



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 XXXXII Issue III LEARN MORE AT PACMOAA.ORG MARCH 2023

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



Team PACMOAA:

2023 is off to a great PACMOAA start. The February meeting was overwhelmingly attended with new faces and familiar ones. We were treated to an amazing presentation by Terry Denton of Old Dominion Honor Flight. Already, I've provided information and applications to over a dozen interested persons desiring to get their loved ones on the next bus trip to Washington DC.



The March dinner will be highlighted by a presentation on the "Invictus" games and possibly how we can support our wounded warriors.

Please **mark your calendars for our 40th anniversary dinner on April 13th**--this event will focus our most recent achievements, honor those who were the founders of PACMOAA, recognize past leaders all with a promise of an outstanding meal---See you there--Anchors Aweigh!

Bruce

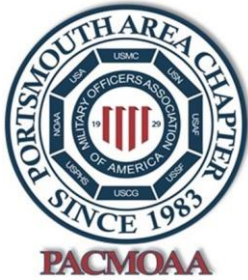
CAPT USN (Ret)

Above: PACMOAA President, Bruce LaLonde Presenting Terry Denton, with a Certificate of Appreciation and PACMOAA Mug. Below Left: Terry Denton Speaking about the Old Dominion Honor Flight, and Right with her Husband, Kent Denton.



PACMOAA
LEADERSHIP

See Leadership Tab



CHAPTER NEWS

MARCH

Women's History Month

10 PACMOAA Dinner Meeting. Speaker TBA

13 [K 9 Veterans Day](#)12 [Daylight Saving Time Begins](#)15 [American Legion Birthday \(1919\)](#)17 [St. Patrick's Day](#)21 [Vernal equinox](#)25 [Medal of Honor Day](#)29 [National Vietnam War Veterans Day](#)

HAPPY MARCH BIRTHDAYS

John Cordle

Gordan Van Hook

The March St Patrick's Day Dinner

will be held on **Thursday, March 9th** 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 with Assorted Dressings****Corned Beef******Slow Roasted Cabbage****Baked Chicken**Green Beans & Carrots**Brownies**Cornbread**Water, Tea, & Coffee*

Cost is \$25 (includes gratuity & tax). Cash bar available. Please make your reservation no later than **Sunday, March 5th** with Sherry Ferki at 757-922-7030 or by email at navmedarmynurse@gmail.com

A RESERVATION MADE IS A RESERVATION PAID

COL David Paschal's Topic:

INVICTUS GAMES

Following a visit in 2013 to the US-based Warrior Games, Prince Harry was inspired to create an expanded international version. The **Inaugural Invictus Games** took place in London in the fall of 2014 and attracted more than 450 competitors from 13 nations. *The Invictus Games demonstrate soldiers' and veterans' indefatigable drive to overcome and the power of sport on their journey to recovery.*

GUEST SPEAKER



David G. Paschal

COL USA (Ret)

**Assistant Deputy Chief of Staff, G-3/5/7
U.S. Army Training and Doctrine Command
Fort Eustis, Virginia**

Selected to the Senior Executive Service in July 2017, Mr. Paschal serves as the Assistant Deputy Chief of Staff, G-3/5/7 at Headquarters, U.S. Army Training and Doctrine Command, Fort Eustis, Virginia. He is charged with managing and transforming the Army's training base, affecting more than a half million military in over 32 Army schools and training centers. In this capacity, he also manages several major programs including all Army security assistance training, inter-service, and reserve component training. Additionally, he serves as the Army's Career Functional Advisor for Education and Information Services 31, 32, 61.

CAREER CHRONOLOGY:

- July 2017 – Present: Assistant Deputy Chief of Staff, G-3/5/7, U.S. Army Training and Doctrine Command, Fort Eustis, Virginia
- January 2015 – July 2017: Acting Deputy G-37 for Training, Assistant Deputy Chief of Staff, G-3/5/7, U.S. Army Training and Doctrine Command, Fort Eustis, Virginia
- July 2011 – December 2015: Deputy Director for Operations, Operational Environment Training Support Center, U.S. Army Training and Doctrine Command, Fort Eustis, Virginia
- February 2009 – June 2011: Chief, Operations Group, Joint Warfighting Center, U.S. Joint Forces Command, Suffolk, Virginia
- June 2006 – January 2009: Commander, 1st Brigade Combat Team, 10th Mountain Division, Fort Drum, New York. Commanded the brigade during Operation Iraqi Freedom from August 2007 – November 2008

COLLEGE:

- MS, National Security Affairs, United States Army War College, 2006
- BA, Criminal Justice, University of Illinois at Chicago, 1984

