



# 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 VIII

LEARN MORE AT [PACMOAA.ORG](http://PACMOAA.ORG)

OCTOBER 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,

What a great meeting we had last month. We were truly fortunate to have **Ian McVicar (Scottish)** and Colonel Kovalenko (Ukrainian Air Force) present our program. Mr. McVicar described his role as a civilian on the NATO staff. **Col Kovalenko** (picture below and to right) followed with a talk on the three components of Ukraine's strategy to expel the Russians from Ukraine. It was informative, interesting, and timely information. In addition, **Liudmila Horbatyuk Col Kovalenko's wife** (at right), sang (acapella) a Ukrainian folk song that was exceptionally beautiful and entertaining. Many of our members

were able to talk with Col Kovalenko and have their questions answered directly.



Our speaker for our meeting on October 13<sup>th</sup> is Captain Wolfson, Commanding Officer of the Norfolk Naval Shipyard (NNSY)). Capt. Wolfson's bio is on p3. for you to read in detail, but suffice it to say, she has had an interesting career. Most of us have some connection to NNSY (my parents retired from NNSY) and I'm eager to hear her remarks on current operations and the future. Be sure to come join us at Roger Brown's!

As I write this, it is raining, and the wind is howling as the remnants of Hurricane Ian pass by. We have been spared severe damage and loss of life. Likewise, a war rages in Ukraine as Col Kovalenko informed us. Again, we have been spared damage and loss of life. I appreciate living in the greatest country on earth and enjoying the benefits provided. I hope I never take for granted the blessings I have, never lack compassion for those less fortunate and always strive to assist those in need. Thank God for the USA!

Please join me in praying for wisdom and vision for our leaders and for comfort and peace for grieving families.

Bill Smith

COL USA (Ret)

Bill presenting a Certificate of Appreciation and the Famous PACMOAA MUG to Colonel Kovalenko



PACMOAA  
LEADERSHIP



**CHAPTER NEWS**

**OCTOBER CALENDAR**

- 03 NOAA Reestablished 1970 (US SURVEY of the COAST February 10, 1807)
- 05-06 Yom Kippur
- 06 VCOC 4<sup>th</sup> Quarter Meeting, Virginia War Memorial 1000-1200**
- 13 PACMOAA Dinner Meeting - CAPT Dianna Wolfson USN 110th NNSY Commander**
- 12 Columbus Day
- 13 U. S. NAVY 247<sup>th</sup> Birthday 1775
- 13 U. S. NAVY Memorial 33 Anniversary
- 14 CUBAN Missile Crisis 1962
- 20 **PACMOAA Board Meeting** (Virtual JITSI 1400)
- 23 BEIRUT Barracks Bombed 1983
- 24 United Nations Day
- 25 US Invades Grenada 1985
- 31 Halloween

**HAPPY OCTOBER BIRTHDAYS**

**Bob Alexander                      Jim Anderson**  
**Joseph Barreca                      Harold Cole                      James Webb Jones**  
**George Van Laethem**

**The OCTOBER PACMOAA Dinner**

will be held on **Thursday, OCTOBER 13<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***

- Salad Italian*
- Lasagna*
- Baked Catfish*
- Vegetable Medley*
- Garlic Bread*
- Bruce Special Desert*
- Water, Tea, & Coffee*

**Cost is \$25** (includes gratuity & tax). Cash bar available. Please make your reservation no later than **Sunday, October 9<sup>th</sup>**, with SherryFerki at 757-922-7030, or by email at [navmedarmynurse@gmail.com](mailto:navmedarmynurse@gmail.com).

**A RESERVATION MADE, IS A RESERVATION PAID!**



**Above: Pictures from the September Dinner Meeting  
 PACMOAA ELECTIONS NEXT MONTH (See Last Page)**

## GUEST SPEAKER

### OCTOBER'S GUEST SPEAKER **CAPTAIN DIANNA WOLFSON, U.S. NAVY** Commander, Norfolk Naval Shipyard



Captain Dianna Wolfson is currently serving as the 110th Commander of Norfolk Naval Shipyard in Portsmouth, Virginia. Wolfson graduated from the United States Merchant Marine Academy at Kings Point, New York in 1996 where she received a Bachelor of Science degree in Marine Systems Engineering (Magna Cum Laude) and was commissioned in the Nuclear Power Officer Candidate Program.

Wolfson received her surface warfare qualification aboard USS George Washington (CVN 73). She subsequently became an engineering duty officer and received a Master of Science degree in Civil and Environmental Engineering and a Naval Engineer's Degree from the Massachusetts Institute of Technology (MIT) in 2004.

Her nuclear engineering duty officer tours include qualification at Portsmouth Naval Shipyard, Main Propulsion Assistant on USS Carl Vinson (CVN 70) during the arduous testing phases of its Refueling Complex Overhaul and Force Maintenance Officer at Commander, Naval

Air Force Atlantic, where she was responsible for developing and executing a \$362million public and private sector budget and execution strategy to support both depot level and emergent repairs for five aircraft carriers.

She also served as the Project Superintendent for the USS Newport News (SSN 750) Engineered Overhaul, a complex depot-level availability conducted near the mid-point of a submarine's service life at Norfolk Naval Shipyard, RCOH Project Officer at Supervisor of Shipbuilding Newport News where she successfully delivered USS Abraham Lincoln (CVN 72) while simultaneously planning the RCOH for both George Washington and USS John C. Stennis (CVN 74) totaling over \$9.5 billion in contracts.

