally recognized Heritage Hunt Chapter or how to join, see the last page of this newsletter or contact membership director Mary Jo Howarth, at 703-899-1582, or email her [mjhowarth4@comcast.net](mailto:mjhowarth4@comcast.net).

## Change of Command from page 1

Following remarks by Johnson and Klein, those being honored with awards assembled on the parade field. Awards were made to 26 cadets by 17 different service organizations such as Sons of the American Revolution, National Sojourners, American Veterans, National Naval Officer Association, Noncommissioned Officers Association, Scottish Rite, Veterans of Foreign Wars and those mentioned above Mary Jo Howarth represented the MOAA Heritage Hunt Chapter in presenting a \$1,000 scholarship award to Cadet Averno Brychen, a graduating senior. The MOAA JROTC Medal was presented by Howarth to high school junior Cadet Matthew Klein, the cadet commander for the upcoming 2025-26 school year.

In Mary Jo's words, "Presenting the MOAA HH Scholarship and the MOAA Medal today made me hopeful for our country. Seeing the cadets in their crisp uniforms marching in formation during the pass in review brought back many proud memories of military life."





## Chapter Calendar

Wednesday, May 7	Spring Social, Heritage Hunt Clubhouse
Tuesday, May 13	Board Meeting 7:30pm, Marsh Mansion, Garden Room
Tuesday, Jun 10	Board Meeting 7:30pm, Marsh Mansion, Garden Room
Sunday, Jul 13	Happy 16 <sup>th</sup> Birthday to MOAA Heritage Hunt Chapter
Thursday, Jul 24	Summer Social, Picnic, Heritage Hunt Clubhouse
Thursday, Jul 31	Next edition of <i>The Clarion</i>
Tuesday, Aug 12	Board Meeting 7:30pm, Marsh Mansion, Garden Room
Tuesday, Sep 9	Board Meeting 7:30pm, Marsh Mansion, Garden Room
Tuesday, Oct 14	Board Meeting 7:30pm, Marsh Mansion, Garden Room
Thursday, Oct 31	Next edition of <i>The Clarion</i>
Thursday, Dec 16	Christmas Social, Installation of Officers, Heritage Hunt Clubhouse

## Membership Renewals Due

We would like to remind everyone that it is now 2025 and time to renew your membership.

Membership dues for one year: Regular members \$20 and surviving spouses \$10.

Print the application/renewal form on the last page of this newsletter, fill out and return along with your check made payable to "Heritage Hunt Chapter MOAA" to Mary Jo Howarth, membership chair, at the address shown at the bottom of the form. If you have any questions, please contact Mary Jo at 703-899-1582.

This is also a good time to make a contribution to our chapter charitable activities, ROTC Scholarship or General Donation. You can include the contribution in your membership renewal check. Just make a note on the memo line where you would like your contribution to go.

Thank you, we look forward to enjoying another year working and socializing with you in 2025.



*Portions of this article are from "Saluting Recruits," by Kathie Rowell in the May 2025 issue of Military Officer.*

Never Stop Serving is a MOAA tag line intended to remind MOAA leadership, MOAA staff and MOAA councils and chapters and MOAA members to do just that. There is always a need.

Our Heritage Hunt Chapter has taken that message to heart over its 15+ years of existence, but, it is always good to ask "Are we still serving the military service, community and chapter needs?"

A partial listing of needs the chapter has served. In its first 10 years of existence, the chapter was selected six times as a MOAA 5-Star Level of Excellence and four times as a 4-Star chapter for its

charitable work and personal service to chapter newcomers and survivors. We have provided more than \$35,000 to local organizations and scholarships. The chapter provides four \$1,000 scholarships each year to deserving JROTC graduates of four local high schools. We partnered with a MOAA grant to provide a \$5,000 grant to Willing Warriors Retreat which provides a much-needed break for our recovering service members at military hospitals in the National Capital Region. From the beginning of the chapter in 2009, a chapter member has served as the Heritage Hunt coordinator for the national USMC Toys for Tots program which the chapter has also fully supported from the beginning. For many years, chapter members supported Honor Flights through the coordination of a chapter member and co-sponsored a Heritage Hunt community Veterans Day event.

But, times change, needs change and chapter membership changes. This might be the right time to assess our support of service projects in the broader community. This is not to suggest what we have been doing is not worthy of continued effort. This might just be the right time to see if other projects might also be deserving of our attention and support.

Even at the local level, ideas for service projects are almost endless and can be as simple as offering transportation, helping with errands or simple home maintenance help.