SIGNIFICANT TRAINING:

- Army War College RES 2006
- United States Army Command and General Staff College

AWARDS AND HONORS:

- Defense Superior Service Medal • Legion of Merit • Bronze Star Medal (with Oak Leaf Cluster) • Meritorious Service Medal (5 Oak Leaf Clusters)

PROFESSIONAL MEMBERSHIPS AND ASSOCIATIONS:

- Association of the United States Army

MEMBERSHIP

March Update

PACMOAA had 67 paid members at the end of 2022 and already has 1 new member so far this year. With the multiyear payment system we implemented in Jan 2021 and other dues payments as of 22 February, PACMOAA has 54 paid members. I know of 2 members that will not renew their dues this year so 54 out of 68 members have

paid. About 80 % of members have paid their dues this year. I have not sent out a reminder to all our members and I will do so this weekend. If you are not sure if you've paid or not, please contact me at 757-630-5608 or navmedarmynurse@gmail.com. You can also contact our treasurer, Hans Sachse, at hsachse@earthlink.net.

Membership is an issue for all organizations now and it was pointed out at a recent meeting I attended that maybe we're emphasizing the wrong thing when we talk to potential members. The VCOC Legislative Rep. has been at the state capital frequently since the current General Assembly session started. He is also involved every year in the MOAA Advocacy in Action sessions with national legislators. He noted that legislative advocacy for our BENEFITS should be the emphasis of our recruitment strategy. **Ask the question, *Do you want to have benefits when you retire or to keep your benefits if you are already retired?***

Excerpts from a **MOAA sample recruiting letter**:

"As leaders and officers, one of our top responsibilities is looking out for those who have served, as well as those who are serving today.

MOAA has a long history of advocacy success that contributes directly to your quality of life and financial well-being and has been recognized as a "Top Lobbyist" by *The Hill* newspaper for the 14th year in a row. You likely have benefited from a number of MOAA's successful efforts".

Excerpt from **MOAA Chapter Recruiting Program Guide** for 2022:

"Give back to the community. Chapter members are MOAA's ambassadors in their communities, supporting countless programs that make a difference in the lives of others. These members continue to serve and are giving back in the truest sense."

Many of our members are very involved in the local communities and our new President has focused on this at each meeting with the Ambassador bear given out each month. A few examples of PACMOAAs community activities include donations to the Portsmouth Volunteers for the Homeless and involvement in local JROTC fundraising activities.

Many of the younger potential PACMOAA members do not want a social club but to belong to organizations that give back to the community. Thus, focusing on 1) legislative advocacy for military benefits that include all Uniformed Services, National Guard and Reservists, family members and Surviving Spouses and 2) Community Service should be our enticement to interest fellow officers and Surviving Spouses to join PACMOAA and MOAA. *Every member of PACMOAA needs to be a recruiter for us to thrive!*

I will be happy to send you a copy of our recruitment brochure and will bring some to each meeting.

How to Get or Renew Military ID Card and When Needed per Military One source and MOAA accessed 24 February 2023: When Do I Need a New ID Card? <https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/health-care-and-earned-benefits/when-do-i-need-a-new-id-card/>

By: Kevin Lilley February 07, 2023 (The deadline is 2026)

How to Get or Renew a Military ID Card: for Spouses, Dependents, Veterans and Retirees Sections downloaded on February 24, 2023 from website below :<https://www.militaryonesource.mil/military-basics/new-to-the-military/military-id-and-cac-cards-for-military-community/>

Where do I get a military id card? <https://www.militaryonesource.mil/military-basics/new-to-the-military/military-id-and-cac-cards-for-military-community/#accordiongroup-Where-to-get-military-ID-card-panel>

You may obtain a military ID through [ID Card Office Online](#) or in person at any Real-Time Automated Personnel Identification System site. RAPIDS offices are located on military bases, at National Guard armories and at reserve training locations. These may be called the Pass and ID office, Military Personnel Flight, DEERS office, Personnel Support Detachment, ID Card Section, S1, One Stop, or a variety of other names, depending on the

installation or branch of service. [Use this RAPIDS Site Locator](#) to find a location near you to make an appointment.

NOTE: NMCP, NNSY, and US Coast Guard Base all have facilities to obtain a new, updated id card in Portsmouth. When I accessed all 3 local sites today– NMCP and NNSY has a lot of appointment openings in March, the US Coast Base only had a few.

How you renew or change your ID is similar to how you first got it, but with two changes:

1. Your current Uniformed Services ID Card counts as one of your two forms of identification.
2. You can apply to renew or replace your military ID [using the ID Card Office Online](#).