Wolfson was selected in 2017 as Operations Officer at Norfolk Naval Shipyard responsible for planning, leading, and driving the execution of overhauls of nuclear powered aircraft carriers, submarines, conventional surface ships, nuclear moored training ships and inactivation activities to include CNO availabilities, off-yard activities and deployed assets.

Prior to taking command at Norfolk Naval Shipyard, she served as the 50th Commander of Puget Sound Naval Shipyard & Intermediate Maintenance Facility as well as the Northwest Regional Maintenance Center, Bremerton, Washington from June 2019 to December 2020.

Her personal decorations include the Legion of Merit, Meritorious Service Medal (four awards), Navy and Marine Corps Commendation Medal (two awards), Navy and Marine Corps Achievement Medal (four awards) and a number of unit awards.

## MEMBERSHIP

### WELCOME ABOARD

**LTC Francois (Frank) Labrecque, USA (Ret) and his wife Jeanne from Suffolk**

### Membership Report October 2022

PACMOAA has 65 paid members with 3 deaths and 1 new member since the September update. 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!!

**Every member is a recruiter!!**

At right: **Larry and Vicki Mellis** First Meeting



## Reasons to Join a Chapter

### Adapted from MOAA 2022 Chapter Recruiting Program Guide

You know the value of belonging to MOAA and your chapter. *But when you're talking to*

*a potential new chapter member, it's important to remember that many officers might have only limited knowledge of MOAA's chapter system. Creating a dialogue and asking open-ended questions is the best way to find out if and how a chapter membership could help a prospective member. Find out as much as you can about their priorities in order to tailor a response that is more likely to resonate with them personally. Here are some aspects of membership that may appeal to them.*

1. **Make yourself heard.** MOAA's chapters provide critical grassroots support for MOAA's national legislative agenda. PACMOAA is actively involved with MOAA's Advocacy in Action initiatives each year, letting their legislators know what's on their minds and opening doors for MOAA's legislative team in Washington, D.C.
2. **Give back to the community.** Chapter members are MOAA's ambassadors in their communities, supporting programs that make a difference in the lives of others. **Some examples** include donations for Portsmouth Volunteers for the Homeless, supporting local JRTOC by participating in fundraising car washes, and donating to Toys for Tots campaign every year.
3. **Value added to chapter members' lives.** MOAA chapters sponsor interesting programs and opportunities to interact with civic, political, military, and business leaders on issues important to members. **Some examples** include Portsmouth Mayor Shannon Glover and Ukrainian COL Hennadiy Kovalenko, staff officer at NATO HQ in Norfolk.
4. **Networking with fellow officers.** Chapters include second-career members in the work force and retired servicemembers who have contacts in their communities that can be valuable to transitioning officers.
5. **Stay informed.** PACMOAA newsletter, website, Facebook page, and emails provide you with the latest information on local, state, and national issues and changes to military benefits.
6. **Influencing state legislation.** The **Virginia Council of Chapters (VCOC)** unites chapters in the state. The VCOC, and independent chapters in states without a council, often lobby for and pass state-level legislation that affects military members and their families. Virginia recently passed a partial exemption for retired pay as well as bills that impacted surviving spouses taxes.
7. **Camaraderie with a purpose.** MOAA chapters unite active duty, former, and retired officers from every branch of service, including National Guard and Reserve, as well as surviving spouses, offering the opportunity to connect with others with similar backgrounds and interests and develop close and lasting friendships.



Submitted by:  
Sherry Ferki, MAJ, USA (Ret)  
2<sup>nd</sup> VP/Membership Chair  
cell 757-630-5608 [navmedarmynurse@gmail.com](mailto:navmedarmynurse@gmail.com)

**At right:** Scan the QR code with your Smart Phone Camera to go to [pacmoaa.org](http://pacmoaa.org)



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**PACMOAA, a five star**  
**level of exce...**  
[www.pacmoaa.org](http://www.pacmoaa.org)

## PERSONAL AFFAIRS

### BELATED IN MEMORIAM

I am very sorry to inform you that longtime PACMOAA member, **CWO4 Richard Grigg**, USN (Ret), died on

15 July of this year. I never had the pleasure of meeting Richard in person but spoke with him multiple items with updates during the height of the pandemic. Our thoughts and prayers are with his wife Sara and their family and our apologies for this belated notification of his death.



From the obituary at <https://www.bwfosterfuneralhome.com/obituary/richard-grigg>

Richard Grigg  
July 15, 2022

PORTSMOUTH – Richard Grigg, 87, passed away July 15, 2022. He was born in Rock Hill, SC to the late James and Mohave Ellis Grigg.

Richard was a U.S. Navy Veteran and retired as a Chief Warrant Officer with 25 years of Service including the Vietnam Conflict.

He is survived by his wife of 59 years, Sarah C. Grigg; his children Roland Grigg, Elizabeth Dunc, Redmond Grigg and wife Karen, and Robert Grigg and wife Marsha; a sister Beverly Gish and husband Tom and 5 grandchildren.

A Graveside Funeral with U.S. Navy Honors will be held 10:00 a.m. Wednesday July 20, 2022 at Albert G. Horton, Jr. Memorial Veteran Cemetery, 5310 Milners Road, Suffolk, VA 23434. Condolences may be registered at [BWFosterFuneralHome.com](http://BWFosterFuneralHome.com).

