



# NCOA<sup>®</sup>

## Non Commissioned Officers Association of the United States of America

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Central Valley Chapter #1551 • P. O. Box 642 • North Highlands, CA 95660 • Tel (916) 362-9746  
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4 Mar 2020

MEMORANDUM FOR: Central Valley Chapter # 1551  
*Spirit of Sacramento* Auxiliary Chapter # 0270

**SUBJECT:** NCOA/Auxiliary General Membership Meeting Minutes (4 Mar 2020)

1. Meeting called to order at 1900 hours at VFW Post 4647 by Chapter Chairman CMSgt (Ret) Jim Sullivan.  
Pledge of Allegiance led by CMSgt (Ret) Jim Sullivan  
NCOA Creed read by MSgt (Ret) Terry Shannon  
Moment of silence observed
2. **Executive Committee Members:**  
CMSgt (Ret) Jim Sullivan, Chairman, Present  
MSgt (Ret) Michael Grabow, Vice-Chairman, Present  
CMSgt (Ret) Jim Kearns, Treasurer, Present  
MSgt (Ret) Terry Shannon, Secretary, Present  
MSgt (Ret) George Wheeler, Trustee, Present  
MSgt (Ret) Gary Chase, Trustee, Present
3. **Auxiliary Executive Committee Members:**  
Karen Jamison, Vice Chairman, Present  
Scott Rodowick, Treasurer, Absent  
Tammy Sullivan, Chairman, Absent  
Judy Mabie, Secretary, Absent  
Pam Wright, Trustee, Present
4. **Members Present:**  
ETCM (Ret) Joe Humphrey      SMSgt Daniel Greenawalt      SMSgt (Ret) Shawn Simmons  
SKCS (Ret) Norma von Dohren      MSgt (Ret) Raymond Hill      MSgt (Ret) Liz Lynn  
CPO (Ret) Lisa Varner      SFC (Ret) Whitley Varney      Kim Dewar, Auxiliary
5. **Guests Present:** Venice Sullivan (Cereset guest speaker)
6. **Chairman's Comments:**  
**Regular:** CMSgt (Ret) Jim Sullivan introduced guest speaker, Venice Sullivan from Cereset. Ms. Sullivan spoke on the topic of technology available for reducing symptoms of Post Traumatic Stress Disorder (PTSD) in military members. The non-invasive technology is available for anyone interested. A brochure was provided and is available if you are interested. The Chairman commented on the following topics: A letter from the Chairman of the Board is posted on the NCOA website and posted on our Chapter website as an Executive Summary.  
**Auxiliary:** Chairman Tammy Sullivan was not present.
7. **Membership Coordinator:** Regular: 116      Auxiliary: 58

8. **Treasurer's Reports:** CMSgt (Ret) Jim Kearns and Scott Rodowick gave their treasurers' reports.

Balance: Regular: \$2,951.86 (Update)      Auxiliary: \$1,591.64  
JROTC: \$7,019.01

**Legislative:**

MSgt (Ret) Gary Chase discussed the following Legislative activities: TRICARE Officials warn beneficiaries to be wary of unsolicited attempts by any entity asking you for personal or health information-by phone or in person. President Trump nominated Gen. Charles Q. Brown, head of Pacific Air Forces, to be the next Air Force Chief of Staff. Monday March 2, a Northern California veteran has become the Department of Veterans Affairs' first patient with the coronavirus, patient is in isolation at the VA Medical Center in Palo Alto, Calif. U.S. forces have the green light to begin withdrawing from Afghanistan under the recently signed deal with the Taliban.

The following are additional websites providing useful information for both active duty and retirees.

<http://www.airforcemaq.com/Pages/HomePage.aspx>. The NCOAdvocate - (<http://www.ncoarogue.org/ncoa-dc/>). AFSA - (<http://www.hqafsa.org>), Military Times - (<http://www.militarytimes.com>) and Capwiz which provides current legislative affairs information - <http://capwiz.com/military/issues/bills/>, Veterans Administration - <https://www.va.gov>.

9. **Unfinished Business:**

- a. 2020 Calendar of events – (Open)
- b. Website Update – New pictures and articles have been posted. Feedback can be provided on the website. Links to NCOA Headquarters are on the website. (Open)
- c. Election Support – 22-23 Feb, 29 Feb-1 Mar. Thanks to the 18 volunteers. An estimated amount made was \$3,500. The total amount includes both NCOA chapters. The actual amounts will be given at the next meeting. (Open)
- d. Pack-a-thon event – 21 Mar. A sign-up sheet was sent around for volunteers. (Open)
- e. Stand Down 2020 – Ms. Dewar is looking for volunteers to sponsor and support upcoming events: 27 Mar Spaghetti Feed at the Stockton VFW, Sacramento Stand Down event taking place during 7-9 Aug 20 and possibly a golf tournament. (Open)
- f. MDA Muscle Walk – 23 Aug. Terry attended a meeting with MDA representatives and was provided additional details about the Muscle Walk event. More details will be provided in the near future. (Open)

10. **New Business:**

- a. American Homeless Veterans – 15 Feb. Thanks volunteers, for pulling up carpet, tearing down fences and other tasks on a short notice request. Your efforts were appreciated and a 10-person home benefited by your hard work. (Closed)
- b. A motion was made to donate \$100 to the Sacramento Stand Down spaghetti feed, with unanimous approval. (Closed)
- c. A motion was made to donate \$100 towards water and ice for the MDA muscle walk with unanimous approval. Terry will work with the MDA to purchase the water and ice. (Closed)

Meeting adjourned at 2011 hours. The next meeting is scheduled for 1 Apr 2020 at 1900 hours at VFW Post 4647.

//signed//  
JAMES SULLIVAN, CMSgt, USAF (Ret)  
Chapter Chairman

//signed//  
TERRY SHANNON, MSgt, USAF (Ret)  
Chapter Secretary