



# The Salute online



Monthly newsletter of the Portsmouth Area Chapter, an 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 services members, we are nonpartisan do not participate in political activities.

VOLUME XXXVIII Issue X

LEARN MORE AT [PACMOAA.ORG](#)

December 2019

## FROM THE PRESIDENT



Hopefully you all had a good Thanksgiving with your family and /or friends. Thank all of you that came to our annual business meeting and participated in our elections. We had higher member participation in voting this year with 34% of the members voting compared to 29% voting last year. I want to say a special thanks to Paul Pratt for "volunteering" again to count the ballots along with his assistant Alice Fticsar. They did such a good job that we didn't need to have a recount! I also wanted to acknowledge several guests/new members that attended - Jim Jones, USMCR Vietnam Vet that now lives at Lake Prince Woods who came with Peg Cicirelli, and Van White and his wife Elle both retired from the Navy and were guests of Hal and Brenda Hostetler. Many thanks to our members for reaching out and inviting potential PACMOAA members to meetings!!

We tried to make the business meeting more interesting again this year by having a special presentation of "Never Stop Serving/Work for the night is coming" by Hal Hostetler. I knew he was a gifted musician and performer and this was just another example of his multifaceted talent. It was amazing watching him start with a basic picture on the canvas and transform it from a



farm house into what you see in the picture to the left by the end of the program. Using different colors of chalk, singing and using a black light as nighttime came all made a very entertaining program. Brenda's accompaniment on an electric organ added a special extra touch to the entertainment.

Hopefully by now, you all have signed up for the FEDVIP program or reviewed you current plan, if you want dental and/or vision coverage. The end of the open season is 9 December so be sure to sign up as soon as possible if you want coverage for 2020. With the

FEDVIP program, you can only sign up one time or change your plan in the year during the open season, usually in the Nov - December timeframe unless you have a life change like marriage, divorce, death, etc.

CONTINUED ON PAGE 3

[CLICK HERE FOR LEADERSHIP](#)



## CHAPTER NEWS

### DECEMBER CALENDAR

07 PEARL HARBOR DAY	22 - 30 HANUKKAH
12 PACMOAA DINNER MEETING	25 CHRISTMAS DAY
13 NATIONAL GUARD BIRTHDAY	26 KWANZAA
14 NATIONAL WREATHS ACROSS AMERICA	

### DECEMBER DINNER

Our dinner will be held on **Thursday December 12<sup>th</sup>** at the Hilton Garden Inn (HGI) Ballroom at 5921 Harbour View Boulevard in Northern Suffolk. [MAP](#) to Hilton Garden Inn Harbour View. Social hour begins at 5:30 PM, dinner served at 6PM. The cost of this meal is **\$40.00** including tax and gratuity.

#### MENU

**INDICATE YOUR CHOICE of ENTRÉE WITH YOUR RESERVATIONS!**

Seasonal Salad with a variety of dressings 2

**Entrée 1- Beef Tenderloin - Medium Temp**

or

**Entrée 2 - Soy Glazed Salmon**

Mashed Potatoes, Green Bean Almandine, Dinner Rolls and Butter

Coffee and Hot Water for Tea Station Water and Ice Tea

Please make your reservation **no later than Sunday 8. December** with Sherry by phone at 686-4650 by email at [navmed1@cox.net](mailto:navmed1@cox.net).

**NO LATE RESERVATIONS CAN BE ACCEPTED!**

### DECEMBER PROGRAM

#### CHRISTMAS GALA

I hope to see many of you at our Annual Christmas Gala. 'Tis a season of revelry and giving. 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.

Picture of LTC Pratt and his cadets last year at the Christmas Gala.

We will also be collecting items for the Portsmouth Volunteers for the

Homeless and/or for the Baby Pantry at the Coast Guard Base in

Portsmouth. See picture below with Darlene Washington, the Executive Director of the Portsmouth Volunteers for the Homeless.



