



# LEGACY<sup>®</sup>

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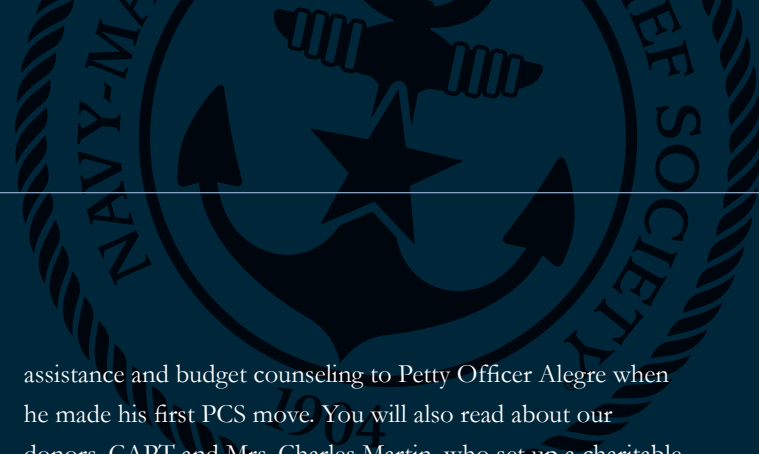
NEWSLETTER



## FROM NATURAL DISASTERS TO FAMILY EMERGENCIES

YOUR SUPPORT PROVIDES RELIEF TO  
SEA SERVICE MEMBERS AND THEIR FAMILIES

**MAKING A DIFFERENCE FOR SAILORS, MARINES, AND THEIR FAMILIES**



## From the Signal Bridge



Your donations make it possible for Navy-Marine Corps Relief Society to be there in a crisis. Over the past twelve months you have helped to provide more than \$1 million in immediate disaster relief grants to over 1,700 Sailors, Marines and their families when they lost everything.

Disasters come in many shapes and sizes: in July 2020, the Society provided grants to 338 Sailors affected by the fire onboard the USS Bonhomme Richard (LHD 6), this February the Society stepped forward with relief grants to more than 1,380 Sailors and Marines impacted by the winter storms in Texas, and we've not slowed down. As Hurricane Elsa made her way up the east coast, tornadoes touched down at the RV Park on Naval Submarine Base Kings Bay, Georgia destroying vehicles and obliterating the personal effects of 34 families. At the end of July an apartment fire near Naval Air Station Whidbey Island displaced Sailors and their families. And as we were preparing to take this newsletter to print we assisted a retiree who lost his house in the Dixie fire in California. You can learn more about the Society's immediate response to these most recent disasters in the story on page five and about the Society's disaster relief program by visiting <https://www.nmcrs.org/pages/disaster-relief>

The Society is able to address unexpected emergencies because of thoughtful and benevolent donors. When there is a financial need, whether it is a natural disaster, a family emergency, or a pay issue, NMCRS staff are there to assist. Walking through our door is the hardest decision a Marine or Sailor will make. Once inside, our highly trained caseworkers can provide confidential interest-free loans and grants as well as advice and strategies for financial well-being in a judgement free zone.

In this issue of Legacy you will read about how NMCRS was there for Allen J. "Doc" LaHeist when his son needed a life-saving surgery, and how the Society was able to provide financial

assistance and budget counseling to Petty Officer Alegre when he made his first PCS move. You will also read about our donors, CAPT and Mrs. Charles Martin, who set up a charitable gift annuity to NMCRS. We also have a wonderful active duty volunteer, Ritarsha Furqan, who shares her story.

The saying goes "it takes a village," but here at NMCRS we know "it takes a Society." Your generosity coupled with our caseworkers and volunteers make it possible for us to be there for active duty Sailors, Marines, retirees and family members when they are in financial need. Thank you for making that possible.

Semper Fidelis,

**LTGEN JACK KLIMP, USMC (RET.)**

President and Chief Executive Officer

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## Living and Giving with Intent & Purpose

### How one gift speaks to the legacy of CAPT and Mrs. Charles Martin USN – and to the spirit of giving that lives on through their children



by Ashley Estill

CAPT Charles A. Martin (Chuck), USN and his wife, Helen were lifelong learners. Veterans. Parents. Patriots. Adventurers. He was a Renaissance man, and she was ahead of her time. They both had an immense love of, and service to, their country.

First Classman Charles Martin in his yearbook photo from Kings Point in 1948.

Chuck and Helen both served in the U.S. Navy. Ensign Helen Nickerson Martin was honorably discharged in 1952 after working

in the Bureau of Navy Personnel. CAPT Charles Martin graduated from the U.S. Merchant Marine Academy in 1948, served as a Merchant Mariner for several years, and went on to get his master's degree in geology, which was his career course.