To change your ID card, your profile in DEERS will need to be up to date. You can [check or change your DEERS information online at MilConnect](#). You may also call the Defense Manpower Data Center Support Office to update DEERS information, 800-538-9522 Monday through Friday, 6 a.m.-3:30 p.m. Pacific Time, except federal holidays.

[What documents do spouses and dependents need to renew their military ID?](#)

You may need a birth certificate, marriage certificate, divorce decree, or other official document to make updates to your DEERS records.

Check out this [pre-arrival checklist](#) to learn more about renewing your military ID.

https://www.cac.mil/Portals/53/Documents/required_docs.pdf

Visit the [DOD ID Card Reference Center](#) for more information about obtaining, using and maintaining your military ID card. If you have questions about military life, [let Military OneSource help you find the answers](#).

NOTE: When my husband had to get his id card renewed before it expired in Feb 2023, I had to check several times to find a time we could go as I had to go with him per NMCP id card receptionist at 1 of the 3 local bases. New dates were added as the open slots were filled quickly. We were in and out of the NMCP id card section within 45 minutes. I also found out that once a spouse turns 65, with the new system, their ID card has an indefinite expiration date.

Submitted by Sherry Ferki, MAJ, USA (Ret)

Guidelines for Paying PACMOAA Dues Online

Members need to create and/or login to their PayPal account.

From the Account Overview page, click the Send button. If prompted for whether the money will be sent to a business or friend, enter “friend”. Then Type PACMOAATreasurer@gmail.com in the block where it says “name, @username, email, or mobile” and click “next”. Enter the amount to transmit and add “For PACMOAA Dues” in the note section and click “continue”. Review the information, including the bank account or credit card you want the funds to come from. Press “Send payment now” when

everything looks correct.



Every member is a recruiter!!

PERSONAL AFFAIRS

MARCH 2023

Membership is vital for MOAA and PACMOAA to accomplish their goals. Membership includes not only recruiting new members but retaining our current members. I think part of retaining members is proving them with beneficial information and helping them and their families. As I have mentioned many times in the past, I feel like PACMOAA is a family. We already have the military connection that is unique and the support of the PACMOAA “community”.

Many of our past presidents and active members from over the past 22 years that I have been a member are getting older and having medical issues. I have included some information about them below for our newer members.

Please let me know if you or your family are having problems. Most of our Leadership Team members have a lot of connections in the military and civilian community and may know of resources that would be helpful. If a member and/or spouse is ill or in the hospital, perhaps one of our Leadership Team members or another PACMOAA member that lives nearby can be of assistance.

CAPT Bob Parker, USNR (Ret), Past President, BOD, VCOC Rep, and Scholarship Committee -Bob moved to Northern Virginia in 2017 to be closer to his family due to medical issues and is in an assisted living facility. He has been having more and more problems with mobility and some with his speech especially when he is tired. He really misses his PACMOAA “family” and would love to hear from members. His address is: 3450 Gallows Rd. in Annandale, VA 22003.

MAJ Shirley Barker, USAR (Ret): Past President, VCOC Legislative Rep. & VCOC Assistant Legislative Rep. for about 15 years, and Hospitality Co-Chair for 9 years until she moved into an assisted living facility in Newport News due to health issues. Shirley also usually participated in the annual VVCOC Legislative Day in Richmond, VCOC Quarterly meetings when she was the Legislative Rep., and Congressional Luncheon in northern Virginia, as well as riding in the Annual Portsmouth Memorial Day Parade with other PACMOAA members!! For newer members, Shirley was the smiling lady that checked you in at the dinner meetings until June of 2022. She’s hoping to be able to join us for our 40th Anniversary celebration and would love to hear from PACMOAA members. Her address is: 50 Wellesley Dr in Newport News, VA 23606.

COL Bob Steorts, USAF (Ret): Past President for both VCOC and PACMOAA, held most offices in PACMOAA except Secretary, BOD several times, Chapter Historian for 33 years and Chaplain for 21 years, and Hospitality Co-Chair with Shirley Barker for 3 or 4 years. He has been having more mobility issues as well as memory issues and fell last week. He is in rehab now for a broken ankle and may miss some PACMOAA meetings but would love to hear from or see members. His address is: 5871 Harbour View Blvd in Suffolk, VA 23435. *Please call before visiting in case he is in physical therapy.* Their cell phone number is 757-639-3198.

We have several other long-time members having medical problems now. Please keep the members listed above, their families and all our members that are having problems in your thoughts and prayers.