The winter supplies **most critically needed** were noted in last month's newsletter to include: Lysol disinfectant spray, Clorox disinfectant wipes, disposable non-latex gloves, chlorine bleach, and laundry detergent. Other needed supplies are garbage bags, deodorant for men & women, Chapstick, razors, shaving cream, socks for men & women, handwarmers, and regular size hand sanitizer.

You probably remember that the Coast Guard members were not paid during the government shutdown last year. The need was more critical at that time but the baby pantry runs year-round as many young enlisted personnel have trouble making ends meet each month and diapers, wipes, formula, etc. are expensive.

*(Continued from page 1)* **FROM THE PRESIDENT'S DESK**

The Annual Christmas Gala is always a great way to end the year. It is a wonderful time to visit with friends, enjoy the holiday music and dance, if you dare. This is a great time to invite a friend so they can share an enjoyable evening with PACMOAA members. If you are not able to attend, I hope you and your families have a blessed Christmas and happy New Year and hope to see you next year. The holiday season can be stressful, especially for service members deployed away from home and family. Please keep our military members, their families and all veterans in your thoughts and prayers.

## MEMBERSHIP/PERSONAL AFFAIRS

### WELCOME ABOARD

The Salute extends a hearty welcome to CWO4 Van B. White, JR, USN (Ret) and his wife Elle (retired Navy Chief) from Portsmouth.

PACMOAA currently has 71 members. Please continue to invite eligible members to our dinners—their dinner and that of their spouse will be half price through July 2020. Three of the last four new members were invited to dinner by a PACMOAA member. Most of us have friends that are either active duty, retired or veterans and all of them are impacted by changes going on in health care and benefits.

### FINAL FAREWELL TO BETTY LAMBDIN

Bob and Gladys Steorts and I joined Betty's family and many friends at her Memorial Service on Sunday 1 December. After a beautiful service, we all joined the family in the fellowship hall. A table was covered with picture books cataloguing Betty's life from school age until her Disney cruise in August. There were actually 2 books full of pictures from the Disney cruise. She had been talking about taking that cruise with her 3 children back in February when I was taking her to Dr appointments when she was still in rehab. On the cruise, both her sons took turns pushing her

around in a wheelchair to all the activities she wanted to see/participate in and they were exhausted before Betty was!! We will certainly miss her cheerful demeanor and wonderful smile. The picture below to the left was on the front of one of the picture books about the Disney cruise. Somehow, Betty's sons heads were cut off!

The picture to the right is from a Christmas party about 10 years ago with Hazel Wilhelm and Carol Pomeroy. Betty attended every Christmas Gala Celebration if she was in town and usually wore one of her Christmas sweaters or vests!



### PERSONAL AFFAIRS

Gordon Nelson is having more mobility and medical issues and cannot attend meeting at this time. You probably have noticed a difference in the pictures in the last few issues as none of us have Gordon's expertise in photography.

Bob Steorts is also having mobility issues at this time

I spoke with CWO4 Grigg, USN (Ret) recently and found out he is essentially homebound except for Dr appointments. I encouraged him to let me know if he needed assistance getting out or to attend a meeting.

Paula Turner is having surgery soon and would appreciate our thoughts and prayers.

Traci Green and Steve Volovsek are both having health issues and would also appreciate our thoughts and prayers.

**SOME OF OUR MEMBERS DO NOT FEEL COMFORTABLE DRIVING AT NIGHT OR DURING THE DAY. SEVERAL PACMOAA MEMBERS HAVE VOLUNTEERED TO BRING MEMBERS TO MEETINGS OR OTHER APPOINTMENTS AS NEEDED. CONTACT SHERRY IF YOU NEED ASSISTANCE AND WE WILL TRY TO HELP.**

### LEGISLATIVE



**FROM THE MOAA NEWSLETTER 5 DECEMBER 2019**

**What Happens If the NDAA Stalls ... and How You Can Make Your Voice Heard**

December 04, 2019 *By MOAA Staff*

As the 2019 legislative calendar evaporates, the FY 2020 National Defense Authorization Act (NDAA) remains, like other [critical pieces of legislation](#), unfinished.

