



# The Salute online



Monthly newsletter of the Portsmouth Area Chapter affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield and Franklin, Virginia since 1983. Dinner meetings are held the second Thursday of each month except July and August. Although MOAA and PACMOAA actively lobby legislatures for all US uniformed service members and their families, we are nonpartisan and do not participate in political activities.

**XXXVIII Issue IX**

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**NOVEMBER 2019**



## FROM THE PRESIDENT NOVEMBER 2019

The October dinner meeting again had 25 attendees, within the range of the 24 - 30 participants that we have averaged since January 2019. It was great to welcome 2 new members at their first meeting since joining PACMOAA - LCDR Paul Lucas, USN (Ret) and CAPT Jeff Westling, USCG (Ret). I sat at the Pharmacists table with Roger Hirsh, his guest CAPT Dennis Alder, USCG (Ret) and my husband Bruce's place card as he was not able to attend. Dennis was a PACMOAA member 10 or 15 years ago and it was really good to have him return. Some of you may remember CAPT Alder from the Pharmacy at the USCG base in Portsmouth.

CAPT Hirsh was the Pharmacy Department Head at NMCP for 5 years before retiring from active duty and was deployed to Operation Iraqi Freedom as Deputy Commander, U.S. Military Hospital Kuwait from 2004-2005. After retiring, Roger worked as a civilian in Pharmacy Informatics, i.e. computer systems manager at NMCP.

It was a pleasure to meet and listen to Delegate Steve Herretick. He represents the 79th District in the Virginia House of Delegates which covers major portions of Norfolk, Portsmouth and Chesapeake. Steve noted that he graduated locally from the College of William and Mary and that he chairs a committee of the National Board of Medical Examiners. On legislative issues, Steve is particularly interested in relief from the tunnel tolls and introduced several major bills seeking relief from them. When asked why some areas like Suffolk can have a monopoly on cable services provided, it was interesting to learn that currently, for a cable company to come into a new community, it has to submit paperwork to all cities/counties in Virginia to do so.

One of the measures Steve introduced in the legislature was to streamline this process so only one application needed to be submitted, thus decreasing the stranglehold some cable companies currently have.

Steve is a history buff and had a very interesting discussion about the Virginia General Assembly being the oldest continuously serving legislative body in the U.S. currently celebrating its 400th anniversary! Most people seem to think America was founded in 1775 but Steve noted that despite that thought in some circles, the pilgrims founded America. It was really founded in 1619, when 4 historic events happened

1. 1st elected democratic legislature in America (it was modeled initially like the British Parliament). It was not founded to escape religious persecution like Massachusetts but by people trying to get rich!
2. In a negative way, the first importation of slaves. Occurred 3 weeks after legislature formed.
3. Importation of women - all women in America before this were wives and some maids. This emphasized to the Indians that the foreigners were here to stay and helped lay the ground work for the Massacres to follow 3 years later.

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## CHAPTER NEWS

### NOVEMBER CALENDAR

#### MILITARY FAMILY MONTH

- |   |                          |
|---|--------------------------|
| 10 MARINE CORPS BIRTHDAY                  | 21 PACMOAA BOARD MEETING |
| 11 VETERANS DAY                           | 28 THANKSGIVING          |
| 14 PACMOAA DINNER/ANNUAL BUSINESS MEETING |                          |

### NOVEMBER DINNER

Our dinner will be held on **Thursday November 14<sup>th</sup>** at the Hilton Garden Inn (HGI) Ballroom at 5921 Harbour View Boulevard in Northern Suffolk. [MAP](#) to HGI Harbour View. Social hour begins at 5:30 PM, dinner served at 6PM.

#### MENU

Spinach Salad with Mushrooms, Hardboiled Eggs and Bacon with Vinaigrette Dressing

Ham Steak with Pineapple Slice Mashed Sweet Potatoes without glaze

Green beans

Rolls and Butter

Chef's choice for Desserts

Ice, Tea, Coffee, Water

Cost is **\$30.00** (includes tax and gratuity) Please make your reservation no later than **Sunday, November 10<sup>th</sup>** with Sherry Ferki at 686-4650 or by email at [navmed1@cox.net](mailto:navmed1@cox.net). Come join us for good company, good food and a good time.