The recent May issue of *Military Officer*, the monthly MOAA magazine, contains an article that might be of interest. In 2009, Dr. Kenneth Hartman, a former Army first lieutenant, a MOAA life member and the son and grandson of Holocaust survivors liberated by the U.S. military, organized Our Community Supports, a national nonprofit to recognize, support and honor enlistees and their parents and welcome them to the service “family.” In 2024, MOAA joined OCS in carrying out that goal. Hartman “realized that, unlike scholarship athletes, honor students and service academy appointees, enlistees received no



fanfare for their commitment to serve their country.” The key event for OCS is a local ceremony to welcome and honor enlistees and their parents. “Ceremonies follow a common format starting with a community fair with local businesses ... and nonprofits ... and then move on to the Pledge of Allegiance, presentation of colors, and remarks from dignitaries such as a general officer, senior NCOs, high profile city leaders and big-name sports figures.” In addition, OCS provides transitional support to parents as their children grow in their new careers of service. You can learn more about the 70 communities honoring graduates across 25 states at <https://www.ourcommunitysalutes.org/communities-home>. You can also hear some first-hand personal accounts of OCS support at <https://www.ourcommunitysalutes.org/ocs-connect/podcasts>.

The article concludes with “What you can do: volunteer to be a part of a community event, send a virtual thank you to enlistees, via the OCS website, sponsor a ceremony, work with your MOAA chapter to support OCS events, and, finally, donate to OCS to help support programs.”

Here are some more ideas for community service projects from the MOAA website.

MOAA chapter members are making an impact at the local level by starting and running community service projects. Community service projects increase participation within a chapter, give potential

members a reason to join, and help spread the word about the good work being done by MOAA and MOAA chapter members.

If your chapter is looking for a rallying point and a way to make an impact at the local level consider starting a community service project. The following describes some innovative community service projects your chapter can start.

- Hold a flag retirement ceremony. Members of the Clearwater, Fla., Chapter host an annual flag retirement ceremony. The event performs a valuable service, is easy to do, and promotes patriotism in the local community.
- Stuff the Bus. The Kingdom of the Sun Chapter in Ocala, Fla., works with the county school district to help disadvantaged children get school supplies and clothing before the start of the new school year. Each weekend during July and August, chapter members park a school bus in front of Walmart. Members then distribute flyers that list needed items, and shoppers are asked to "stuff the bus" with their purchases, which later are distributed to needy schoolchildren.
- Adopt-a-Kid/Adopt-a-Vet. Members of the Lancaster, Pa., chapter are teaching area schoolchildren about the military and what it means to be a veteran through their Adopt-a-Kid/Adopt-a-Vet program. Chapter members share their experiences with students by showing them pictures, medals, and other memorabilia. The program helps kids better understand and appreciate the sacrifices made by our nation's veterans.
- Start a program that assists service members and their families. Members of the Tampa, Fla., Chapter founded Operation Helping Hand in May 2004 to help the families of wounded active duty patients who are being treated at the James A. Haley VA Medical Center in Tampa. Operation Helping Hand provides families with emotional support, monetary assistance, and in-kind donations for things such as free rental cars and groceries. Special requests from active duty patients or their families also are considered and granted in most cases. The program enjoys a broad base of community support and has received much publicity. The Tampa chapter received a Newman's Own Award for Operation Helping Hand in 2005 and again in 2006.
- Adopt a unit or a ship. In New Jersey, the 134 members of the Jersey Cape Chapter have adopted the crew of the U.S. Coast Guard Cutter Monomoy. The chapter decided to adopt the Monomoy after its commanding officer, chapter member Lt. Adam Chamie, deployed to the Persian Gulf. Chapter members contribute to the Monomoy fund, and the money is used to buy movies, magazine subscriptions, candy, snacks, board games, homemade cookies, and holiday decorations and supplies, which are shipped to the crew every month.
- Start a Paint-and-Hammer Gang. Members of the Pikes Peak, Colo., chapter started a Paint and Hammer Gang, which builds wheelchair ramps and does repair work for needy seniors and low-income homeowners in the area.
- Help homeless veterans. The San Diego Chapter and the Sunflower, Kan., Chapter both participate in Stand Downs that help homeless veterans by providing them with food, shelter, clothing, health screenings, and VA and Social Security benefits counseling. Homeless veterans also receive referrals for housing, employment, and substance abuse treatment.
- Support Guard and Reserve members. Members of the Savannah (Ga.) Area Military Officers Association help the local Employer Support of the Guard and Reserve (ESGR) office by briefing employers and Guard and Reserve members about their legal rights and

responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA), which prohibits discrimination against persons because of their service in the armed forces. Chapter members also encourage employers to sign an ESGR Statement of Support to demonstrate their commitment to support employees who serve in the Guard or Reserve.