Published by The Virginian-Pilot on Jul. 31, 2022.

## IN MEMORIAM

### John Joseph (Jack) Lyons

I am very sorry to have to tell you that one of our **Charter Members, CDR John (Jack) Lyons, USN (Ret)**, died on Sunday 4 September 2022. In addition to being a Charter Member, Jack was very involved in leadership positions for many years. Some of those positions included President (1987), Auditor for 17 years, 2<sup>nd</sup> VP, BOD, and Legislative Representative. Jack was also my mentor from the time I joined PACTROA /PACMOAA. His guidance and calming presence greatly facilitated my ability to become a good leader for our organization. He received many phone calls from me asking for his opinion/suggestions. When I visited Jack shortly before his death, his first comment to me was about our 40th anniversary program!



From left to right in picture above: Bruce LaLonde, Jack Lyons, Henry Boschen, Janet Boschen, and Teddy Lyons at a PACMOAA Christmas Gala.



Jack with CWO3 Karl Wilson, USA (Ret) who was on the BOD and Legislative Representative at PACMOAA 35<sup>th</sup> Anniversary Celebration in April 2018. Jack attended meetings infrequently after that celebration but continued to participate in programs via Zoom multiple times over the past few years!!

Jack was a treasured member of our PACMOAA family and will truly be missed. Seven PACMOAA members/spouses were able to attend the Mass of the Resurrection for Jack at The Church of the Resurrection on 10 September and visit with his family and friends

afterwards. **Please keep his wife Teddy and his family in your thoughts and prayers.**

Their home address is 4237 Hatton Point Lane, Portsmouth, VA 23703.

NOTE: Jack left detailed notes on organizations, leadership positions, etc. to assist his children in writing his obituary.



Obituary from <https://www.bwfoosterfuneralhome.com/obituary/john-lyons>

October 28, 1931 - September 04, 2022

PORTSMOUTH – **John Joseph Lyons**, the husband of Edna McCullough Lyons and a retired U.S. Navy commander, died Sunday, Sept. 4, 2022, after a period of declining health. He was 90.

Jack was born Oct. 28, 1931, in Passaic, N.J. He was the son of John P. Lyons and Ann McCorristin Lyons of Bridgeton, N.J.

He graduated in 1949 from Camden Catholic High School in Camden, N.J. He earned his bachelor's degree in 1953 from Mount St. Mary's College, now Mount St. Mary's University, in Emmitsburg, Md.

He and his wife-to-be, Teddy, were classmates at Camden Catholic and were married in 1957 at St. Joseph's Catholic Church in Camden. Their marriage of nearly 65 years was blessed with two sons, two daughters, and five grandchildren.

Jack's life was defined by his love for his family and by his service to his church and country.

He received his commission in the U.S. Navy in 1953 and served 22 years in the Navy Supply Corps, until his retirement in 1975.

Jack and Teddy promoted an adventurous life for their family during Jack's time in the Navy. The Lyonses were stationed in Washington, D.C.; Alameda, Calif.; San Diego; Charleston, S.C.; and Taipei, Taiwan, before they were transferred to Norfolk Naval Shipyard in Portsmouth, Jack's final duty station, in 1970.

After his retirement from the Navy, Jack remained in Tidewater and served as the port manager for Prudential Lines, an ocean-going cargo carrier.

Jack, a lifelong Catholic active in church affairs at the parish and diocesan level, deeply embodied the call for renewal of the Second Vatican Council. The council's writings, along with the Gospels, provided the framework for his life of service as an adult.

He served on the parish council at Holy Angels Church in Portsmouth from 1972 to 1974, including a year as chairman; and on a central coordinating group of area parishes from 1972 to 1975, including a year as chairman.

He also served on the Portsmouth Catholic Schools Commission from 1976 to 1980, including a year as chairman; on the Diocesan Pastoral Council from 1976 to 1982, including a year as chairman; and as chairman of the Diocesan Committee on Parish Councils from 1979 to 1982.

In addition, Jack served on the Church of the Resurrection Parish Council from 1987 to 1990 and from 1996 to 1999; and on the Oasis Social Ministry Board of Directors from 1987 to 1992, including two years as chairman.

Jack was a Legion of Honor member of the Kiwanis clubs of Merrimac and Churchland. He was a past president and lieutenant governor with Kiwanis.

He was a Charter member and Past President of the Portsmouth Chapter of the Military Officers Association.

Jack enjoyed gardening, reading, walking and anything involving his grandchildren.

He was preceded in death by his sister, Marie Lyons Kelly of Audubon, N.J.

In addition to his wife, Jack is survived by his sons, John P. Lyons (Anita) of Kill Devil Hills, N.C., and Timothy J. Lyons (Tenee) of Alexandria; and his daughters, Elaine M. Lyons of Portsmouth and Patricia A. Reilly (Peter) of Chesapeake.

He also is survived by five grandchildren, to whom he was devoted: Brynn Reilly of Austin, Texas; Alison Reilly Tisdell and Casey Reilly of Newport News; and Aidan Lyons and Evan Lyons of Alexandria.

A Mass of the Resurrection will be celebrated Saturday, Sept. 10, at 11 a.m. at the Church of the Resurrection, 3501 Cedar Lane in Portsmouth. The family will receive friends beginning at 10 a.m. at the church, and a reception will be held in the social hall immediately after Mass.