**A RESERVATION MADE IS A RESERVATION PAID.**

Many other interesting historical facts were discussed including the huge impact of Virginians on the new county - George Washington, Thomas Jefferson, James Madison, George Wythe, James Monroe. It was also noted that Virginia covered most of North America until it was carved up over the years.

Discussion also followed on the current General Assembly and that everyone was up for election/re-election this November! Steve noted that they have gotten lots of new support for the ports over the past 10 years as well as trying to support improved cellular function. This year the economy is doing well with the biennial budget. There are about 3200 pieces of legislation presented each year. Every bill has to be cleared by the house and senate 1/2 way through the session and then crossed over. Members have about 3 seconds to vote on each bill, then they cross over and go through the same process again. Steve also stressed the importance of grass roots efforts like those Karl Wilson, PACMOAA Legislative Rep. and Hal Hostetler, Assistance Legislative Rep. make along with all PACMOAA members. Steve said that state legislators try to be more approachable than federal legislators and to call or email them if you have problems or issues as well as visiting them. He takes his local responsibilities very seriously.

Money, gun safety and school safety are several of the issues to be addressed this coming year. Steve also mentioned that Speaker of the House, Delegate Kirk Cox has taken gun control off the table and wants to focus on mental health issues instead. Virginia has more military per capita than any other state. Residents with 100% disability are tax exempt from state taxes now. Ongoing discussions with colleagues per sea level rise and the need to protect military facilities.

There was a fairly lengthy question and answer session. Jack Lyons asked about the way the legislature chose to handle the difference in the fed tax changes this year and the refund to citizens. The question per military retirees being tax exempt as they are in some other states or even having a portion of their retirement being tax exempt came up. Because there is such a large population of retirees in Virginia, Steve said this comes up in discussion frequently but felt like a change wouldn't happen anytime soon as there has to be money to cover difference in state income. Virginia is very conservative in preparing its budget and that is part of why we have such a good financial rating which in turn helps decrease interest costs. Marijuana The decriminalization of simple possession of marijuana was discussed. As you can see from this overview of his presentation, Steve Herretick was a very interesting and informative speaker! PACMOAA really appreciated him taking the time to visit and update us on Virginia history, especially for those who did not have Virginia history in elementary school, as well as current issues for the upcoming legislative session.

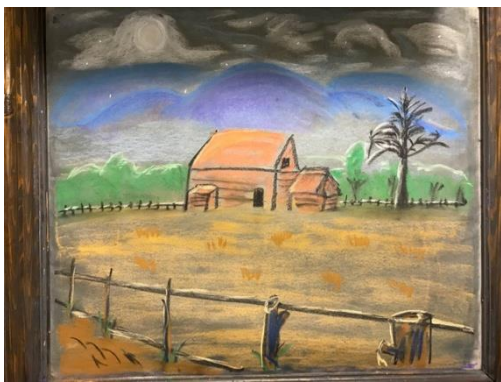
As Steve Herretick mentioned, grassroots efforts are very important and we have the ability to vote for our next representatives in the state legislature on **Tuesday 5 NOVEMBER.**

### **DON'T FORGET TO VOTE!!**

Please remember the many veterans who are suffering from mental and physical issues related to their service as well as the men and women serving throughout the world. Our grassroots efforts locally, on a state and nation level can make their lives better or at least less difficult!!

"NEVER STOP SERVING"

## **PROGRAM**



Special presentation of "Never Stop Serving/Work for the night is coming" by COL Hal Hostetler. See day turn to twilight and night when we shall work no more. Hal will draw the picture while Berenda Hostetler plays music. The day scene will change gradually to night, and the moon and stars will appear while Halsings. This program lasts about 12 minutes and will be followed by the annual business meeting.