While the looming budget crisis remains in the headlines, MOAA and other military advocates won't let the issues at the core of the NDAA languish. Some of the improvements under consideration have been years in the making, while others address critical needs faced by multiple generations of military families.

If Congress cannot agree on a robust NDAA, this work must restart as part of the 2020 legislative cycle. [Act now](#) to ask your legislators to support an NDAA that will:

- Provide the long-sought repeal of the Survivor Benefit Plan-Dependency and Indemnity Compensation offset, better known as the "[widows tax](#)." Ending this unfair practice will restore proper benefits to more than 65,000 military survivors.
- Ensure DoD [plans that would cut 18,000 medical billets](#) receive proper scrutiny, and that the voices of all those who rely on these providers for their care are heard.
- Protect [military families staying in privatized housing](#) from unsafe and unsanitary living conditions by giving them the rights and resources they need to have their concerns respected and answered appropriately.
- Require an independent review of plans to [merge the commissary and exchange systems](#), a move that, if executed improperly or without full study, could degrade a hard-earned benefit for servicemembers past and present, and their families.

The path forward for a positive result on these issues, [and others](#), is clear: House and Senate NDAA conferees must agree to legislation that includes this language, the full bodies in each chamber must pass that legislation, and President Donald Trump must sign it. At all stages, your voice is critical to ensure elected representatives don't neglect these duties and do what's right.

[Send a message to Congress](#) supporting these NDAA provisions today, and keep track of MOAA's advocacy news for the latest updates on the bill as [the legislative session winds down](#)

## MILITARY.COM VIA LINK FROM MOAA NEWSLETTER 5 DEC 2019

### Tricare Drug Costs to Increase More Than 40% in 2020

3 Oct 2019

Military.com | By [Jim Absher](#)

Prescription drug costs for [Tricare](#) users are set to rise Jan. 1, some by as much as 42%.

Effective Jan. 1, 2020, a 90-day supply of generic drugs received through the program's Express Scripts mail-order pharmacy will increase from \$7 to \$10. Co-pays on brand-name drugs received through the mail will go from \$24 to \$29; the price rises from \$53 to \$60 for non-formulary drugs.

Generic drug prescriptions filled at retail pharmacies will see the cost rise from \$11 to \$13 for a 30-day supply, while the same supply of brand-name medications will increase from \$28 to \$33. Non-formulary drugs -- those not on Tricare's list of fully covered medications -- will go up from \$53 to \$60.

Prescriptions filled on base will continue to be free.

**Related:** [Tricare Moves Toward Chiropractic Coverage](#)

The price increases, while normal in the civilian world, are fairly new to Tricare. They were mandated by Congress as part of the 2018 National Defense Authorization Act in an effort to bring the amount users pay into line with the actual costs of prescription drugs, which have been skyrocketing in recent years.

Per that law, these annual increases will continue until at least 2027.

Out-of-network pharmacy costs are also increasing. Users who buy drugs at those pharmacies or overseas must first meet their annual deductible, which varies by Tricare plan.

[Tricare Prime](#) users pay a 50 percent cost share for the drug after their point-of-service fee. All other users, except active-duty troops, will pay 20 percent of the total cost or \$29, whichever is higher, for drugs on the formulary. They will pay 20 percent of the cost or \$60, whichever is higher, for off-formulary drugs. Active-duty troops will be reimbursed for any out-of-network pharmacy fees.

