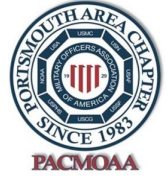




# The Salute Online



Monthly newsletter of the Portsmouth Area Chapter, an affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield, Franklin, and surrounding counties, Virginia, since 1983. Dinner meetings are 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 and do not participate in political activities.

**VOLUME XXXXI Issue IX** **LEARN MORE AT [PACMOAA.ORG](http://PACMOAA.ORG)** **NOVEMBER 2022**

**REMINDER: Although MOAA and PACMOAA actively lobby legislatures for all US uniformed services members, we are nonpartisan and do not participate in political activities.**

## FROM THE PRESIDENT'S DESK



Greetings,

Happy “eating All of the Leftover Halloween Candy Week”!! I hope you survived all of the gremlins, witches, X=Men, Superheroes, et al. Now, get ready for non-stop eating for Thanksgiving and Christmas.

We had a wonderful speaker at our last meeting. Captain Wolfson, Commanding Officer of the Norfolk Naval Shipyard, was most interesting. She presented with great enthusiasm her view of NNSY and how people are the most important commodity to ensuring NNSY’s success in the future. A good Q&A session followed her remarks.

As you know, the November meeting is when we elect our officers for next year. **BREAKING NEWS!!! We now have a nominee for President. CAPT Bruce LaLonde has volunteered to be our President Nominee. Vote Today!!!**

**Please pray for peace and for the Ukrainian people. May God bless America!**

Bill Smith  
COL USA (Ret)

**Right: Bill Smith presenting CAPT Wolfson, USN, the PACMOAA Certificate of Appreciation and the World Famous PACMOAA MUG!!!**



PACMOAA  
LEADERSHIP

See Leadership Tab



**CHAPTER NEWS**

**NOVEMBER CALENDAR**

- 06 Daylight Saving Time Ends
- 08 ELECTION DAY (Don't forget to vote)
- 10 MARINE CORPS 247<sup>th</sup> Birthday 1775
- 10 PACMOAA Dinner Business Meeting (*Don't forget to vote, email your ballot or TODAY, NLT November 9<sup>th</sup> or Bring it with you to the Business Meeting. Ballot on page 14, Bios pp.11-13.*)
- 11 Veterans Day
- 23 Coast Guard Women's Reserve Established 1942
- 24 THANKSGIVING

**HAPPY NOVEMBER BIRTHDAYS**

**Bob Brewer      Peg Cicirelli      Larry Mellis**  
**Paul Pratt      Conrad Strickland**  
**Chuck Waggoner      Bob Wall**

**The November Dinner**

will be held on **Thursday, November 10<sup>th</sup>** at Roger Brown's Banquet Room,  
 316 High Street, Portsmouth (757) 399-5377

**Sign in and social hour begins at 6 PM, with Dinner Served at 6:30 PM.**

***Buffett Menu***

- Garden Salad*
- Flank Steak*
- Catfish (Baked and Fried)*
- Broccoli Medley*
- Mashed Potatoes*
- Seasonal Cheesecake*
- Water, Tea, & Coffee*

**Cost is \$25** (includes gratuity & tax). Cash bar available. Please make your reservation no later than **Sunday, November 6<sup>th</sup>** with Sherry Ferki at 757-922-7030 or by email at [navmedarmynurse@gmail.com](mailto:navmedarmynurse@gmail.com).

**A RESERVATION MADE IS A RESERVATION PAID**

**Below right: Cutting the 247<sup>th</sup> Navy Birthday Cake.** L-R CDR Hans Sache, CAPT Bruce LaLonde, CAPT Wolfson, CAPT Bob Brewer, CWO4 Larry Mellis, CDR Ken App, CDR Scott Dickinson

**Below: Navy's 247<sup>th</sup> Birthday Cake**



## ANNUAL BUSINESS MEETING

NOVEMBER 10, 2022

### AGENDA

- a. Pledge/Prayer
- b. Welcome
- c. Dinner (6:30-7:15)
- d. Secretary's Report
- e. Treasurer's Report
- f. Membership Report
  - Personal Affairs
  - Surviving Spouse Liaison
- g. Legislative Report
  - JLC Objectives for 2023
- h. Programs Report
- i. VCOC Report
- j. Communications Report
- k. Scholarship/JROTC Report
- l. Nominating Committee/Election Report (If you didn't vote by mail or email, please bring your Ballot)
- m. LOE- Any contacts with elected representatives (in-person or virtually) and/or community involvement (like Memorial Day parade, Veterans Day event attendance, Portsmouth Mayors Military Affairs Committee)
- n. Old Business
  - i. PACMOAA 40<sup>th</sup> Anniversary
- o. New Business
  - i. LOE Leadership requirement
  - ii. Any VCOC or MOAA training any members attended
- p. PACMOAA Goals and Objectives
  - i. Membership
  - ii. Legislative Advocacy
  - iii. Community Involvement
- q. Other
- r. Adjourn

## MEMBERSHIP

### Membership Update November 2022

#### WELCOME ABOARD

COL William (Bill) Coburn, USAF (Ret) and his wife Liz from Carrolton

#### A BELATED WELCOME ABOARD

Mrs. Teddy Lyons from Portsmouth

Mrs. Sara Grigg from Portsmouth

PACMOAA has 66 paid members with 1 new member since the October update. This includes 6 Life Members and 1 Honorary Life Member as well as 4 new members this year. Sadly, we have also had 5 deaths. Membership includes retention as well as recruiting and we only had 2 members that didn't renew along with 2 that moved.