## **14 NOVEMBER 2019 PACMOAA BUSINESS MEETING**

### **REPORTS:**

President: MAJ Sherry Ferki

1st Vice President/Programs: CDR Ken App

2nd Vice President/membership: LCDR Dolly Cherrington

Secretary: COL Hal Hostetler

Treasurer: CDR Hans Sachse

VCOC Rep.: LCDR Dolly Cherrington

Leg. Rep.: CWO3 Karl Wilson

Personal Affairs Report: MAJ Sherry Ferki

Scholarship committee: MAJ Sherry Ferki

**Newsletter and website: Thanks to Gordon for all his hard work on both of these for many years! Sherry is currently editing the newsletter. Ken App will be taking over the newsletter and website.**

### **BUSINESS ITEMS TO ADDRESS:**

1. **Election** – Election committee to count ballots and report on outcome. COL Hal Hostetler, USA (Ret) Immediate Past Pres and Sec., Chair of Nominations Committee.

2. **Decreasing attendance at dinner/program meetings** ( avg. 27 for 8 dinners 2019, avg. 30 2018 not including 35th anniversary). **Avg. deficit of \$104.70 /dinner this year. Discuss and vote on potential changes :**

- **Timeframe** - Possibly extend social time: check in 1730 - 1830, dinner 1830 - 1915 with program starting at 1915 and announcements after program vs short meeting.
- **Frequency** of dinner/program meetings - In both 2018 and 2019: February and May were meetings with lowest attendance (23 to 25 attendees).
- **Location and possibly day/time** : Change time and location of some meetings

3. **Efforts to increase membership**

- Joint chapter recruiting event at Patriots Colony in Williamsburg
- Continue 1/2 price dinner cost for potential new member or new member attending for the first time?
- Other suggestions

4. **Events PACMOAA members participated in 2019.**

5. **Any other business to address?**

**Date of next board meeting: 21 November at Dennis's Steakhouse**

**All members are welcome to attend the board meetings**

## **WELCOME ABOARD**

The Salute extends a hearty welcome to Capt James (Jim) Jones, a USMCR veteran, and his wife Nancy from Lake Prince Woods in Suffolk

## **PERSONAL AFFAIRS**

PACMOAA has 70 members as of 1 November. Please continue to invite eligible members to our dinners- their dinner and that of their spouse will be half price through the end of 2019. Several of our most recent new members have joined after attending with a PACMOAA member

or after being given info by a PACMOAA member.

## IN MEMORIUM



Sadly, two valued members of the PACMOAA community died during the month of October.

Gayle Barnard, wife of PACMOAA Board Member Ben Barnard, died on 16 October. Gayle was afflicted with pulmonary hypertension, a rare chronic disease, which contributed to her death. In lieu of flowers, she and her family would greatly appreciate contributions to the Pulmonary Hypertension Association in her memory. From the time Ben joined PACMOAA in the summer of 2017, he and Gayle attended most meetings/events when they weren't traveling. Gayle always attended Board Meetings with Ben and her beautiful smile and engaging personality will be missed! Our thoughts and prayers are with Ben and his family.



Betty Lambdin died on 29 October . She joined PACMOAA as an auxiliary member in 2012 and frequently attended meetings when in town. Betty especially enjoyed the annual Christmas Gala and always wore bright Christmas sweaters and occasionally an elf's hat! Her cheerful disposition and smiling face always made the evening more enjoyable. Unfortunately, she wasn't able to attend any dinners this year for health reasons but was able to enjoy a Disney cruise with her children and grandchildren in

August. Our thoughts and prayers are with her three children and her grandchildren. In lieu of flowers, the family asked for Memorial gifts to be made to Saint Christopher's Episcopal Church, 3300 Cedar Lane, Portsmouth, VA 23703. A memorial service will be held in Betty's honor on Sunday, December 1st at 3:00 PM. Her remains will be placed in Arlington National Cemetery with her beloved husband, Charles.

## PERSONAL AFFAIRS

Bob Parker - Both Jack Lyons and I recently spoke with Bob. He and Eleanor are both having more medical issues but he sounded good and asked to be remembered to all of his PACMOAA friends. He would love to hear from his friends at PACMOAA.

Gordon Nelson, our longtime newsletter editor and website manager, has been having more medical issues and has not been able to attend the last few meetings.