Their daughter, Linda Sanders, shared stories of her parents and the legacy they left, which included a generous charitable gift annuity to Navy-Marine Corps Relief Society (NMCRS).

After becoming a geologist, Chuck worked for a few different companies before traveling to Adelaide, Australia for a job in 1965. Chuck and Helen, with their children Robert and Linda, lived in Australia for almost eight years. According to Linda, her parents believed in taking advantage of life's wonderful opportunities, especially while living abroad.

"My mother said we're going to see the world and we saw the world," Linda recalled. "When we were little, she would read to us – she wanted us to be well-rounded. When she read about

Buddhism and showed us a picture of the great Buddha in Kamakura, Japan, I asked if we could go see it someday. On our first home leave we visited Japan, and while there we saw the incredible bronze Buddha. We were raised with an appreciation of culture, respect for diversity and respect for others."

Appreciating that travel provided them both a wonderful and humbling perspective on the world, Linda also shared that it reinforced how proud her parents were to be citizens of the United States.

Upon their return to the U.S., the family lived in Denver before moving down to Houston, then Dallas. When the time was right, Chuck and Helen started their own geological consulting company – which they ran until retirement. They were both incredibly intelligent – Helen attended Colby College, worked at the United Nations, and was a smart businesswoman.

Providing a little color on her parents' lives, Linda shared that her parents bought a boat and sailed the inland waterways on the East Coast, traveling from Florida to the Chesapeake Bay.

"That was pretty cool and adventuresome of them," Linda said. "They had a couple of Siamese cats on board – they loved animals."

A true Renaissance man, Chuck shifted gears from sailing boats to flying planes, he attained his pilots' license, was an accomplished artist, and always helped vacuuming around the house.

Their pride of country is what led both of her parents to serve, and continue to give back throughout their lives.



Helen Nickerson Martin in her dress whites around 1945.

"My parents felt giving back was important," Linda said. "My mother used to do Meals on Wheels, and help both children and adults learn to read. She had a wonderful financial acumen and knew that by providing an annuity gift to NMCRS, it would grow, and they'd receive a benefit as well."

In 2010, they set up their charitable gift annuity to NMCRS. The Society received the full amount of their donation when Chuck passed away in 2020. He was preceded in death by Helen in 2018.

*Continued on page 4*





Helen Nickerson Martin in 1945 at the Waves Quarters in Arlington, VA.

“My parents felt a strong commitment to the Navy. Their gift to NMCRS speaks to the life they led – they were very intentional.”

So how does a charitable gift annuity work? In simple terms, a donor funds the annuity with a minimum donation of \$10,000, naming up to two beneficiaries to receive annuity payments for the remainder of their lives. The donor receives a partial charitable deduction for the gift, and the annuity payments can be made monthly, quarterly or annually. Upon the passing of all beneficiaries, the funds become available to the Society to use to assist Sailors and Marines in need.



Captain Charles Martin shakes hands with the Governor of South Australia, Sir Mark Oliphant in July 1972. Captain Martin was the highest-ranking officer in the U.S. Navy in Australia at the time and attended many meetings of the Royal Australian Navy.

“Think about the kind of positive outcome that providing a gift could mean to those who benefit from NMCRS,” Linda said. “My parents not only gave a gift to NMCRS, but they set an example for the rest of us. It’s a gift that keeps on giving.”

To set up a charitable gift annuity (CGA), please reach out to Navy-Marine Relief Corps Society to speak with the Director of Planned Giving. You’ll receive additional information on how the CGA works, what the annuity payments would be, and more.  
<https://plannedgiving.nmc.rs.org>

## SOCIETY HELPS SAILOR WITH ASSISTANCE AND BUDGET DURING PCS MOVE

by Samantha Mendiguren

Petty Officer Alegre and his brother, who is also currently active duty, have committed to serve in the Navy as their father did. After being in the Navy for six years, Petty Officer Alegre went through his first permanent change of station, and learned the difficulties of adjusting to a new location. He decided to seek assistance from Navy-Marine Corps Relief Society which helped with his transition to San Diego. He was provided an interest-free loan that he put towards a deposit on his apartment. Along with financial assistance for housing, NMCRS helped him analyze his costs and provided him with an adjustable budget sheet to assist with money allocation. Petty Officer Alegre noted the many difficulties of going through a PCS, with the top concern of figuring out a successful budget plan.

“After PCSing, NMCRS helped me move into my new apartment. They also gave me an editable budget worksheet that allows me to be adjustable as I settle into the new area,” Petty Officer Alegre said.

Petty Officer Alegre noted that throughout indoctrination, Society representatives offered information about the various programs available from NMCRS and his supervisors reinforced the accessible options for emergencies. He expressed that NMCRS welcomed him with open arms – no questions asked. “They take the time at the appointment to understand your funds and give you an adjusted sheet so you can see and understand your expenses,” Petty Officer Alegre said.