As you encounter friends, neighbors, and/or new acquaintances that are eligible for membership, please tell them about PACMOAA and invite them to dinner (their dinner is ½ the regular charge for dinners). Remember,

surviving spouses of retired or active-duty military are eligible for membership also!! I will be happy to send you some copies of our recruiting brochure as well as bring extras to every meeting if that would be helpful.

The Christmas Gala on 8 December is a great time to invite a guest to share the music, camaraderie, and wonderful food!!

**Every member is a recruiter!!**

## PERSONAL AFFAIRS

### PERSONAL AFFAIRS/SURVIVING SPOUSE NOVEMBER 2022

This has been a difficult year for our membership and many of our members due to illnesses, worsening chronic conditions and the death of a loved one. Two of our Charter members, CAPT Harry Miller and CDR Jack Lyons, both retired Navy, died this year. Both gentlemen were very active in multiple leadership positions for many years and role models for me. Harry moved in 2008 to be closer to his family but Jack continued to serve in leadership positions for several more years. Even after stepping down from those positions, Jack continued to provide guidance and assistance to me and PACMOAA until his death!

Sadly, PACMOAA lost 5 members this year, all had been members for more than 10 years and will be missed. Please keep their surviving spouses and families in your thoughts and prayers as well as remembering our members dealing with medical issues.

Birthdays, anniversaries, graduations, weddings, and holidays are always difficult when we've lost family members and/or friends. For recent losses, we have to start forming new ways of celebrating or remembering special occasions. For most of us, this time of year with Thanksgiving and Christmas coming up has always been about spending time with our families and/or friends. Please reach out to our members and their families to let them know you're thinking about them.

Another type of loss several of us experienced this year was moving from the home we had lived in for many years. The loss of a familiar environment and neighbors can also be difficult, especially, if the move was not your choice. Two of our members that had to relocate due to medical problems are COL Shirley Barker, and CAPT Bob Parker. Both attended almost every PACMOAA activity we had unless they were ill or traveling for 20 – 28 years! Both would love to hear from their PACMOAA friends.

LTC Shirley Barker, USA (Ret)  
50 Wellesley Dr Rm 421  
Newport News, VA 23606

CAPT Bob Parker, USNR (Ret)  
3450 Gallows Rd  
Annandale, VA 22003

Thank you,  
Sherry Ferki, Personal Affairs Officer  
Home number: 922-7030 Cell: 630-5608

## SURVIVING SPOUSE CORNER

### Surviving Spouse Corner: Strengthen the MOAA Community

**Connect with members of other chapters and share your military experiences with younger generations to extend our sense of community.**

*By [Patricia Green](#), Surviving Spouse Advisory Council member 3 October 2022*

While waiting in my little cabin in the remote Georgia mountains for a handyman, I decided to do an online search for a nearby MOAA chapter. I found one only 30 miles away, so I emailed my phone number to the chapter president and awaited a response.

The next day, he called and invited me to their chapter meetings, the state convention, and their Christmas dance. I responded with an invitation to my Florida chapter. We had such a lovely warm chat. It was almost like speaking to a member of my family.



**[RELATED: [Find a MOAA Chapter Near You](#)]**

I like to think of MOAA as a community, where joys, ambitions, sorrows, loyalties, and good works are shared. Connections of past service, local activities, charitable work, and legislative initiatives cement the bonds of friendship.

**To strengthen our community, reach out.** If you hang your hat at a second home, vacation someplace regularly, or spend more than a week with grown children or old friends in other locales, check to see if a MOAA chapter is nearby. By attending a meeting, you might gain new insights, learn their methods and successes, form bonds, and maybe reconnect with old friends. Observe the surviving spouses functioning in that chapter. Pick up pointers and share your chapter's successes.

**To strengthen our community, reach younger.** One summer, I took my grandson to a museum on an Air Force base. As we drove around, at each turn he exclaimed, "There's a grocery store, a church, a gas station, a bowling alley! This is just like a little town!"

This was his first exposure to a military base. I had not realized what a great experience it would be for him. He was so impressed.

If you are near a base, check online for tours or museums open to youngsters. If that's not possible, look for books about the military at your library. ([Military Officer magazine](#) often suggests books to read and has reviews.) You can also watch movies with a military theme. Be sure and check for age appropriateness, though.

**[RELATED: [MOAA's Military Professional Reading List](#)]**

Another opportunity is having an overnight party with the grandkids. Bring out the photo albums and scrapbooks. Explain your spouse's role and assignments while in service. Relive some of your overseas adventures. The kids will love it. They'll learn a new dimension of your life and enjoy viewing photos from your youth.

Instill patriotism and love of country in the younger generation. Remind them of their responsibilities and your spouse's and family's history of service and sacrifice. Tell them of the activities of your MOAA chapter and your role in their good works as a member, surviving spouse liaison, board member, or active volunteer. You will be extending that sense of community to the next generation.

Demonstrate and teach them to "never stop serving."