Submitted by:

Sherry Ferki

MAJ USA (Ret)

Personal Affairs Committee Chair

SURVIVING SPOUSE CORNER

Surviving Spouse Corner: Survivor Benefit Plan Update

By: Nancy Mullen January 30, 2023 <https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/member-spotlight/surviving-spouse-corner-survivor-benefit-plan-update/>

The FY 2020 National Defense Authorization Act terminated the so-called “widows tax,” allowing eligible military surviving spouses to collect the full Dependency and Indemnity Compensation (DIC) and Survivor Benefit Plan (SBP) in full, with no offset (no reduction) after a three-year phase-in period. We are now entering the third and final phase. What happens now?

Survivor benefits. DIC, SBP, and the Special Survivor Indemnity Allowance (SSIA) were increased by the annual cost-of-living adjustment (COLA) of 8.7% with the January 2023 payments. Beginning Feb. 1, 2023, eligible surviving spouses will receive their full SBP payment from the Defense Finance and Accounting Service (DFAS) and their full DIC payment from the VA without offset. The SSIA payment will stop, as this payment

essentially becomes part of the full SBP payment. If you recall, the SSIA was a temporary solution to the offset, which is no longer necessary due to the aforementioned legislation. Although the SSIA goes away, the total these surviving spouses receive in their name will not be less than what was received the month prior for these specific benefits. There is no change to DIC other than the COLA increase.

[UPDATED MONTHLY: [MOAA's Surviving Spouse Corner](#)]

Child Option Annuitants. Beginning Feb. 1, 2023, the annuity will transfer to the servicemember's surviving spouse provided they are an eligible spouse and have completed the appropriate paperwork for the transfer. If the surviving children are currently receiving the annuity, they have been receiving the full SBP, plus COLA increases, so what they receive in January 2023 will be the amount the eligible surviving spouse will receive. The surviving children have already aged out of the program, the SBP will be recalculated to incorporate all prior years' COLAs. You can read more by [clicking here](#) or [here](#). You will be able to sign up for MyPay once the annuity transfers to you by [clicking here](#). Please note that recent changes in the SBP law do not impact the retiree child option SBP election, only that for the post-9/11 active duty child option election that was primarily made due to the SBP-DIC offset rules.

Eligible surviving spouses should have received a letter from DFAS in late 2022 detailing the background of the change, an example calculation, and a personalized SBP estimate. (Please note these were estimates only.) Find additional details about these updates from [DFAS](#) and [MOAA](#). Be sure to follow the [MOAA Surviving Spouses and Friends Facebook page](#) as well.

Please note this article is not intended to address all possible scenarios. And remember, military retirees who previously opted out of SBP will soon have a second chance to enroll. [Click here](#) to read a recent MOAA article on the topic.

MOAA & LEGISLATIVE

MOAA Staff Meets With White House Officials to Discuss DoD, VA, TRICARE Priorities

By: Allison Reilly February 15, 2023

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/moaa-staff-meets-with-white-house-officials-to-discuss-dod,-va,-tricare-priorities/>

MOAA staffers, including President and CEO Lt. Gen. Brian T. Kelly, USAF (Ret), met with representatives of President Joe Biden's executive office and the Office of the First Lady on Feb. 10 to outline a series of advocacy priorities, including those at [the heart of MOAA's upcoming spring campaign](#).

The meeting allowed MOAA advocates to provide specifics on issues critical to both members and the wider uniformed services community, with White House staffers offering feedback and their own priorities for helping veterans and military families.

"Sessions like this one are critical to moving forward on these bipartisan topics," Kelly said after the meeting. "But high-level meetings aren't enough – our membership's engagement is so crucial to ensuring lawmakers and the White House understand how important these priorities are not just to MOAA and its members, but to all servicemembers, veterans, and retirees, as well as their caregivers, families and survivors."

[RELATED: [MOAA's Advocacy Campaign to Target TRICARE Pharmacy Cuts, Housing Costs](#)]

Topline issues MOAA addressed at the meeting included:

- Continued support of the all-volunteer force, including the preservation of earned benefits for retirees and veterans, who are instrumental in shaping future generations' desire to serve.
- Restoration of the Basic Allowance for Housing (BAH) to cover 100% of housing costs (instead of the current 95%) to better combat skyrocketing rental and housing prices.

- Reversal of recent cuts to the TRICARE Pharmacy network, which disrupted care for many rural beneficiaries and those with special medication needs who could no longer rely on long-term relationships built with thousands of local pharmacies.