Burial will follow at a later date at Albert G. Horton Memorial Veterans Cemetery, 5310 Milners Road in Suffolk.

In lieu of flowers, Jack requested that memorial donations be made to Oasis Social Ministry, 800A Williamsburg Ave., Portsmouth, VA 23704.

Condolences may be registered at [BWFosterFuneralHome.com](http://BWFosterFuneralHome.com).

### IN MEMORIAM

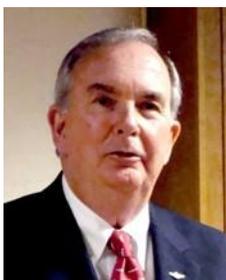


I was very sad to hear that COL Steve Turner died on 22 September. Steve joined PACMOAA in July 2010 and started representing the chapter as our VCOC representative in October of 2010. A few years later, Steve became VCOC Secretary, then 1st Vice President and finally President. He continued to serve as PACMOAA VCOC rep until he began his role as VCOC President in January 2016. Steve became the VCOC Immediate Past President after completing his term in office. ADM Doran presented the Virginia "Minuteman Award" to Steve for outstanding leadership he provided VCOC at the February 2018 dinner meeting.

While serving as the PACMOAA VCOC rep, Steve frequently attended our board meetings and was a wonderful asset to our organization. The last time I saw him was at the Annual Joint Brunch held at Smithfield Station in July 2019. He wasn't able to attend many meetings for several years due to Paula's illness and it was a pleasure to see them both at the brunch. Our thoughts and prayers are with his family.

### COL Steve Turner, USAF (Ret)

Colonel Kenneth "Steve" Turner, United States Air Force (Retired), 74, of Suffolk, VA, passed away on Thursday, September 22, 2022, surrounded by immediate family.



Steve was born on August 25, 1948, in Boston, MA, and spent his youth in Squantum and Quincy, MA, graduating from North Quincy High School in 1966. It is there where he met his wife of 50 years, Paula Marie Moriarty Turner. Steve attended the University of Massachusetts-Boston, where he earned a Bachelor of Arts degree in Political Science and upon graduation accepted a commission in the United States Air Force to become a pilot.

Steve's Air Force career was made notable by his combat service in both the Vietnam War

and Operation Desert Storm, as commander of the 38th Strategic Reconnaissance Squadron. He honorably served his country for over 26 years, retiring out of the 12th Air Force, Detachment 612, Beale AFB in June of 1996. His education through his military career included a Master of Arts in Psychology from Webster University, as well completing Squadron Officer School, Air Command and Staff College, and the USAF Air War College. Following retirement from the Air Force, Kenneth served as a Subject Matter Expert and Program Manager in the Reconnaissance field for both The Analytical Sciences Corporation (TASC) and Northrup Grumman.

In Steve's free time and full retirement, he served as a member and historian for the Glebe Episcopal Church, and as a Military Officers Association of America (MOAA) member, Southern Virginia Regional Advocate and State of Virginia Representative. He additionally found time to volunteer as a museum docent at the Military Aviation Museum in Virginia Beach, VA. He greatly enjoyed time spent outside in nature or hiking with friends, traveling the globe, or playing Words with Friends.

He is preceded in death by his father, Richard Turner of Eastham, MA; his mother, Margaret Wagner of Franklin, MA; and his wife, Paula Marie Moriarity Turner of Suffolk, VA.

Steve is survived by sons Andrew Turner (Heather) of Manhattan, KS, and Steven Turner (Monica) of Pensacola, FL; grandchildren Emory, Lauren, Connor, Kathryn, Crinnia and Gabrielle.

A memorial service will be held 10:00 AM, Friday, October 7th, 2022, at Glebe Episcopal Church in Suffolk, VA. A reception will follow in the Glebe Episcopal Church Fellowship Hall. In lieu of flowers memorial contributions may be made to the Bennett Creek Historical Society, in care of Glebe Episcopal Church, 4400 Nansemond Parkway, Suffolk, VA 23435.

From [www.sturtevantfuneralhome.com](http://www.sturtevantfuneralhome.com) www.sturtevantfuneralhome.com



Submitted by: Sherry Ferki, MAJ, USA (Ret)  
Personal Affairs Chair  
New Home number: (757) 922-7030 Cell: 630-5608

## SURVIVING SPOUSE CORNER

### Surviving Spouse Corner: What's in a Name?

By: Suzanne Walker August 30, 2022

For many years, spouses of MOAA members were referred to as "auxiliary members" when their spouse member died.

When MOAA established the Auxiliary Member Advisory Committee (AMAC), a focus group of auxiliary members to advise the association's president on matters of importance to those who had lost their military spouse, the committee suggested it might be time to move away from the term "auxiliary."

The military was starting to refer to family members who had lost a military member as "survivors." The definition of "auxiliary" -- giving help or support, especially to a more important person or thing -- was not how spouses felt. They were the ones who had managed the household, made frequent moves, gave up careers, and raised families while the military member served. They were "survivors."

Therefore, in 2013, MOAA's board of directors voted to change the name "auxiliary member" to "surviving spouse" and declared them full members with all the rights and privileges of membership, including a position on the board of directors.

Since then, two surviving spouses have served on the board of directors: Joyce Hart, who was succeeded by [Gail Joyce](#). In addition, [Capt. Kathy Thorp, USN \(Ret\)](#), is a surviving spouse on the board of directors.