[Read past Surviving Spouse Corners.](#)

## MOAA & LEGISLATIVE

### What's Next for MOAA's Budget and NDAA Priorities as Midterm Elections Loom

<https://www.moaa.org/content/publications-and-media/news-articles/2022-news-articles/advocacy/whats-next-for-moaas-budget,-ndaa-priorities-as-midterm-elections-loom/>

By: Jen Goodale October 26, 2022

With a lame-duck session for Congress on the horizon, MOAA is closely tracking progress in two areas: full funding of the government and the FY 2023 National Defense Authorization Act (NDAA).

It's been 26 years since Congress managed to pass a full budget before Oct. 1, the start of the new fiscal year. Another failure to do so this year means federal operations – to include DoD, the VA, and other programs affecting those in the uniformed services – continue at current spending levels. On Sept. 30, Congress passed a Continuing Resolution (CR) to fund the government through Dec. 16.

While the passage of a CR is better than a [government shutdown](#), it doesn't provide funding needed for the annual pay raises, quality health care coverage, and quality-of-life or new programs to enhance the lives of servicemembers and their families.

**TAKE ACTION: [Ask Your Lawmakers to Fully Fund the Government](#)]**

The annual funding bill is a magnet for other priorities such as continued pandemic response and further aid for Ukraine, so the process will likely be contentious. However, there is support for wrapping it up before another CR is required: “I look forward to working with my colleagues on the House and Senate appropriations committees and passing a final 2023 spending package by the December 16<sup>th</sup> deadline,” said Rep. Rosa DeLauro (D-Conn.), chair of the House Appropriations Committee.

The House passed its version of the NDAA in July, and the Senate is still working on its version. The NDAA is considered must-pass legislation and has been signed into law for 61 years in a row. With just 25 days left when the 117th Congress is in session, there’s a lot of work remaining.

**[RELATED: [What’s in the House NDAA, and What’s Next for Key MOAA Priorities](#)]**

The Senate hopes to take up its version of the NDAA after the November elections. Over 900 amendments were submitted, but just 75 have been included in a manager’s package so far. Committee staff will “pre-conference” the bill with a goal of achieving an 80% to 90% solution by the midterms and resolving any outstanding disagreements among the chairs and ranking members of the Armed Services committees. The SASC adopted the HASC’s version of the NDAA and then added to the bill as an indicator of the intent for rapid passage.

MOAA is focused on ensuring inclusion of the following priorities in the FY 2023 NDAA:

### **Currently Serving**

DoD is facing a recruiting crisis, and improving the quality of life for servicemembers and their families through better pay and benefits, and investment in living conditions, is sorely needed. When it comes to personnel, there are no shortcuts. Budgeting for fewer servicemembers today will lead to expensive retention bonuses tomorrow. The decline in the propensity to serve is a threat to the all-volunteer force that recruiters and bonuses will not easily correct.

**[TAKE ACTION: [Protect the All-Volunteer Force and Personnel Strength in the NDAA](#)]**

Both versions of the NDAA include a 4.6% pay raise for military servicemembers. The combination of inflation and high rates of military spouse unemployment has left military families struggling to secure basic needs. MOAA supports the provision of inflation bonus pay to servicemembers making less than \$45,000 a year.

As we eagerly anticipate the rollout of the [Basic Needs Allowance](#) designed to support junior enlisted families facing food insecurity, MOAA urges the inclusion of two provisions: the exclusion of the Basic Allowance for Housing (BAH) in the eligibility calculation, and an increase from 130% to 150% of the federal poverty guidelines. These moves will ensure this program will reach the families who need it most.

DoD has implemented another [temporary BAH increase](#) for high cost-of-living areas; however, the NDAA must include authorization to review and modernize the current BAH calculation method, and consideration must be given to restoring BAH to 100% of housing costs – it’s been set at 95% since 2019.

### **Health Care**

MOAA remains concerned about the impact medical billet cuts and “right-sizing” military treatment facilities (MTFs) will have on beneficiary access to care. We support [Sections 721, 745, and 780](#) of the House NDAA, which would require congressional notification before modifying the scope of services provided at an MTF, extend the report date for the Comptroller General’s analysis of proposed military medical billet cuts, and halt medical billet cuts for three years, requiring additional reporting from DoD.

Throughout the 117th Congress, MOAA has worked to raise awareness of [widespread mental health care delays](#) within the military health system. We [strongly support](#) provisions that would expand behavioral health programs offered at the Uniformed Services University of the Health Sciences (House Section 767), establish pre- and postgraduate internship programs for psychologists (House Section. 769) and establish a scholarship for service pilot program for civilian behavioral health care providers (SASC Section 746).

A revised TRICARE Dental Program (TDP) construct outlined in SASC Section 701 is intended to address network quality problems by introducing competition among carriers. MOAA appreciates the intent to improve

the TDP, but we remain concerned about the potential impact on monthly premiums and other unintended consequences. If this provision is included in the FY 2023 NDAA, we urge Congress to monitor implementation to ensure premiums and cost shares remain affordable for all military families.