Please let me know of any members having illness or being hospitalized. I will try to keep you updated when I find out of any issues so that we may be a more supportive community. As I've mentioned before, many PACMOAA members stepped up and helped me visit my Mom after she broke her hip and I was recuperating from foot surgery. If I can assist anyone else, I would be happy to as would many of our members.

Submitted by Sherry Ferki

## LEGISLATIVE

### LEGISLATIVE NEWS FROM MOAA NEWSLETTER

31 OCTOBER 2019

## 'Skinny' NDAA Leaves Out Critical Protections for Troops, Veterans, and Widows

By: James Naughton October 30, 2019

Amid growing concerns lawmakers will be unable to come to an agreement on the annual defense authorization bill, Sen. Jim Inhofe (R-Okla.) introduced a “skinny NDAA” Oct. 29 to ensure essential defense programs continue uninterrupted.

While the new, \$738 billion bill authorizes next year’s 3.1% military pay raise, extends bonus and incentive pays, provides for quality-of-life programs for military families, and includes funding for military construction and acquisition programs, it leaves out several MOAA-supported issues that are addressed in either the House or Senate NDAA versions, or in both. This includes language that would:

- Prevent the [elimination of 18,000 medical billets](#).
- End the “[widows tax](#).”
- Require comprehensive [military housing reform](#).
- Stop changes and consolidations planned for the [commissary and exchange system](#).
- Fund necessary improvements to [military spouse employment and education resources](#).

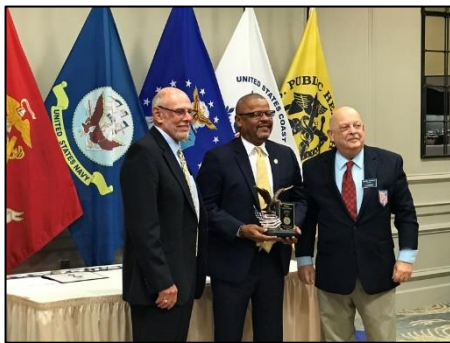
**[TAKE ACTION: [Ask Your Lawmaker to Back MOAA’s NDAA Priorities](#)]**

The cuts cover over 1,900 pages of legislative text. Inhofe said he introduced a skinny NDAA “to preserve all options” to continue Congress’s 58-year streak of passing an annual defense bill.

## VCOC Meeting and Biennial Luncheon

Wednesday, 9 Oct. 2019 at Patriots Colony

Introductory remarks reminded us of our role in participation with The Military Coalition (TMC) and the Joint Leadership Council (JLC) at the National and State levels respectively. VCOC chapters represent 2600 members.



Delegate Luke Torrian, was chosen as the Legislator of the Year. Among other reasons, he is championing a reduction in tax on military retirement pay. Picture to the left.

Monti Zimmerman was introduced as VCOC’s new secretary.

Special recognitions were made to the following: Our own Steve Turner for many years of outstanding service to include VCOC presidency and Chaplain Ken Rupparr as well for his long exemplary service. Picture below middle Steve with GEN Adkins.



Dolly Cherrington (right, above) accepted PACMOAA’s ninth consecutive five star rating award from Gen. Dana Atkins, MOAA’s President and CEO. Several Virginia chapters received four or five star ratings. General Atkins spoke concerning the four years under his leadership emphasizing

finances, marketing, improved communication, and innovation and talent management. He further spoke about the problem of a shrinking eligible number of young Americans to meet current military needs. The main reason for joining is pay and benefits, key aspects of our legislative work. Close behind is healthcare for active, veterans, retirees, and military families.

We are making headway for “Blue Water” Navy Vietnam era personnel exposed to agent orange.

The widows tax will continue to be a fighting issue until repelled.



The new VCOC President beginning next year was introduced—Boyd Nix, COL USAF RET, VIPMOAA. Far left

New VCOC Leadership Team to the left

PACMOAA can continue to be proud of the fact that two of the six VCOC officers beginning next year are from our chapter, Dolly Cherrington and Jim Stephen. A little levity broke-out during the swearing-in by General Atkins. The team left to right are President Boyd Nix, 1<sup>st</sup> VP Lincoln Smith, 2<sup>nd</sup> VP Dolly Cherrington, 3<sup>rd</sup> VP Frank Wickersham, Secretary Monti Zimmerman, and Treasurer Jim Stephan.