Please give some thoughtful consideration to these community service project ideas and let us know if you think our chapter should pursue any of them and if you can support any of them in some way. Send any ideas you may have to the editor of *The Clarion*, Bernie Ziegler, at [blz007@aol.com](mailto:blz007@aol.com) or call him at 703-743-2122.

## Surviving Spouse Corner: Improve Your Mental Skills With These Brain Exercises

By: Pat Green

April 01, 2025

*Editors Note: This reprint of a MOAA article is NOT just for surviving spouses.*

Most of us have noticed a mental decline in a close friend or family member. Perhaps they don't seem as sharp, witty, or speedy as they once were. You might wonder whether others are noticing this with you as well. Mental decline is not just a phenomenon of aging. Stress, emotions, and poor diet and sleep reduce cognitive skills and affect all ages.

If you have had a stroke or a brain injury, or if you are concerned about a perceived mental decline, speak to your family doctor. If the doctor recognizes an issue, a neurologist can provide a detailed cognitive skills evaluation.

If you want to improve your mental skills, try adding mental strengthening exercises into daily activities, such as:

**Recall.** Practice memorizing names, phone numbers, vocabulary words, baseball standings, NCAA March Madness lineups, or TV program schedules. Look at a magazine photo for a few seconds, close your eyes, and try to recall items in the photo.

**Analysis.** Read a newspaper article. Set it aside, then try to write a recap or summary of the article. Try to remember the who, what, when, where, and why.

**Spatial.** Rearrange a linen closet, pantry, or garage. Look for the most pragmatic and yet economical use of space. Do the same exercise with drawers in kitchen, bed, or bath. While you're at it, set aside some donation items and throw out expired items.

**Social.** Have a conversation every day. If you live alone, this might be a challenge. Practice small talk at the checkout line of stores. Initiate a phone call or an invitation. This is a must. Accept any invitations you receive. Try to remember a joke you can tell at your next social event.

**Focus.** Stay focused on whatever activity you are engaged. It might be a conversation, gardening, dancing, chores, or workouts at the gym. Focus on listening, strength, the number of repetitions, muscles involved, posture, and breathing. Be in one with your thoughts. Meditation and prayer are very good options of mental focus.

**Fun and games.** This can be all manner of social get-togethers. But there are some good solitary options. Jigsaw puzzles provide color and form discernment. Manipulation of the pieces is also good hand-eye coordination practice. Sudoku uses number grids, but it is not a math game. It is a logic exercise. Start with easy grids, and progress to expert status. Using computer sites, you can play bridge, gin rummy, or hearts with robots. These games require a memory of cards played and the counted.

Related: [More Surviving Spouse Resources From MOAA](#)





**New Application and Renewal for membership in Heritage Hunt Chapter MOAA**

*Call Mary Jo Howarth for more information at 703-899-1582*

**New members:** please print this page, fill out the form and mail the form along with a check to the below address.

**Renewal:** print this page, fill out name and updated information only, mail the form and check to the below address.

Name \_\_\_\_\_  
Last First (e.g. James) Initial Suffix Call Name (e.g. Jim)

Address \_\_\_\_\_  
Street City Zip

\_\_\_\_\_ Email Telephone MOAA ID Life member Y/N

Rank Service Dates of Service (entered – separated, by ddmmyyyy)

University/College Year commissioned

Spouse 1<sup>st</sup> Name (e.g. Susan) Initial Last Name Call name (e.g. Sue)

Spouse Phone Spouse Email

**Status:** Retired / Former Officer / Surviving spouse Resident of Heritage Hunt? Yes / No

**Annual Dues: \$20 for Regular members, \$10 for Surviving Spouses**

Year paid \_\_\_\_\_ (official use)

*Dues for January 1 to December 31 of the current year  
Please make checks payable to **Heritage Hunt Chapter MOAA***

*We recommend a membership in National MOAA*

\_\_\_\_\_  
Signature Date

Web page for Heritage Hunt Chapter of MOAA <http://hhmoaa.org/Home>

Please mail this form and check to: **Mary Jo Howarth, Membership**  
**9010 Roaring Spring Loop**  
**Bristow, VA 20136**