**[RELATED: [New Law Would Make Major Changes to TRICARE Dental Program](#)]**

With the [TRICARE for Kids Coalition](#), MOAA continues to work on behalf of families with special medical needs. We strongly support SASC Section 704, which would require TRICARE to provide Prime beneficiaries undergoing a PCS with a streamlined referral process for specialty care, a MOAA goal outlined in our [testimony](#) at a House Armed Services Military Personnel Subcommittee [hearing](#) in February 2020.

he recent [cut to the TRICARE pharmacy network](#) remains a top priority for MOAA. We have been pursuing a fix via an amendment to the Senate version of the NDAA. Unfortunately, an amendment from Sen. James Lankford (R-Okla.) that would have required TRICARE to maintain network agreements with independent pharmacies was not included in the manager's package.

Several members of Congress have sent inquiries to the Defense Health Agency requesting information about the impact on pharmacy access. We continue to pursue this issue with lawmakers to urge the DHA to reverse this cut to the pharmacy network.

**[TAKE ACTION: [Help MOAA Fight Cuts to the TRICARE Pharmacy Network](#)]**

## Families

Both the Senate and House versions of the NDAA include authorizations of Impact Aid, which supports schools near federal installations that are impacted by lost tax revenue. A provision to establish a pilot program to hire special education coordinators at child development centers (CDC) with high numbers of military children enrolled in the Exceptional Family Member Program will provide much-needed support to families facing additional challenges finding child care. The NDAA will also direct a study on the compensation of CDC employees as compared to that of primary educators in the local area.

## Concurrent Receipt and the Major Richard Star Act

Missing from the pre-conference NDAA is any language dealing with [concurrent receipt](#), and notably the Major Richard Star Act, which focuses on supporting combat-injured veterans.

In the year after our disastrous withdrawal from Afghanistan, the Star Act grew significant support, with over two-thirds of Congress – [331](#) House members and [67](#) senators, as of Oct. 25 – signed on as co-sponsors.

Continuing to grow co-sponsors will set the stage for a showdown over this popular legislation in 2023. The bill corrects an unjust offset – the reduction of DoD-provided retirement pay (for years of service) for every dollar of VA disability compensation (for lifelong injury). These are two different pays for two different purposes, and combat-injured retirees are entitled to both.

**TAKE ACTION: [Urge Your Legislators to Support Concurrent Receipt](#)]**

MOAA continues to engage with Congressional staffers, DoD leadership, and other stakeholders to urge lawmakers to pass a budget resolution and the FY 2023 NDAA before the end of the year. Join MOAA's efforts and use the [Legislative Action Center](#) to ask your senators to protect pay and benefits for servicemembers, their families, and survivors.



**Submitted by:**  
**MAJ Sherry Ferki,**  
**USA (Ret)**

## MOAA State Legislative Forum 18 October 2022

MAJ Ferki attended the 1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> quarterly meeting of the MOAA State Legislative Forum for 2022. This session included updates from the Defense State Liaison Office (DSLO) with their 2023 Key Issues; a review of “How the Florida MOAA advocacy effort planned and communicated their 2022 Legislative Advocacy Program”, and a discussion on “Unaccredited, fee-based (for profit) claim consultants, also known as VA Claim Sharks and Pension Poachers”. Dan Merry from MOAA mentioned an article supporting the discussion on the unaccredited claim consultants: <https://www.veteransunited.com/valoans/va-loans-non-military-services/>

I was not familiar with DSLO when I first started attending these meetings. The DSLO works with state policymakers to change laws and improve military family well-being. There are 8 regional liaisons who live and work in their regions of the United States. They assist the state policymakers by providing educational information, identifying “best practice” legislation, and presenting testimony when requested.

Each year, the DSLO focuses on 10 key issues. For each issue, the Military State Policy Source website (<https://statepolicy.militaryonesource.mil>) provides background information, official Defense Department data and status updates on relevant information across states.

Several of the 2023 Key Issues include enhanced military spouse licensure portability (streamlining state licensing processes), licensing compacts (Nursing already has this as do 7 other professions like EMS, PT and OT. DSLO is working on developing compacts for teaching, social work, and 5 other specialties like dentistry and dietetic nutrition), and child abuse identification and reporting (facilitating information sharing between civilian child protective services and military child advocacy).

Two excellent related articles include:

Secretary of Defense’s 22 September 2022 memo: <https://www.defense.gov/Spotlights/Taking-Care-of-Our-People/>

And MOAA Newsletter article of 3 October 2022 **Spouse Licensure, School Policies Top DoD-State Liaison Group’s 2023 Priorities** <https://www.moaa.org/content/publications-and-media/news-articles/2022-news-articles/advocacy/spouse-licensure,-school-policies-top-dod-state-liaison-groups-2023-priorities/>

Another topic that was discussed in the question-and-answer period was the related to the terms Armed Forces versus Uniformed Services. Armed Forces does not include NOAA or USPHS. Again, Dan Merry from MOAA provided a resource: <https://cdn.ymaws.com/www.roa.org/resource/resmgr/LawReviews/2021/21003-LR.pdf>

As always, the meeting was very interesting and enlightening.

Submitted by MAJ Sherry Ferki, USA (Ret)

## VCOC



From the VCOC Website October 30, 2022:

### MOAA Presents Arthur T. Marix Congressional Leadership Award to Rep Elaine Luria (VA02)

On 18 May 2022, MOAA President and CEO Lt. Gen. Dan Atkins, USAF (Ret) presented MOAA's 2022 Colonel Arthur T. Marix Congressional Leadership Award to Representative Elaine Luria (VA 02) for her strong leadership as vice chair of the House Armed Services Committee in support of our servicemembers and their families and survivors. Office of Representative Elaine Luria (VA 02), Washington, DC, left to right: MOAA



Director, Currently Serving/Retired Affairs LtCol Mark Belinsky, USA (Ret), MOAA Vice President, Government Relations COL Dan Merry, USAF (Ret), MOAA National Board Member Col Jeri Graham, USA (Ret), Representative Elaine Luria (VA 02), VCOC President CDR Linc Smith, USNR (Ret) , MOAA President and CEO Lt. Gen. Dana T. Atkins USAF (Ret).