The AMAC became the [Surviving Spouse Advisory Council](#) and remains at the forefront of leadership in MOAA for all surviving spouses. Through their dedication and hard work, they implemented the training module for surviving spouse liaisons for MOAA's regional leadership conferences, contribute monthly columns to *The MOAA Newsletter*, chartered the [Surviving Spouse Virtual Chapter](#), advocated for the successful elimination the SBP/DIC offset, established the annual [Surviving Spouse Liaison Excellence Award](#), and conducted the first Spouses and Surviving Spouse Summit at MOAA's 2021 annual meeting.

The Surviving Spouse Advisory Council also has expanded focus from advocacy only to a comprehensive development of services benefiting the spouse and surviving spouse community within MOAA.

We hope you will join the Surviving Spouse Advisory Council at the second annual Spouse and Surviving Spouse Summit at [MOAA's 2022 annual meeting in Kansas City, Mo., on Oct. 28](#).

The Surviving Spouse Advisory Council looks forward to continued support to educate, encourage, and engage spouses and surviving spouses of MOAA.

## MOAA & LEGISLATIVE

### JLC 2023 Approved Legislative Initiatives Links as of September 15, 2022

- [Tax Relief Surviving Spouses](#)
- [Effective Date Real Property Tax Exemption](#)
- [Spousal Burial Fee](#)
- [Removal of Age Requirement Income Tax Subtraction](#)
- [Income Tax Deduction National Guard](#)
- [State Park Admission National Guard](#)

Submitted by Sherry D Ferki, MAJ, USA (Ret)

## VCOC



**The 4<sup>th</sup> Quarter VCOC Meeting will take place at the Virginia War Memorial in Richmond on Thursday October 6<sup>th</sup>, 2022, from 1000 Hours to 1200 Hours. VCOC Federal and State Legislators of the Year Awards will be presented at this VCOC Quarterly Meeting to U.S. Congresswoman Elaine Luria, and Virginia Delegate Kathy Tran respectively.**

Submitted by: CDR Ken App,  
USN (Ret) PACMOAA VCOC Representative

## COMMUNITY

### Update from 2021 Scholarship Winner, Barrett Ferguson

Barrett attended Smithfield High School, was in a variety of leadership positions in their JROTC program and participated in multiple sports.

Email response to my request for update 9/22/2022

Good evening Mrs. Ferki,

Absolutely!

I am enjoying college and successfully completed my freshman year at Virginia Tech. I ended the year with a 3.15 GPA. I was able to attend Navy Summer training for 4 weeks in San Diego California, where I was able to

experience each of the different Naval communities

Here are a few photos that you may use.



**Above:** Me with the cadet dorms in the background.



**Right** At NAS San Diego before a flight

**Far right:** Another cadet and I with some VT cheerleaders before a football game.



Let me know if you would like to know anything else!

Very Respectfully,  
Barrett Ferguson



Authorized military patrons will soon see a 3-5 percent reduction in prices of most items in their commissaries. (DeCA photo: Kevin Robinson)

## EVEN MORE SAVINGS AT YOUR COMMISSARIES!

DOD invests extra funding in benefit to help reduce prices and help strengthen economic security of military families

By DeCA Corporate Communications

September 22, 2022

FORT LEE, Va. – Service members and their families will soon see a **3-5 percent decrease in pricing on most grocery items in their commissaries as part of a Department of Defense (DOD) initiative to bolster the economic security and stability of the military community.**

DOD’s [“Taking Care of Service Members and Families”](#) initiative lays out comprehensive actions to support military members struggling with the financial impacts of inflation, supply chain disruptions and the pandemic.

“The Department’s added investment in our budget allows us to reduce

commissary prices at the register about 3-5 percent on most items – particularly on food staples that struggling military families need most such as bread, eggs, milk and more,” said Bill Moore, director and CEO of the Defense Commissary Agency (DeCA). **“With this boost we can achieve at least 25 percent in overall savings for eligible patrons who shop their commissaries.”**

Commissary customers are expected to **see price changes at most locations by mid-October.** Pricing on some products and categories will vary.

“Going forward with the Department’s initiatives, we want to sustain the increased savings through fiscal year 2023 and exceed the 25 percent benchmark to the extent our resources allow,” Moore said.

“Taking Care of Service Members and Families” aligns with DOD’s overall campaign for economic security, first announced November 2021 when the Department unveiled its [“Military Leader's Economic Security Toolkit”](#) on Military OneSource. The webpage is a central landing spot to help leaders connect service members

and their families with resources they need to help boost their economic readiness.

The commissary benefit portion of the economic toolkit is spotlighted on the DeCA website, specifically on its [“We’re Stronger Together”](#) page that links military members to the following patron savings and nutritious options:

- **Timely sales promotions as well as specific items highlighted in the biweekly sales flyer**
- Private label brands and Your Everyday Savings! (YES!) programs that offer better prices on popular, core items
- Healthy options with dietitian-approved recipes, meal plans and quick, ready-to-eat, economical meal options via the deli and 174 dietitian-approved fueling stations

DeCA is also expanding efforts to ensure all eligible patrons know about their benefit, particularly targeting the millions of disabled veterans (DAV) who became eligible for the benefit in January 2020, said Marine Sgt. Maj. Michael Saucedo, senior enlisted advisor to the DeCA director.