## DURING NATIONAL PREPAREDNESS MONTH, A REMINDER THAT NMCRS' DISASTER RELIEF PROGRAM CAN PROVIDE COMFORT AND CARE TO FAMILIES IN NEED

by Thelisha A. Woods

Eagle Hammock RV Park is used by both active duty families and retirees at Navy Submarine Base Kings Bay, Georgia. On July 7, 2021, those families were faced with terror and destruction when a tornado, caused by Tropical Storm Elsa, struck the RV Park. During this severe weather event, approximately 40 families were impacted, faced with physical injuries as well as their homes being severely damaged or completely destroyed.

Our Navy-Marine Corps Relief Society, Kings Bay Office quickly began assisting clients by providing \$600 immediate-need grants as covered by the Society's Disaster Relief program. The Society provided 34 clients with over \$21,612 in assistance. Victims of this storm were able to use their grants for housing at local hotels, food, clothing and toiletries.

Later in July, when a terrible fire struck an apartment complex in Oak Harbor, Whidbey Island, families who lost everything, were able to find relief thanks to the support of NMCRS. Our NMCRS Whidbey Island Office provided these families with \$3,600 in disaster assistance, to help them recover from this tragic event. Uniforms and household items were donated from our thrift shop to the clients who were displaced by this fire.

“We were so grateful to be able to help our Sailors with an immediate \$600 individual disaster grant. This timely assistance really puts our promise to help into an uncomplicated and specific quantifiable action.” said Jennifer Richards, Director at NMCRS Whidbey Island.

“Upon hearing of the fire, our concerned thrift shop volunteers began to set aside items and we were able to offer free access to essentials ranging from towels and blankets to clothing and uniforms to backpacks and suitcases and so much more.” Jennifer continued.

Thanks to your thoughtful donations, NMCRS can quickly and directly support families facing these types of devastating events. This September during National Preparedness Month, and every month, NMCRS is here to provide relief to families. Whether an unexpected natural event like Tropical Storm Elsa, or personal catastrophic event like an apartment fire, the Disaster Relief program at NMCRS is available for families in their time of need. In addition to immediate assistance, NMCRS stands by ready to provide for longer term needs as well.

 KINGS BAY OFFICE PROVIDED <b>\$21,612</b> IN TOTAL DISASTER ASSISTANCE	 WHIDBEY ISLAND OFFICE PROVIDED <b>\$3,600</b> IN TOTAL DISASTER ASSISTANCE
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National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is “Prepare to Protect. Preparing for disasters is protecting everyone you love.”

**FROM READY.GOV**  
NATIONAL PREPAREDNESS MONTH | READY.GOV

## LCDR Ritarsha Furqan Balances Her Navy Career and Volunteering at NMCRS

By Karen Ward



LCDR Ritarsha Furqan is very dedicated: She is a dedicated service member in the US Navy, wife and mother to her family, and volunteer at Navy-Marine Corps Relief Society. Volunteers are the heart and soul of NMCRS and make up the majority of the workforce. The Society is supported by approximately

3,200 volunteers and a small cadre of 175 employees.

Originally from Miami, Florida, Ritarsha wanted to join the Navy to fly jets and be a lawyer. In her own words, “I watched too much *JAG!*” Now a Surface Warfare Officer stationed in Yokosuka, Japan, she wanted to volunteer at NMCRS, but like many active duty service members who want to volunteer at the Society, her hectic work schedule didn’t permit her to volunteer at the Yokosuka office or thrift shop.

Then she discovered Yokosuka needed assistance with their social media. This opportunity was a perfect fit for a tech-savvy Naval Officer. Ritarsha enjoys keeping NMCRS Yokosuka’s social media posts fresh and up-to-date. By volunteering with NMCRS she finds it rewarding that she can not only help the Society, but also develop her marketing skills and gain experience working with a non-profit organization.

“Working on the social media accounts for NMCRS Yokosuka allows me to learn and study social media trends on a larger scale. Marketing and working with non-profits is something I’m interested in after the military, so this is a good experience for later in life too,” shared Ritarsha.

Nammie Limbach, Director at NMCRS Yokosuka is grateful to have Ritarsha’s assistance with their social media channels. “Ritarsha is committed to promoting the Society and its mission, having her as a Communications Contributor with the focus on social media allows NMCRS Yokosuka to get the news out to the community, promoting our programs, and soliciting more participation in all areas: volunteer recruitment, B4B workshop attendance, ADFD, and thrift shop shoppers and donations.”