**Representative Elaine Luria (VA 02) and Delegate Kathy Tran (D 42nd) Awarded VCOC Federal & State Legislator of the Year**

The Virginia Council of Chapters presented the Legislator of the Year 2021 award at the Council Fourth Quarter Meeting, 6 October 2022, Virginia War Memorial, Richmond, Virginia. Representative Elaine Luria (VA 02) was Federal level awardee, with Virginia Delegate Kathy Tran (D-42nd) State level awardee (pictured above with son Warren and VCOC President CDR Linc Smith, USNR (Ret). Mr. John Brodke, Legislative Director for Rep. Luria, accepted the award on her behalf, via the Zoom Virtual meeting platform.



**NMCP Pharmacy Update**

November 1, 2022 via website at <https://portsmouth.tricare.mil/Health-Services/Pharmacy>

**Pardon our Progress While we Work to Make your Pharmacy Experience a Better One!**

While we continue to support the mission of USNS Comfort (TAH 20), NMCP remains committed to providing superior medical care for the warfighters and their families. As such, we are hard at work implementing ways to better serve your pharmacy needs.

In order to reduce your wait times at NMCP pharmacies, we are making changes to our operations.

**Coming soon!**

- **Q-Anywhere – Text Activate New Prescriptions:**
  - Beginning October 31, Q-Anywhere will be available for ALL NMCP Pharmacies.
- **Boone BHC Software Upgrade:**
  - This new system upgrade will allow for faster processing of refills and new prescription requests. The software upgrade at BHC Boone pharmacy is scheduled for October 31 – November 4.
- **ScriptCenter Kiosks:**
  - ScriptCenters are contactless, vending machine units that use state-of-the-art technology to provide convenient and secure access to most prescriptions. Stay tuned for launch dates at a pharmacy near you!

**Skip The Pharmacy Wait, Activate Your Script Ahead Of Time!**

**FEDVIP Open Season runs from Nov 14<sup>th</sup> -Dec 12<sup>th</sup>, 2022.**

Go to <http://www.benefeds.com> for information about Retiree Vision and Dental plans and rates for 2023.

**Activate Prescriptions by Text**

**Want to skip waiting in line for new prescriptions?**

Now you can by activating new prescriptions from your phone! When your medications are ready for pickup, we will send you a text.

Simply text **"Get in Line"** to **1-833-217-2199** or scan the QR code below and send.

- When prompted, enter the patient's 10-digit DOD ID number.
- Review your information and receive your Q-number.
- Once your prescriptions are ready for pickup, you will receive a text. (Please allow 2 to 4 hours for processing)

*For same-day pickup during routine business hours, text "I am here" upon your arrival to the NMCP Pharmacy. A staff member will call your Q-number.*

*For pickup on another day during routine business hours, select a "Return for Pickup" ticket at the KIOSK and a staff member will call your ticket number. Please return to the pharmacy within 14 calendar days.*

Naval Medical Center Portsmouth

## COMMUNITY AFFAIRS

### PLEASE CONSIDER BRINGING DONATIONS TO PORTSMOUTH VOLUNTEERS FOR THE HOMELESS (PVH) TO PACMOAA MEETINGS 1 November 2022

PVH is “Still Serving” and has provided uninterrupted nights of their PVH COVID-19 homeless sheltering response since the pandemic began per PVH Executive Director, Darlene Washington.

Their Winter Night Shelter services evolved and transformed into year-round sheltering and extended Service Center operations with the help of state and city grants and corporate, church and individual donations.

You can contact PVH at 757-399-0200 for further info or go to their Facebook page

They are available if you have questions or want to learn more about how things are going.

#### **Our on-going PVH Service Center and Shelter material donation needs are listed below.**

- Client snacks – chicken/tuna salad packets; chips, etc. (no granola bars or hard items due to dental issues)
- Fresh fruit (oranges, peaches, plums, bananas)
- Disposable Gloves (non-latex), Toilet paper
- Room Deodorizers (spray/solid), Bleach (chlorine)
- XL Ziploc bags (10-gallon size), Kitchen Trash bags, Trash Can Liners
- Paper towels
- Personal items
  - Men’s & Women’s Shower Shoes and Body Wash (full size)
  - Body Lotion
  - Reader Glasses (various strengths) and Word Search Books

**Note:** PVH is a non-profit 501 (c) 3 corporation governed by a twenty-one (21) member independent Board of Directors. Before COVID, PVH provided nightly shelter for homeless persons from mid-November through May each year and provided a twelve (12) month Outreach Service Center where clients could shower, do laundry, receive their mail and use the telephone.

**PACMOAA had donated items to this most worthwhile organization since their Executive Director spoke at our meeting in October 2011. PACMOAA donations have fallen off this year, but the need is ongoing! Every little bit helps!**

## PROGRAMS

December 2022      **CHRISTMAS GALA** with The Tidewater Concert Band. Please consider bringing a New Unwrapped Toy, for the USMCR Toys for Tots, and don’t forget PVH Donations too (see above).