“We are working closely with veterans’ groups to reach our DAVs and with the active duty military to increase awareness of the benefit to troops earlier in their careers,” he said. “And as we spread the word on this much-needed benefit to all our eligible customers, we are striving to anticipate our patrons’ needs, offer premier customer service and do what it takes to be their grocery provider of choice.”

Commissaries are also pushing out more initiatives to include the following to help boost the benefit for eligible patrons:

- Expanding hours of operation and using technology to improve access in more convenient ways than ever before. To date, 56 stores have converted from six- to seven-day operations, seven stores have converted from five- to six-day operations and 43 stores have adjusted hours to better fit the shopping preferences of their communities. **Editor’s Note: The Portsmouth Commissary will now be open Mondays, but checkout will be by Self-Service only.**
- Working with installations on piloting bulk deliveries to barracks and specified locations with future plans to expand.
- Expanding online shopping and curbside pickup with *online payment now available at all stores*.
- Piloting home grocery delivery at eight CONUS locations, with agency-wide expansion planned soon thereafter.

“The commissary system’s commitment to saving military communities money has not wavered for over 30 years,” Moore said. **“We remain steadfast in our efforts to improve the quality of life of our eligible patrons by saving them at least a quarter on every dollar they spend on groceries compared to ‘outside the gate’ grocery stores. That’s \$50 back in your pocket on a \$200 grocery bill!”**

“We are a food security resource for our customers, and as such, we are doing everything we can to get our precious military families the products they need – at the lowest price possible,” he added.

-DeCA-

Submitted By: CDR Ken App USN (Ret)

## MEMBER in the SPOTLIGHT

### Lt Col Robert (Bob) Steorts, USAF (Ret)

Bob attended Marshall University and West Virginia University and joined the Air Force through the Aviation Cadet program in December 1958. After flight training and commissioning as a 2 LT in 1959, he was assigned to Strategic Air Command (SAC) in B52’s. He has over 5000 flight hours in the B-52, including 1000 hours combat time from four deployments to Southeast Asia (1968-1972). He was then selected for SAC’s flight evaluation team, the 1st Combat Evaluation Group (ICEG). After War College, he was assigned to CINCLANT (Commander in Chief Staff Atlantic Command) in Norfolk, under the command of ADM Isaac Kidd, then five years on the staff at McClellan AFB, Sacramento, CA. He retired in 1985 with over 26 years of service. In 1987, he settled in the Western Branch section of Chesapeake, VA.

Bob joined PACTROA in March 1988 and has been active in both our chapter and the Virginia Council of Chapters (VCOC). He has held most offices in PACMOAA, except for secretary, and was our President when we won the OUTSTANDING Chapter Award in 1990 from TROA (The Retired Officers Association), now MOAA. Bob's most recent board position was as a director from Jan 2017- Jan 2019. Bob was our chapter historian for 33 years and Chaplain for 21 years. As Chaplain, he had a monthly column in our newsletter. Bob also served as Co-Hospitality Chair with Shirley Barker for 3 or 4 years. With Gladys' help, he made name tags and badges for dinner meetings and assigned seating until the chapter stopped that practice.



Bob at the 35<sup>th</sup> anniversary celebration with Patti Rose (Boschen) in picture to the left. Bob was instrumental in gathering and sorting

through information for the PACMOAA 30<sup>th</sup> and 35<sup>th</sup> Anniversary celebrations and narrated both. Bob also chaired the Bylaws Committee for many years and was instrumental in updating the bylaws except for the most recent revision in 2020. In addition to PACTROA / PACMOAA activities, Bob was our chapter representative to the VCOC for years, going on to become Vice President and then President for VCOC (1997- 1999). For the 22 years of my membership, Bob and Gladys have attended all meetings unless sick or traveling and have been invaluable in helping me in numerous roles!



Bob at Christmas Gala in 2019 to the left. Bob was the youngest of 12 children including his "older" twin. He watched out for his sisters all their lives and has survived all of them. He has 3 successful children, 6 grandchildren and 4 great grandchildren! Until recently, Bob was active in his civic league, held many positions of responsibility in his church, was Chaplain of two groups, taught Sunday school, and found time to travel throughout the USA and Europe with his loving wife, Gladys. Bob and

Gladys recently moved to a senior living community in Harbour View. Among the numerous medals on the display wall in his office are the **Distinguished Flying Cross and Air Medal Ninth Oak Leaf Cluster.**

Submitted by Sherry Ferki, MAJ, USA (Ret)

## PROGRAMS



October – CAPT Dianna Wolfson, USN, NNSY Commander

November – PACMOAA Business Meeting & Elections. See Election info on last page

December – Christmas Gala with the Tidewater Concert Band

January 2023 – Installation of New Leadership Team

Submitted by: COL Hal Hostetler, USA (Ret)

## What You Need to Know About Medicare, TRICARE, and FEDVIP Open

**Season** <https://www.moaa.org/content/events/healthcare-and-benefits/what-you-need-to-know-about-medicare,-tricare,-and-fedvip-open-season/>

November 01, 2022 | 2:00 PM - 3:00 PM EDT

Online Event

Register here <https://event.on24.com/wcc/r/3947771/8F38F1FB1919B3B8549D5EF6F5803BA7>

Can't make the webinar? No problem. Register now and we'll send you a link to the recording.

Do you need to make changes to your TRICARE plan, or your dental/vision coverage, or both? Have you checked out next year's pricing schedule?

