



MOAA®

EMERALD EMPIRE CHAPTER OF THE MILITARY OFFICERS ASSOCIATION OF AMERICA

THE EMERALD *Virus* VOICE

Keeping in Touch During the Time of the Coronavirus

This “mini-newsletter” is your opportunity to share your trials and tribulations while navigating this global health emergency. Send me whatever you think would be of interest to the rest of our membership. You can keep it light-hearted or share a real concern or sorrow. Just send your thoughts to moaaofeugene@gmail.com. I reserve the right to edit. Please, no comments about religion, politics or my weight.

The following is from Ginger Banks:

I guess it was inevitable that when the stay-at-home order was issued, and the gyms were closed, my eyes would turn to a part of the yard that hadn't seen an ounce of attention for over 18 years. This little piece of land was right behind the wood shop and was the recipient of a number of cast-offs that should have been thrown away years before. Dead raspberry plants that had languished for want of water, a derelict compost receptacle, and numerous plant pots had been strewn around the area making a statement that one had just entered an old abandoned (haunted) yard. The soil was as hard as a rock and didn't give up the fight easily... but I was resolute; I am made of better stuff than this; I can over-come; I am stronger than this task I had chosen. This would be the perfect project to see me through the next 2 to 3 weeks. I remember thinking “piece of cake...a little walking path here, a few buckets

full of topsoil there, and all would be glorious. I was just a touch over-zealous in my timetable for sure.

Eight weeks have past now, the walking path has been built...twice (rain washed the sand away 2 weeks ago), I have learned what garden edging can do to wrangle in flat stones, I have made 3 trips to the dump in Veneta (it's much less busy than Springfield...and the drive was a way to get me out of the house), and now that the nice weather is upon us for a few days I will be able to start throwing soil down and ready the ground for plants.

My Fitbit tells me that I have been awarded the London Underground badge, which in laymen's terms means that I have walked 250 miles – as many as the world's first underground railway, and apparently this triumph lays the tracks for some very big things in the future. Who knew?

And also....

I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing...

The following is from Ron Sticka:

Hello MOAA members and friends. I have been very busy and out and about as needed, but I'm feeling that things are very different. We miss the socialization in person with you folks. Sue and I celebrated 51 years of marriage on May 24. We have seen Sue's 95 year old mother at The Springs retirement home twice now since March 9. We were able to chat at a Mother's Day event by ap-



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Our mission is to advocate for our military community and connect it to the nation we serve.

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pointment and speak to each other while masked from a distance of about 10 feet. I have done a couple of doctor appointments by teleconference and recently had some elective surgery for which I first had to get the COVID-19 test. This involved a swab being pushed way up my nose. It's not comfortable, but it is swift, and I am confirmed negative. Kim's Foundation activities have been curtailed, although I am putting some things on our website at www.ptsdmusicarts.org in which you might be interested. We will survive, but a lot of foundations are facing hard times. I am president of the Eugene Gleemen this year, and will repeat in that position next year. I am leading a Eugene Gleemen task force to determine what changes we need to make in this new normal age to give people the confidence to continue socializing and making music. On the music front, I have written a blues ballad called "Homeless Jo(e)" about a homeless military veteran who finds solace through music. In part it is a reference to the mission of Guitars for Vets to help veterans find therapeutic value by learning to play guitar. The name is non-gender in that it can apply to a GI Joe or a GI Jo. I hope to play it for you sometime, or maybe put it on our website. "Music is a Natural High" is a mantra I have coined (I think I'm the first), taken from the "Running is a natural high" slogan. And it is scientifically true. I discovered after my cancer surgery in January, I could reduce the pain substantially by playing guitar for an hour. My last surgery should do it and no further cancer treatment is projected. Stay positive and healthy! This mini-newsletter opportunity to share is good for each of us.

Pat Harris said....

I finally had to get a haircut yesterday because I had run out of rubber bands for my ponytail.

The following is from John Toensing:

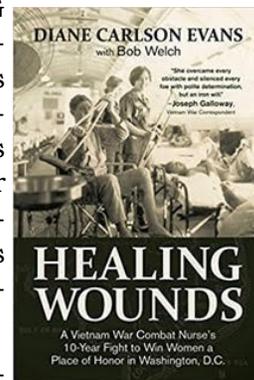
Thanks so much for all of your efforts at keeping our chapter cohesive during this period of pandemic turmoil.

Perhaps we can use this slightly modified version of William Shakespeare's Henry V, St. Crispin's Day Speech in our mini-newsletter to remind us of our common bond and the need to embrace and nurture it:

"We few, we happy few, we band of brothers (and sisters);
 For he (and she) today that sheds his (their) blood with me
 Shall be my brother (and sister); be they ne'er so vile,
 This day shall gentle their condition;
 And (ladies and) gentlemen in England now a-bed
 Shall think themselves accurs'd they were not here,
 And hold their humanity cheap whiles any speaks
 That fought with us upon Saint Crispin's Day."

The following is also from John Toensing:

Please announce to the chapter that Diane Carlson-Evans' book HEALING WOUNDS (co-written with local author Bob Welch) has been published and is available through Amazon as well as commercial book stores for \$27.00. I have authored-autographed hard cover books available for \$20.00 while supplies last.



I am sure that many remember her as our guest speaker (October 2019). This memoir received rave reviews in the recent VFW magazine as well as 5 star recognition in Amazon books.

That's it for this edition of the mini-newsletter. If you want to see another one, we will need your contributions.

<p style="text-align: center;">“The Emerald Voice”</p> <p>is published monthly by Emerald Empire Chapter, Military Officers Association of America (MOAA), PO Box 767, Eugene, Oregon 97440-0767 Email: EmeraldEmpireMOAA@gmail.com</p>	<p>The Emerald Empire Chapter of MOAA is a Eugene-based 501(c)(19) veterans organization that meets regularly at the Veterans' Memorial Building at 1626 Willamette Street. We have 141 regular and associate members made up of active, retired and former members of the nation's seven uniformed services and their surviving spouses. We, and the national organization, are a non-partisan advocate on military personnel matters, especially proposed legislation affecting the career force, the retired community and veterans of the uniformed services. As a local chapter, we focus more on the local military community, e.g., gathering clothing and personal care items for the patients in the VA Hospital in Roseburg. Other areas of emphasis can be found at http://www.moaa.org/takeaction/.</p>
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