January 2023      **Installation of New Officers-** VCOC President, CDR Linc Smith USNR (Ret)

February – June 2023 **TBD**



Submitted by:

**COL Hal Hostetler, USA (Ret)**

## CHAPLAIN’S CORNER

As we Approach Thanksgiving Day this year let us remember that this great National Day of Thanks for all the good God has done for us both as individuals and for Our Nation. A poem that I found by an unknown author published in The Magnificat mentions a few of the simple things that we often take for granted and should be thankful for to our Creator.

I sing the mighty power of God,  
 That made the mountains rise,  
 That spread the flowing seas abroad,  
 And built the lofty skies.  
 I sing the wisdom that ordained  
 The sun to rule the day;  
 The moonshines full at his command,  
 And all the stars obey.

I sing the goodness of the Lord,  
 Who filled the earth with food,  
 Who formed the creatures through the Word,  
 And then pronounced them good.  
 Lord, how thy wonders are displayed,  
 Where'er I turn my eye,  
 If I survey the ground I tread,  
 Ore gaze upon the sky.

There's not a plant or flower below,  
 But makes thy glories known,  
 And clouds arise, and tempest blow,  
 By order from thy throne;  
 While all that borrows life from thee  
 Is ever in thy care;  
 And everywhere that we can be,  
 Thou, God, art present there,



Submitted by  
**CAPT Bob Brewer,**  
**USN (Ret)**  
**Chaplin**



**CDR Ken App USN (Ret)**  
**Salute Editor**

**THAT'S A WRAP FOR NOVEMBER 2022**

**PACMOAA LEADERSHIP NOMINATIONS FOR THE NOVEMBER 2022 ELECTION**

**PRESIDENT: CAPT BRUCE LALONDE, USN (Ret)** Dynamic charismatic business leader and Certified



Public Accountant possessing focused executive experience, managing profit and non-profit programs and projects. Hampton Roads native with proven track record of success in logistics and operational management, strategic planning and budgeting; business development and business process improvement to achieve operational efficiency, cost control enhancements and ensure organizational success.

#### **EDUCATION**

**MS, Information Systems**, George Washington University

**MBA, Marketing**, The Ohio State University

**MS, Strategic Planning**, The National Defense University

**BS, Accounting**, The University of Tennessee, Knoxville

**Executive Development Program, Logistics/Executive Performance**, University of Michigan

**Financial & Logistics Management Certificate**, Naval Supply Corps School

#### **RECENT PROFESSIONAL EXPERIENCE**

**President/Executive director:** Housing Development Corporation (Present)

**Summary of Responsibilities:** Responsible for the daily management and board leadership for a \$2M, 31 housing unit non-profit providing safe and quality affordable housing to low income individuals and families on the Peninsula.

**Deputy City Treasurer:** City of Portsmouth, Virginia (2018-2021)

**Summary of Responsibilities:** Investment portfolio, financial analysis and business process responsibilities for the City's \$350M tax collection efforts.

Personally directed technology improvements, enhancing the remote user friendly payment methods during the COVID-19 pandemic and adding \$13.5M to the City's unrestricted income reserves.

**Senior Development Director:** Bon Secours Hampton Roads Foundation (2014-2016)

**Summary of responsibilities:** Singularly, responsible for re-energizing Mary Immaculate Hospital Foundation Board and Fundraiser efforts. Dynamically, created public relations and marketing relationships with local government leaders and community officials.

**Director:** Oasis Social Ministry (2012-2013)

**Summary of Responsibilities:** Led the Oasis Opportunity Center, the sufficiency arm of Oasis Social Ministry, in partnership with HUD, the City of Portsmouth, the Portsmouth Homeless Action Consortium and several Portsmouth agencies, providing an array of pre-employment supportive services to homeless individuals moving toward independence and self reliance.

**Chief Strategy Officer: Intellectechs (2012)**

**Summary of responsibilities:** Provided subject matter experts trained in the latest process methodologies, IT applications and WEB technologies to clients needing efficient and reliable innovative solutions for their businesses.

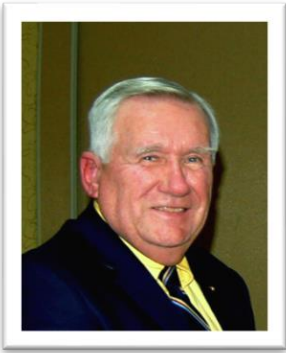
**President and CEO:** USO of Hampton Roads and Central Virginia (2009-2012)

**Summary of responsibilities:** Complete accountability for business and financial success. In an austere economic environment provided "free" quality of life services to 350,000 active duty military members and their families by creating cooperative relationships between military and civilian communities.