## VCOC LEGISLATIVE UPDATE

### *2020 JLC Legislative Policy Initiatives*

The Joint Leadership Council (JLC), comprised of 25 veteran service organizations (VSOs) including MOAA met for their Q4 2019 meeting on Wednesday, October 16th, at the Department of American Legion office in Richmond VA. During this meeting, the collective 2020 Legislative Priorities for the 2020 General Assembly were finalized and prioritized. Here is the Summary of the 2020 JLC Policy Initiatives:

**JLC 2020-01 - 2nd Resolution – Personal Property Tax Exemption**

**JLC 2020-02 - Counting Military Absentee Ballots After Election Day**

**JLC 2020-03 - Income Tax Subtraction for Certain Low-Income 100% Disabled Veterans**

**JLC 2020-04 - Virginia National Guard Emergency Response Pay**

**JLC 2020-05 - Tax Credits for Employers who Hire VNG and Reserves**

**JLC 2020-06 - Microloans for Veterans Program (MVP)**

*Each policy paper can be accessed at: <https://www.dvs.virginia.gov/dvs/joint-leadership-council-veterans-service-organizations-2>.*

In addition to the six initiatives, the JLC has four letters of support for the following:

1. Governor's challenge to prevent suicide among service members, veterans and their families
2. Funding for new Care Centers in biennial budget
3. Commonwealth Connect – universal broadband access for Virginians
4. Virginia National Guard Scholarship

Each letter will be posted to the JLC website after submission to the Governor and Secretary of Veteran & Defense Affairs. Watch <http://www.dvs.virginia.gov/dvs/joint-leadership-council-veterans-service-organizations-2>.

## COMMUNITY ACTIVITIES

### First Annual Veteran's Day Celebration at the Smithfield Center

On Sunday 10 November 2019 I was honored to attend this special event commemorating the Life, History, and Legacy of LTC Charity Adams-Early, the first African American female to be commissioned in the Women's Army Auxiliary Corps. She was the commanding officer of the first battalion of African-American women to serve overseas during World War II who were assigned



under her in the 6888<sup>th</sup> Central Postal Directory Command. Their mission was to organize and deliver millions of pieces of mail and packages that were held up for months in silos in France and England. These packages and letters were intended to be delivered to our male soldiers who were fighting on the front lines. Due to the serious morale problems with the male soldiers who were not able to hear from their families, Major Adams-Early and her soldiers were ordered to disperse millions of pieces of mail in 6 months. They succeeded in getting the job done in 3 MONTHS! " Adams was the highest ranking African-American woman in the army by the completion of the war when she was only 27 years old "(Wikipedia).

Mrs. Barbara P. Wiggins (SFC/USA/Ret), event coordinator, extended me this most kind invitation in appreciation for providing assistance in obtaining much needed donations to support the homeless shelter in Smithfield.

In 1998 while still on active duty, Mrs. Wiggins had the honor of meeting LTC Charity Adams-Early and quite a few of her female soldiers. Today, most of these veterans are deceased, however the memory of their service will never be forgotten.

Dolly Cherrington LCDR USN (Ret)

### 14 NOVEMBER 2019 PACMOAA BUSINESS MEETING MINUTES with some additions from Board Meeting on 21 November

#### REPORTS:

#### President: MAJ Sherry Ferki

- Thanks to all Leadership Team members for all their work over the past 2 years.
- Thanks to CDR Scott Dickinson, USN (Ret) and CWO3 Karl Wilson, USA (Ret) finishing up 2 yr service on the BOD.
- 5 Star Level of Excellence for 9th year in a row!!

#### 1st Vice President/Programs: CDR Ken App

- Dec: Christmas Gala with Hal's band, Toys for Tots, & collecting items for PVH & USCG base baby pantry
- Jan: Installation of Officers: COL Boyd, USAF (Ret), VCOC President
- Feb: Possible Suicide prevention speaker from Hampton VA Medical Center
- Suggestions for speakers included Princess Elizabeth with Elizabeth River Project & Commodore Theater

#### 2nd Vice President/membership: LCDR Dolly Cherrington

- As of 1 Jan 2011, 114 members
- As of 31 Dec 2018, 73 members
- Currently: 70 members