Unless you have a qualifying life event, open season is your only chance each year to make changes. Join Capt. Paul Frost AFC®, USN (Ret), MOAA's financial and benefits counselor, for an in-depth review of the following topics:

- Open season dates for Medicare, TRICARE and the Federal Employees Dental and Vision Insurance Program (FEDVIP) **This year open season is from November 14 through Dec 12, 2022.**
- Original Medicare vs. Medicare Advantage plans
- The Uniformed Services Family Health Plan (USFHP)
- FEDVIP plan terminology

Attendees also will receive an online tour of the FEDVIP and TRICARE websites, showing what resources are available, how to compare plans online, and much more.

MOAA Premium and Life members have access to all recorded MOAA webinars at any time via [MOAA's webinar archive](#). Want to join MOAA? See [MOAA.org/join](https://MOAA.org/join) for details.

## CHAPLAIN'S CORNER

### Everything has a Season (Eccles: 3:1-9)

For everything there is a season, and a time for every matter under heaven:  
 a time to be born, and a time to die;  
 a time to plant, and a time to pluck up what is planted;  
 a time to kill, and a time to heal;  
 at time to break down, and a time to build up;  
 a time to weep, and a time to laugh;  
 a time to mourn, and a time to dance;  
 a time to cast away stones, and a time to gather stones together;  
 a time to embrace, and a time to refrain from embracing;  
 a time to seek, and a time to lose;  
 a time to keep, and a time to cast away;  
 a time to tear, and a time to sew;  
 a time to keep silence, and a time to speak;  
 a time to love, and a time to hate;  
 a time for war, and a time for peace,  
 What gain has the worker form his toil?

These words from ancient times ascribed to Solomon's teacher lead up to believe that man has forever lived seeking something in time that he cannot truly find in this life. Therefore, we must remind ourselves that Our Creator exist beyond time. I believe **that is what we are really seeking** beyond our seasons is His Eternal Love.



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

## NMCP UPDATES/IMPORTANT NOTICES

Per website at <https://portsmouth.tricare.mil/About-Us/Notices> 28 September 2022

“NMCP is HONORED to support USNS COMFORT during her deployment! To ensure our patients continue

to receive the best medical treatment, we are consolidating some of our outpatient services while our staff are away. We appreciate your flexibility and understanding and are grateful for your continued support". From website

## **28 September Hours Update Tidewater Navy Pharmacies**

**REFILLS DONE BY PHONE ONLY: (757) 953-6337 or TOLL-FREE (866) 285-1008**

**Or on [tricareonline.com](https://www.tricareonline.com)**

### **Naval Medical Center Portsmouth**

**Monday – Saturday: 8 a.m. – 4:30 p.m.\***

Sundays & Federal holidays: Services unavailable

\*Evenings, weekends: Primarily for Emergency Room and Inpatient Discharge prescriptions. Longer waits anticipated.

\*Emergency Room prescriptions processed anytime

### **NMCP Pharmacy Call Center**

(for prescription pickup at Scott Center Annex drive-thru only)

**Monday – Friday: 8 a.m. – 4:30 p.m.**

Saturday: 8 a.m. – 1 p.m.

Sundays & Federal holidays: Services unavailable

Phone: 757-953-0258

### **Scott Center Annex Refill Center**

**Refill drive-thru pickup: Monday – Friday: 7:30 a.m. – 5 p.m.**

Weekends & Federal holidays: Services unavailable

Phone: 757-953-0258

### **TRICARE Prime Chesapeake**

Sunday – Saturday: 7:30 a.m. – 4 p.m.

\*\*Major Federal holidays: 9 a.m. – 5 p.m.

\*\*Christmas Day: Services unavailable

\*\*Minor Federal holidays: 7:30 a.m. – 4 p.m.

Phone: 757-953-6366

### **TRICARE Prime Suffolk**

Monday – Friday: 7:30 a.m. – 4 p.m.

Weekends & Christmas Day: Services unavailable

\*\*Major Federal holidays: 9 a.m. – 5 p.m.

\*\*Minor Federal holidays: 7:30 a.m. – 4 p.m.

Phone: 757-953-7000

### **\*Major and Minor Federal Holiday Designation:**

**Major:** (New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day

**Minor:** (Martin Luther King Jr. Day, President's Day, Juneteenth, Columbus Day, Veteran's Day

**NMCP PHARMACY WEB ADDRESS:** <https://portsmouth.tricare.mil/Health-Services/Pharmacy> Access to NMCP's online formulary, patient Medication Guides, web-based refill requests, and other pharmacy information.

**NOTE:** The tech at the refill pickup window on 9/23/22 read Bruce Ferki some updates – I cannot find any recent info per this on the NMCP Facebook page or NMCP website but that is not unusual per several recent changes!! I also checked the refill call in number and it only mentioned Scott Center is only open Mon-Fri now to pick up refills.

- Be sure to call to see if your refill is ready before going to pick it up. Scott Center number is 757-953-7462.
- If you're out of the medication, you can bring your medicine bottle with you, and they can give you a few pills to last until regular refill is ready.
- If you go to NMCP, the wait may be 6 – 8 hours.