#### **ACHIEVEMENTS/AFFILIATIONS**

- 2011 Virginia Mentoring Partnership "Mentor of the Year"
- 2012 WAVY TV 10 "Outstanding Volunteer and Community Service" Award
- 2012 AND 2016 Flagship newspapers "Still Serving" award
- Portsmouth Redevelopment Housing Authority (Chairman)
- Portsmouth Safety Town (President)
- Catholic Charities of Hampton Roads (Chairman)
- Portsmouth Knights of Columbus
- The Ryan Catholic Club (President)
- 2013 Volunteer Hampton Roads (Volunteer of the Year)





### 3<sup>rd</sup> VICE PRESIDENT: CDR KENNETH (KEN) G. APP, USN (Ret.)

CDR App, a native of Brooklyn, NY, attended Public Schools and graduated from Brooklyn Technical HS in 1963. At The University of Virginia, he earned a BS in Electrical Engineering in 1969. A Naval ROTC student, he was selected as the Midshipmen Battalion Commander his senior year. Upon graduation and commissioning, he attended Naval Flight Training, and designated a Naval Aviator May 1<sup>st</sup>, 1970. CDR App had two Operational flying tours flying the P-3C aircraft, first with Anti-Submarine Warfare Patrol Squadron Twenty-Four (VP-24) and second with VP-45. During this time, he deployed three times each to NS Keflavik, Iceland and Sigonella, Italy. His Second Sea Tour was as the ASW Officer on the USS John F Kennedy, CV-67, where he deployed twice to the Mediterranean, and was designated Officer of the Deck Underway, where he

commanded the Bridge Crew underway. After each Operational flying tour he was at the Naval Air Development Center (NADC), Warminster, PA, flying Research & Development Projects in P-3 A/B/and C aircraft. During the 2<sup>nd</sup> tour at NADC he was the program director of the Navy GPS Program Office in 1984 and was also the Aircraft Carrier Anti-Submarine Program Director from 1985-1987, where he was responsible for developing new hardware and Software for the Aircraft Carrier Anti-Submarine Modules. After his second tour at NADC he attended the U.S. Army War College, at Carlisle Barracks, PA, as a 1988 Resident student. From July 1988 to July 1991, he was on the Staff of the Commander, U. S. Naval Forces Europe, in London, England, participating in response to the Lebanon Crisis, the evacuation of civilians from Monrovia, Liberia, and setting up the Forward Logistics Sites supporting Operation Desert Shield/Storm. Ken also served on the Staff of Commander, Naval Air Force Atlantic, as the Plans and Exercise Officer. After earning many service and commendation medals, he retired from the Navy on August 1, 1992. After retirement, he attended ODU receiving a MS in Education and worked for Suffolk Public Schools 15 years teaching Math and Science.

He was the 1<sup>st</sup> VP of PACMOAAA from 2016-2020, has served as the Webmaster and Facebook Manager since January 2020, and Editor of the Salute newsletter since September 2020. He has also been maintaining the membership roster since January 2020 and updated and maintained the PACMOAA Directory since November 2020. He also Developed, Published, and Maintains the PACMOAA Recruiting Brochure since February 2021. He is a life Member of two Naval Associations (Association of Naval Aviation and Patrol Squadron 45) and MOAA. CDR App is married and lives with his wife Donna in Suffolk.

### SECRETARY: KAY WATKINS, SPOUSE



Kay Dreyer Watkins is a native of Chattanooga, TN, where her parents still reside. Kay received her B.S. in Business Management from the University of Tennessee at Chattanooga, her M.A. in Christian Education from The Southern Baptist Theological Seminary in Louisville, KY, and her M.S. in Family Studies from the University of Kentucky. Kay is a Clinical Fellow of the American Association for Marriage and Family Therapy and an Associate Member of the American Psychological Association. Kay is a Licensed Marriage and Family Therapist, being licensed in Virginia and Kentucky. She is also a Board Certified-TeleMental Health Provider and a Certified Daring Way™ Facilitator (CDWF).

Kay opened her own practice in 2013 in Northern Virginia, then relocated to Elizabethtown, KY when Steve PCS'd to Fort Knox. At that time, she continued seeing clients face-to-face but began a telehealth practice with some of her previous clients. In 2018, she transitioned to full-time tele-mental health practice when she and Steve moved

to Suffolk. The onset of the pandemic in early 2020 caused people to become more comfortable with online activities in general, and Kay's practice grew substantially.

Kay has been an Army Spouse since 2003, living in Fairbanks, Alaska (Fort Wainwright); Watertown, New York (Fort Drum); Alexandria, Virginia (Fort Belvoir); Elizabethtown, Kentucky (Fort Knox); and Norfolk, Virginia (JCS Suffolk, TRADOC Fort Eustis). While at Fort Drum, Kay completed her licensure requirements working at the Fort Drum Family Life Chapel, serving Soldiers, Military Families, civilians, and government contractors. She then worked as a Military Family Life Counselor (MFLC) at Fort Drum. She has been married to Steve Watkins, currently an active duty Army Judge Advocate, since 1996.

Kay and Steve live in Norfolk in Willoughby Spit. As she prepares for Steve's retirement from the Army, Kay is looking forward to a future with no more PCS's! Kay has been a Board member since January and has been serving as Acting Secretary since the summer.

**BOARD OF DIRECTORS: CAPT ROBERT F. BREWER USN (Ret)**



**PROFESSIONAL HISTORY:** Served 25 years military being trained in General and Plastic Surgery and a serve along career until military retirement in 1992. This was followed by 10 years civilian plastic surgeon, hospital-based practice at Bon Secours for 8 years and 15 years as wound care specialist at the Hampton Veterans Medical Center. During 50 years he served in various capacities as Director, Chief, Chairman, Navy Specialty Advisor, Consultant, Surgeon at both government and civilian hospitals. Retired Medical practice December 2021.