There was one period of solemnity as chapters presented their members who had passed away in the last two years. Roses were moved to depict their passings. The following PACMOAA members were remembered: *Mrs. Mary Keith, Lt Col Samuel Simpson, USAF (Ret), Mrs. Joyce Janke, CAPT James Fticsar, USN (Ret), MAJ Charles (Chuck) Kuehn, USA (Ret), CAPT Raymond (Ray) V. Cicirelli, USCG (Ret), and Mrs. Mary McLain.*

The entire event was a splendid affair supported by Patriots Colony. I would recommend that more PACMOAA personnel attend in the future.

Hal Hostetler

## COMMUNITY ACTIVITIES



### Surviving Spouse Corner: Making the Best of the Holidays After Loss

October 31, 2019

*(This article originally appeared in MOAA's Council and Chapter News update, which is delivered monthly in [The MOAA Newsletter](#). Read the latest Council and Chapter News [here](#).)*

**By Cindy Bondi, Surviving Spouse  
Advisory Committee member**

*Holidays come around at their own pace,*

*whether we're ready for them or not. Personally, I've always enjoyed the season, which starts around Halloween and really doesn't end until the New Year.*

After the loss of my husband, that first set of holidays was a whirlwind. My blended family came around with little planning, as they made sure I wasn't alone or sad. They were grieving too, and it seemed natural to be together.

The years since that first set of holidays after my husband's death have not been as traditional. I'm ready to set a new tradition, but I find it difficult because the circumstances in my life have changed, as has my growing and changing family.

Last year, all the kids decided to coordinate spending every other year with their in-laws, and so it was the first year that I would have to find another way to spend Christmas without them. My sister invited me to spend Christmas Eve and day with her and her husband and her two grown kids. I accepted, but I had not expected it to be much fun.

It turned out to be one of the best times I'd had in years. We opened presents one by one, and it literally took six hours! It reminded me of the way my sister and I opened presents in our family when we were kids. Our dad always examined every gift and made a big deal out of the smallest things.

I left her house with a new perspective. I will try to keep an open mind about the holidays and remind myself the following:

- I am not alone.
- I'm thankful for even the smallest things
- I know there are people who care and want to help. I need to learn to accept help.
- I try not to worry or let fear take over. It's usually a waste of time.
- It becomes more evident that everyone who I have crossed paths with has been there for a reason.

As I move into the 2019 holiday season, I know there will be some struggles, but there also will be joys along the way.

[Find past Surviving Spouse Corner articles on MOAA.org.](#)

**PLEASE DONATE ITEMS TO THE PORTSMOUTH VOLUNTEERS FOR THE HOMELESS, INC, (PVH) AT OUR NOVEMBER MEETING**

PACMOAA has helped support PVH since November 2011 on a monthly basis with donations of needed supplies. Donations have fallen off significantly and are needed even more with all the onset of cold weather. Please consider donating whenever possible. Every little bit helps!

PVH, Inc., is a non-profit 501 (c) 3 corporation governed by a 13 member independent Board of Directors. Working with over 25 houses of faith in Portsmouth, Chesapeake & students from



Virginia Wesleyan College. PVH provides nightly shelter for homeless persons from mid-November through the beginning of May each year.

In addition to sheltering, PVH operates a 12 month Service Center where clients can shower, do laundry, receive their mail & telephone usage. Clients also meet with a case manager for support in becoming self-sufficient, Legal Aid, & receive referrals for mental health, substance abuse & employment counseling. PVH, Inc.'s early intervention with housing focused coaching & community partnerships has a proven track record helping to move individuals from homelessness to housing.

### 2019 Accomplishments

- **Served 229 distinct individuals** in winter shelter and service center services.
- Sheltered a total of **174 distinct individuals** for total of **175 night's** stay.
- Provided **11,197 units of service** (sheltering, showers, laundry, HRT bus passes, mail distribution, telephone usage, and housing documentation)
- Coordinated, staffed and managed inclement weather contingency sheltering (around-the-clock) for snow storms.
- Collaborated with homeless service providers to get **33 individuals** housed (2019).