- New members this year so far: 6
- Deaths this year: 4

**Secretary: COL Hal Hostetler:** No report

**Treasurer: CDR Hans Sachse:**

- Dinner meetings: AVG loss/dinner meeting \$104.70 thru Oct meeting and \$93.07 through Nov meeting. Most of loss related to room fee, taxes, etc. this year.
- Received USAA grant for \$300.00 again this year to help defray costs for June Scholarship dinner meeting.
- Balance in operating fund: \$4257.50 with an additional \$3000 in savings/CD.
- Balance in scholarship fund: \$5241.11 with an additional \$5172.59 in CDs. **NOTE: \$750.00 going out in late Dec for 2019 scholarship winner.**
- Audit for 2017: CWO2 Doug Weller - in progress

**VCOC Rep: LCDR Dolly Cherrington:**

- . COL Steve Turner awarded MOAA Leadership Award by MOAA CEO and President LT GEN Atkins, USAF (Ret). The Biennial Memorial Service was also held at the Oct meeting honoring members that died between Nov 2017 and Nov 2019.
- Next meeting 14 Jan in Richmond. Not currently having traditional "Storming the Hill" due to construction.
- VCOC starting to collect chapter dues again.

**Legislative Rep: CWO3 Karl Wilson:**

- Will continue to meet quarterly with MOAA SE Regional Legislative Committee
- Will follow up with newly elected 76th District Delegate Clinton Jenkins as well as with Delegate Steve Heretick and Senator Louise Lucas.
- Briefly reviewed JLC 2020 Policy Initiatives - see page 6 for details.

**Personal Affairs: MAJ Sherry Ferki:**

- Gordon Nelson with ongoing medical issues
- Bob Steorts still having mobility issues
- Remembered Betty Lambdin and Gayle Barnard

**Scholarship committee: MAJ Sherry Ferki:**

- **Continued support of scholarship program with donations allows PACMOAA to award at least 2 scholarships a year.**
- One scholarship awarded for 2019. One awardee never followed up with PACMOAA after June meeting!

**BUSINESS ITEMS TO ADDRESS:**

1. **Election** – Election committee (Lt Col Paul Pratt, USMC, Ret and Alice Fticsar) counted the ballots & reported on outcome. Many thanks to them!!

Congratulations to the new Leadership Team members:

1st VP: CWO3 Karl Wilson, USA (Ret)

2nd VP: LCDR Dolly Cherrington, USN (Ret)

Treasurer: CDR Hans Sachse, USN (Ret)

BOD: COL Bill Smith, USA (Ret)

BOD: CAPT Jeff Westling, USCG (Ret)

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

- **Members voted to change to proposed time difference-** extend social time: check in 1730 - 1830, dinner 1830 - 1915 with program starting at 1915 and announcements after program vs short meeting.
- **No change per frequency of meetings at this time.**
- **Location and possibly day/time :** Decided to try Saturday lunch in April.
- **Other suggestions** - Long discussion per needing sales tax relief and membership voted for Hans to submit paperwork.

#### 4. Efforts to increase membership:

- Joint chapter recruiting event at Patriots Colony in Williamsburg. Canceled in August due to poor response. Will try again in March 2020.
- Inviting a friend to dinner meeting
  - Continue 1/2 price dinner cost for potential new member and spouse attending for the first time? Decided to discuss this issue in greater depth with more data to review at Board meeting.
  - On 21 Nov, Board voted to have potential new member and spouse attend dinner for 1/2 price for 6 months and then Board will review again.
- Suggestions: Facebook? Issue of needing someone to monitor it.

#### 5. Events PACMOAA members participated in 2019. See later in newsletter.

6. Announcements per upcoming events including 19 NOV Women Veterans Community Conversation & Listening Session, 22 NOV Old Towne Holiday Market in Portsmouth, 7 & 8 DEC USO Benefit concert at Sandler Center.

- Hal noted that Irv Lindley is the Chair of the Portsmouth Mayor's Military Affairs Committee.