**LEADERSHIP EXPERIENCE:** Dr. Brewer's medical experience includes: 12 years Chief and Specialty Adviser to Navy Surgeon General for Plastic Surgery, and over 15 plus years Chief, Division of Plastic Surgery civilian hospitals in addition to par-time reconstructive surgeon at the Hampton VA Medical Center. Volunteer leadership positions include 30 years leadership with Boy Scouts of America and

over 20 years in Rotary International where he served as director and President of the Churchland Rotary Club. In addition, he has been in leadership positions in the Portsmouth Chapter of MOAA and served in multiple leadership roles in both local Catholic Community and the Dioceses of Richmond Virginia. Other past volunteer positions include board member of Oasis Social Ministry and Portsmouth Volunteers for the Homeless. His current leadership positions with PACMOAA include Chaplain and Board of Directors' member.

**PERSONAL LIFE:** Married in 1993 to Cynthia, father of three boys and now has three grandchildren. Lived in Western Branch Chesapeake for the last 40 years.

**TEACHING**

12 years Assistant Professor of Plastic Surgery Eastern Virginia Medical School. Comprehensive Extensive military/civilian Instructing, Training, Supervision and Evaluation experiences.

**PROFESSIONAL MEMBERSHIP:**

Diplomat, American Board Plastic Surgery  
Virginia Board of Medicine  
American College of Surgeons  
American Society of Plastic and Reconstructive Surgeons

**MARY SNYDER, SURVIVING SPOUSE**



Mary L. Snyder is a native Texan. She graduated from the University of Texas School of Dental Hygiene. Texas was to be her forever place until a tall, handsome Coast Guard officer swept her off her feet and her service life adventure began.

Mary became a Coast Guard spouse – knowing absolutely nothing about military life. They moved ten times in eighteen years. From Texas to Michigan, Ohio, Rhode Island, Massachusetts, California, Virginia, New York, and Virginia again. Her wonderful late husband Glenn L. Snyder gave her advice, counsel, and always support as they partnered on their magical journey in support of his career and the wonderful opportunity to serve this great country we call home.

While continuing to work as a dental hygienist moving from state to state, Mary also began to volunteer in a variety of organizations she was passionate about – professional organizations, military support groups, parent teacher organizations, and many more. These opportunities provided her with a way to give back, help others, and contribute to the communities where they lived. Mary was one of the first spouses to be chosen to participate in the Work Life Program established by the United States Coast Guard. She provided workshops and informational gatherings for spouses helping them adjust to military life.

Mary was to encounter a new chapter in military life with the sudden passing of her beloved husband at a very young age. The role of the surviving spouse was a new challenge but one she has embraced now for many years.

She has one daughter who lives in Northern Virginia (Arlington). Mary resides in Suffolk. She is looking forward to participating in the PACMOAA chapter and being of service.

**PACMOAA 10 November 2022 election Ballot**

**Download your ballot.** Select **enable edit** mode. Mark your ballot by typing an “X” in the box next to your choices. To vote for the entire slate ‘as is’ use **only** the bottom voting line item. To vote for a Write-in Nominee: mark the box as above then type the name of your nominee in next box to the right. **Please get permission from nominee before submitting name.** Change Ballot entries by placing cursor in the box then use delete or backspace keys.

**Be sure to save completed ballot.** Use “**REPLY**” email with saved ballot attached. **DO NOT USE “REPLY TO ALL.”** You may also email your completed ballot to [thesalute1@gmail.com](mailto:thesalute1@gmail.com) to arrive NLT 9 November 2020. If you do not use **reply mail** make sure to return your ballot using your email address on file with PACMOAA (The email at which you receive your copy of *The Salute express.*) **You may also print and mark ballot and bring it to the November 10<sup>th</sup> Dinner Meeting,** or mail it to: **PACMOAA, PO Box 5353, Portsmouth, VA 23703. Mail it early** so it gets to PACMOAA by **NOV 9, 2020.**

If you experience serious difficulties, download or request another blank ballot and try again, contact Ken App at 757-630-0886 or [thesalute1@gmail.com](mailto:thesalute1@gmail.com), if you have questions or continue having trouble. After membership verification at PACMOAA and attached ballot saved, no additional ballots from that email address will be processed. You will receive confirmation of ballot receipt.

**Mark your ballot by typing an X in the selection box**

**Positions Open**

**President (vote for one only)**

**CAPT Bruce LaLonde**

Write in Nominee



**3<sup>rd</sup> VP Communications Chair (Webmaster/  
Facebook, Salute Editor, Roster, Directory)  
(Vote for one only)**

**CDR Ken App, USN (Ret)**

Write in Nominee



**Secretary (vote for one only)**

**Kay Watkins, Spouse**

Write in Nominee



**Board of Directors positions (Vote for only)**

**1.**  **CAPT Robert F. Brewer, USN (Ret)**

**2.**  **Mary Snyder, Surviving Spouse**

**3. (1 Year Only: remainder of Kay Watkins term)**

Write in Nominee



Write in Nominee



Write in Nominee (1 year only)



**TO VOTE FOR THE ENTIRE SLATE OF CANDIDATES LISTED ABOVE, PLACE X HERE.>**