### **NMCP Main Pharmacy Update: 23 SEP 22**

Due to a complete pharmacy software system upgrade, NMCP's main pharmacy continues to experience, significantly, longer than average wait times. To better serve you and help to reduce your wait, we highly

encourage our patients to do the following PRIOR to reporting to the pharmacy:

**To request NEW prescriptions:**

Utilize the online NMCP Prescription Request Form located at: <https://portsmouth.tricare.mil/Health-Services/Pharmacy/prescription-form>

**Important information regarding requests:**

Sunday and Federal Holiday requests will be processed on the next business day (Monday – Saturday 7:30 a.m. – 6 p.m.).

Paper prescriptions for controlled substance medications will need to be physically presented to the pharmacy to be processed.

Requests submitted after 4 p.m. may not be guaranteed for same day service.

You will receive a text once your prescriptions are ready for pick-up.

·Once you receive a text alert, please proceed to the pharmacy kiosk and **select “return for pick-up” ticket.**

**Reminder**...do not input any Protected Health Information (PHI).

We appreciate your patience and understanding as we continue to make improvements to better serve you.

**NOTE:** New prescriptions can only be picked up at NMCP now unless you have a written prescription for a controlled substance (pain medication, etc.) which can be taken to Suffolk TRICARE Prime pharmacy to get it filled. I have never waited over an hour there.

**Bivalent Booster Vaccines Now Available at NMCP**

NMCP now has doses of the new Pfizer-BioNTech, bivalent COVID-19 booster vaccine available for administration in individuals 12 years of age and older. You can make an appointment or walk-in to the following clinics

to receive your booster:

- **NMCP** Immunization clinic located in Bldg.. 2, 2<sup>nd</sup> floor:
  - o Monday, Tuesday, Wednesday, Friday: 8 a.m. – 3:30 p.m.
  - o Thursdays: 9 a.m. – 3:30 p.m.
- **BHC Oceana** Immunization clinic:
  - o Monday – Friday: 7:30 a.m. – 10:30 a.m.
- **BHC Norfolk** Immunization clinic:
  - o Monday – Friday: 7 a.m. – 2:30 p.m.
- **BHC Boone** Immunization clinic:
  - o Monday – Friday: 8:30 a.m. – 10:30 a.m. and 12 p.m. – 2 p.m.

To schedule an appointment via the DHA Appointing Portal (DAP), visit:

<https://informatics-stage.health.mil/NMCPCOVIDApp/>

**NOTES added by Sherry Ferki**



**Above: Angela & Karl Wilson**

**To right: An overview of those attending the September Dinner and Program.**

**To Left: Carol and John Rowe**



**POSITIONS OPEN FOR THE NOVEMBER 2022 PACMOAA BALLOT**

Members elected this fall will serve from January 2023 to January 2025. **Please consider becoming a member of the Leadership Team as an elected officer or appointed. PACMOAA needs as many different perspectives as possible to help us represent all our members and their interests!**

The Board of Directors is composed of the elective officers: president; 1st, 2nd, and 3rd vice presidents; secretary; and treasurer; the immediate past president; and four elective directors who will serve for a period of two years.

**Notes: Good computer skills are essential to facilitate speedy communication among the Board members. "Throughout the By-Laws, he is used generically to represent "he or she" on intro page to bylaws".**

Positions to be filled this November with job description from the Bylaws noted with quotation marks include:

**President:** "The president shall be the chief elective officer of PACMOAA, shall preside at meetings of PACMOAA, and of the Board of Directors, and shall be a member ex-officio, with the right to vote, of all committees except the nominating committee. He shall also, at the annual meeting and at such other times as he may deem proper, communicate to PACMOAA or to the Board of Directors information or proposals which in his opinion would help in achieving the purposes of PACMOAA. Further, he shall perform such other duties as are necessarily incident to the office of the president."

**3rd Vice President:** "Is a member of Board of Directors and Public Affairs/Communication Committee Chair." To publicize PACMOAA activities as much as possible, through use of newspapers, newsletters, and web pages", and maintain/publish the Salute Newsletter, The PACMOAA Web Page and the PACMOAA Facebook page. In the event of the temporary disability or absence of the president, first and second vice president, the third vice president shall perform the duties of the president. The vice presidents shall perform such other duties as the president may assign."

**Secretary:** Is a member of the BOD, provides timely notification of meetings, writes and maintains minutes of all BOD meetings and the Annual November Business Meeting, prepares correspondence as needed. "He shall safeguard all important records and documents and valuable equipment belonging to PACMOAA. Further, he shall perform such other duties as are commensurate with his office or as may be assigned to him by the Board of Directors or the president."

**2 Board Members:** "The Board of Directors shall have supervision, control and direction of the affairs of PACMOAA, shall determine its policies or changes therein within the limits of the Bylaws, shall actively prosecute its purposes, and shall exercise direction in the disbursement of funds. It may adopt such rules and regulations for the conduct of its business as may be deemed advisable and may, in the execution of the powers granted, appoint such agents as it may consider necessary". Also participate in quarterly board meetings and other duties as designated.

**Please let us know if you have any questions and/or you are interested in becoming more active and/or running for office.** Please contact Sherry Ferki, MAJ, USA (Ret), Nominating Committee Chair, 2nd VP, and Immediate Past President at (757) 922-7030 or [navmedarmynurse@gmail.com](mailto:navmedarmynurse@gmail.com).



**CDR Ken App USN (Ret)  
PACMOAA 3<sup>rd</sup> VP for Communications**

**THAT A WRAP FOR OCTOBER!**