### SOME OF PACMOAA ACTIVITIES FOR 2019

1. Ten dinner/program meetings held and four quarterly Board Meetings..
2. Quarterly VCOC meetings attended by 2 - 5 PACMOAA members/event.
3. January - PACMOAA members donated \$720.00 worth of baby care items to the Hampton Roads CPOA (Chief Petty Officers Association) baby pantry at the Portsmouth CG base for E-5s and below to help with loss of income due to government shutdown. The HRCPOA has maintained baby pantries at Yorktown and Portsmouth bases for a while for E-5s and below. These baby care items are needed year round and were critically needed during the shutdown.
4. Immediate Past President and Secretary Hal Hostetler attended the Portsmouth Mayor's Military Affairs Committee meetings throughout the year helping to bring another perspective in planning for the city and the military community.
5. March - April PACMOAA scholarship information sent out to over 30 local high schools and JROTC groups.
6. April - PACMOAA nurses celebrated National Nurses Week - 7 of the 8 nurses that are members or spouses were able to get together for lunch to celebrate our careers together!!
7. April - PACMOAA members donated over \$200.00 to buy candy for USO Little Patriots Trunk Hop on Saturday 13 April in Virginia Beach. Different organizations gave out candy and candy filled Easter eggs from the trunk of a vehicle. The event was only open to active duty military, reserve/national guard and eligible dependents. Several PACMOAA members were

scheduled to attend but we had to give candy to USO to distribute due to date change from bad weather.

8. April - VCOC annual Congressional Luncheon in D. C - Four PACMOAA members attended.
9. May - 2 PACMOAA (Karl Wilson and Hal Hostetler) members participated in RESET(Rapid Engagement of support in the Event of Trauma) in Portsmouth. Every time there is a homicide in Portsmouth, a group of Police personnel, clergy, and other caring citizens participate in a neighborhood walk in the immediate area the next day.
10. May - Five PACMOAA members participated in VETFEST at the Harley Davidson dealership in Portsmouth along 12 - 15 other military friendly groups like DAV, VFW, USO ,etc. This event was held to benefit END22 and Code 9 Project. Both are focused on PTSD/TBI and suicide - trying to increase awareness, educate and save lives. END 22 refers to 22Veterans and 1 active duty lost daily to the hidden wounds of war. Code 9 Project focuses on First Responders. This was a first of its kind recruiting event and provided many valuable lessons for future membership events!!
11. May - PACMOAA Leadership Team Members attended 6 JROTC Award ceremonies at local high schools representing 12 local JROTC groups.
12. On 27 May, 5 PACMOAA/spouses members participated in the 135th Annual Portsmouth Memorial Day parade.
13. PACMOAA recognized 2 scholarships awardees for \$1500 at June meeting and invited scholarship winners to dinner with family members. Only one scholarship winner was able to attend but PACMOAA was never able to contact her after the dinner so she was not awarded the scholarship .
14. "SOUTHEASTERN REGIONAL LEGISLATIVE COMMITTEE" (PACMOAA, HRCMOAA, VIPMOAA) met quarterly. June meeting was attended by all 3 chapter legislative representatives as well as representatives of Sen. Kaine, Sen. Warner and Rep Luria and several surviving spouses. The purpose was to address: The SBP/DIC Off-Set Penalty ("Widows Tax") , On-going (negative) changes to Military Health Care, and Proposed reductions to the active duty "Medical Corps" with the main focus on the "widows tax".
15. July - Annual Joint Brunch was held at Smithfield Station this year with about 50 people attended, 27 from PACMOAA.

### **Thoughts on Life From a Grandmother to Granddaughter**

#1 Death is the number one killer in the world.

#2 Life is sexually transmitted.

#3 Good health is merely the slowest possible rate at which one can die.

#4 Was somehow left out but the rest are certainly entertaining!!

#5 Give a man a fish and you feed him for a day. Give a man the internet and he won't bother you for weeks at a time.

#6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

**MERRY CHRISTMAS and HAPPY NEW YEAR !!**