Ritarsha’s volunteer service with the Society has proven to be a win-win situation for both her and Nammie. “I’ve been able to use different communication streams not only to get the word out about the help NMCRS can offer but also to advertise the events that we host. It’s always great to hear people in the community talking about programs I advertised or worked on and know that the advertising is being seen and doing what it’s supposed to do: generate interest,” said Ritarsha.

Ritarsha has long known about the Society through various base presentations, the Active Duty Fund Drive, and from knowing Sailors who were assisted by our programs. Giving back was something she felt very strongly about.



**“I think finding ways to give back to the organizations that help Sailors, whether or not you have been helped by them is really important because you never know when you will be on the receiving end. I also think it’s important for all ranks to make time to volunteer. It shows the crew that it’s not just lip service from the higher-ups, that it’s important. It also sets an example for others to follow,”** said Ritarsha.

For more information about volunteering at NMCRS, visit [www.nmcrs.org/pages/about-volunteering](http://www.nmcrs.org/pages/about-volunteering)

## Allen J. “Doc” LaHeist’s Lifelong Relationship With the Society Inspires Him to Give Back to NMCRS Today

By Eugénie Le Picart

In 1995, Allen J. “Doc” LaHeist was an E6 stationed in Alameda, California when his six-year-old son required life-saving open-heart surgery. Unfortunately, neither the local Navy base nor the Air Force base were able to perform the procedure. They were referred to the Mayo Clinic for the operation.

Doc explains that he had little money to cover the cost of lodging, food, transportation, and other essentials. Navy-Marine Corps Relief Society helped him and his family to have greater financial security during the trip, so that all of his energy could be focused on his son.

A few years after the surgery, LaHeist was stationed at Marine Corps Recruit Depot, San Diego. He was in charge of the Medical Rehabilitation Platoon, a center where recruits heal from medical issues. One day, he took his son to work and introduced him to the drill instructors and recruits in recovery. Doc took the opportunity to talk about the open-heart surgery.

Doc says “I don’t think there was a dry eye in the place” when his son took his shirt off to show his scar.

“Everyone gave him a great big OORAH, and many wanted to shake his hand.”

Doc used that day to explain to the recruits how their situation was only temporary and they could handle it.

LaHeist thanks Navy-Marine Corps Relief Society for being there when he needed it most. But 1995 was not the first time he had reached out to the Society. He was a young, E-2, married with a child when the transmission on his car went out and he needed \$700 for the repair. He turned to NMCRS for help.

Doc has had a lifelong relationship with NMCRS and is generously offering his financial support now to give back to those in a more vulnerable situation than his own. He currently manages a cybersecurity company in San Diego. He says he is grateful to the Society for supporting him during challenging times and in return seeks to help service members and their families who turn to NMCRS in times of need.

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**“I really thank you all for being there when I needed help. I am here for those that need help now!” shared Doc.**





# GIFTS FROM YOUR IRA

## A QUALIFIED CHARITABLE DISTRIBUTION

You can transfer funds from your IRA directly to Navy-Marine Corps Relief Society — this is called a Qualified Charitable Distribution (QCD). QCDs are an effective way to support Sailors and Marines in need, and potentially reduce the income tax you owe.

Many individuals who are required to take money from their IRA, but do not need it for living expenses, have chosen to make QCDs from their IRAs to support the work of NMCRS.

This may make sense for you too, but be sure to allow enough time to have the transaction completed well before the December 31 deadline for the year the Required Minimum Distribution (RMD) is due!

### Here's how it works:

- You must be 70½ or older.
- If you are 72 and older, the transfer of funds counts towards your annual RMD from your IRA.
- An individual may give up to a total of \$100,000 per year; a married couple may give up to \$200,000.
- Your gift must be transferred directly from the IRA account to Navy-Marine Corps Relief Society.
- You pay no income taxes on the QCD. The gift generates neither taxable income nor a tax deduction, and you can benefit even if you don't itemize deductions.
- Since the gift doesn't count as income, it may potentially reduce your taxable annual income level.

**If you're interested in this popular way to support Navy-Marine Corps Relief Society and have questions, contact the Director, Planned Giving at [giving@nmcrs.org](mailto:giving@nmcrs.org) or 800.654.8364 to learn more.**



## 2020 YEAR IN REVIEW

We are proud to report that independent auditors and charity rating organizations continue to find our business practices and mission effectiveness to be consistent with the highest standards of nonprofit management. Thank you for your loyalty and compassion.

**Read the Society's 2020 Year in Review and audited financial statement at: [www.nmcrs.org/financials](http://www.nmcrs.org/financials)**



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Navy-Marine Corps Relief Society does not provide legal or tax advisory services. Work with your attorney and financial advisor to plan charitable arrangements that work best for you and your estate. The information contained herein is intended solely for general informational purposes.

**MAKING A DIFFERENCE FOR SAILORS, MARINES, AND THEIR FAMILIES**