All data per PVH Executive Director

### Winter Supplies Most Needed per Facebook posting ## critical need

- XL Ziploc Bags (10 gallon) , Garbage bags
- Lysol disinfectant spray ## , Clorox disinfectant wipes ##
- Disposable gloves (non-latex) ##
- Deodorant (Men and Women), Chap stick, Razors & shaving cream
- Socks (men and women), Handwarmers
- Chlorine bleach ##, Laundry detergent ##
- Hand sanitizer (regular size)

"Donations are accepted at PVH 800 Williamsburg Ave (behind Social Services on the side of the Oasis building) from 8-2pm Monday - Friday. Please call if you have any questions 399-0200. Donation tax receipts are provided.

### SOME OF THE VETERANS DAY EVENTS IN OUR AREA



The Tidewater Concert Band will play patriotic music at event in Portsmouth. Vice Adm Scott Buschman, USCG, Commander of the Atlantic Area and Defense Force East as well as Director, DHS Joint Task Force East will be the keynote speaker.

### Veterans Day Concert at First Baptist Church of Suffolk on Saturday, 9 November 2019

The United States Navy Band Country Current (country-bluegrass ensemble) will be performing a

concert to honor our veterans. Please join us at 2pm in the Family Life Center and invite your family, friends and neighbors. The concert will be free and open to the public at 237 North Main Street in Suffolk, VA 23434. Contact:757-539-4152

### **Chesapeake Veterans Day Memorial Ceremony**

At 11 a.m. Nov. 11, the public, current and former members of the U.S. military and their families, are invited to join other local veterans, city officials and community leaders for a special Veterans Day Ceremony on the steps of City Hall, 306 Cedar Road.

### **Colonial Williamsburg**

During Memorial Day weekend and Veterans Day weekend, Colonial Williamsburg offers free admission to all active-duty military, retired, veterans, activated or drilling reservists, National Guard personnel, and up to three direct dependents. Select one complimentary day per year, total; either Memorial Day weekend, Veterans Day weekend, or another day of your choosing. Visit the [Colonial Williamsburg](#) website for details.

### **Many retail store and restaurants have discounts on Veterans Day**

#### **TRICARE AND FEDVIP OPEN SEASON 2020**

The 2020 TRICARE and FEDVIP open season will run from **Nov. 11 to Dec. 9, 2019.**

- Remember to Check with your preferred dentist to see what plans they are considered in network with and what they think your dental needs will be for the upcoming year. The new plan may differ from your current plan even with the same company.
- After looking at 9 out of the 13 High plans offered in my zip code for 2020, none had an annual maximum benefit per year if in network and it was usually \$2000- \$3000 per year if out of network. The only waiting period is for orthodontic care (usually braces).
- Some plans have a deductible but that is usually only if your dentist is out of network.
- Be sure to review the section in the plan brochure (available as pdf on the BENEFEDS website where plans are compared or can be mailed to you) on exclusions to coverage. For example, in the United Concordia Dental Plan brochure, in **Section 7 General Exclusions – Things We Do Not Cover:** one item listed is "Services and treatment performed prior to your effective coverage date including orthodontic treatment".

If currently enrolled in a FEDVIP dental &/or vision plan, you can keep the same plan but be aware that the plan may change for 2020. MOAA website:"Overall, FEDVIP dental rates will rise by an average of 5.6% for 2020; vision premiums will increase an average of 1.5%. The change in dental premiums range from a decrease of -5.9% to an increase of 9.5% depending upon your location. OPM states that the two primary factors drove increases this year; the health care insurance providers fee, which had been suspended in 2019 but reinstated in 2020, and an increase in utilization of services in a number of dental plans."

**Don't forget our Annual Christmas Gala on December 12th.** Hal's Band known as the Tidewater Concert Band will be performing and the Churchland HS Marine Corps JROTC cadets will be collecting toys for the "Toys for Tots" program. Santa Claus will arrive and with the help of his elves will distribute gifts to members participating in this year's Pollyanna. Some members like to bring a small Pollyanna item (\$15.00 or so) to exchange. All in great fun.