White House officials echoed support for the preservation of benefits, while stressing their priorities of fighting veteran suicide and homelessness and ensuring implementation of the Honoring Our PACT Act and the Basic Needs Allowance, both part of successful MOAA advocacy efforts. Officials with the Joining Forces initiative, under the Office of the First Lady, discussed work to support military families via spouse employment and child education improvements.

[RELATED: [MOAA Joins Jill Biden in Announcing Joining Forces 2.0](#)]

“As we’ve proven with other legislative victories, collaboration on all fronts is key,” Kelly said. “We will continue to work with government officials of all stripes who are willing to turn words into action when it comes to supporting servicemembers past and present, and their families.”

[FROM WHITEHOUSE.GOV: [Veterans Programs Part of President’s Unity Agenda](#)]

White House officials pledged continued emphasis on ensuring veterans and their families connect with the resources and benefits they need and earned through service. MOAA is particularly pleased to know the administration will take a whole-of-government approach, which would bring resources from outside the VA – to include Congress as well as military and veterans organizations – to bear when addressing barriers to accessing health care or services outside the VA’s scope or jurisdiction.

How You Can Help

Visit MOAA’s [Legislative Action Center](#) and let your legislators know you support MOAA’s ongoing advocacy efforts. And keep up with new pushes, early activity in the 118th Congress, and other critical updates via [MOAA’s Advocacy News page](#).

Make Your Voice Heard With MOAA’s Legislative Action Center

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/make-your-voice-heard-with-moaas-legislative-action-center/>

By: Brenden McMahon February 08, 2023

MOAA’s [Legislative Action Center](#) has surpassed expectations since its launch at the start of 2022, allowing members to send tens of thousands of letters, make phone calls, share personal experiences on military- and veteran-related issues, and much more.

Now, at the start of 2023 and a new Congress, the Legislative Action Center will begin with a clean slate. MOAA members will have a chance to engage on new and ongoing issues impacting the uniformed services and veteran communities.

You may think the center looks sparse in the session’s early going – there aren’t many calls-to-action to send to your legislations, and the [list of MOAA-supported legislation](#) may be minimal. All of this is normal at the start of a new Congress.

The 118th Congress convened Jan. 3. Each Congress lasts two calendar years, and in that time elected officials will introduce thousands of standalone bills. If a bill isn’t signed into law during the Congress in which it was introduced, it’s considered “dead” and must be reintroduced and restart the legislative process in a new session.

[RELATED: [Ask the New Congress to Make Progress on Concurrent Receipt](#)]

MOAA staffers will spend the next several months [communicating our legislative priorities](#) on Capitol Hill and engaging with legislators to introduce critical legislation to benefit servicemembers, veterans, their families, and survivors.

What Can MOAA Members Do in the Meantime?

It is critical that MOAA members, and the wider uniformed service and veteran communities, remain engaged as the new session builds steam. You can do this in several ways:

- **Check back with the [Legislative Action Center](#).** MOAA will be adding new calls to action, more MOAA-supported legislation, and other key updates regarding the association's legislative priorities throughout the year.
- **Find your [local MOAA chapter](#).** Hundreds of MOAA affiliates across the nation offer a new way to engage with your community. You can also meet, collaborate, and socialize with fellow servicemembers and military spouses.
- **Check out [online](#) and [printed publications](#).** MOAA's email newsletter and magazine are two key ways members can stay up to date on the association's legislative advocacy.

YouTube Video on website article

Legislative Action Center 101

MOAA's Legislative Action Center offers members a plethora of features to make their voices heard on Capitol Hill and take an active role in MOAA's advocacy:

- **Campaigns to contact federal legislators:** MOAA's action center enables virtual advocates to send letters, make phone calls, and share the association's advocacy priorities on [social media](#) as well.
- **MOAA's key advocacy issues:** Want to know what MOAA is doing for the population groups of interest to you, then check out MOAA's [Key Advocacy Issues](#) to learn more about what MOAA is lobbying for on behalf of these key groups.
- **MOAA-supported legislation:** On average, every two-year congressional session introduces over 10,000 individual bills. Use this [dedicated page](#) to find each bill MOAA supports in the current session.
- **Log your interactions with lawmakers:** The new [log an interaction](#) feature enables virtual advocates to provide MOAA with information about their meetings with lawmakers.
- **Look up your elected officials' contact information:** Unsure how to contact your lawmakers, or even who your elected officials are? The [directory feature](#) not only finds their names, but provides detailed contact information for multiple offices, as well as links to their social media profiles.

To make the most of these features, here are some best practices when using the platform:

- **Enable cookies.** MOAA's Legislative Action Center offers members the option to remain signed in on any device where you've already accessed the platform. This means you will not have to reenter your information every time you want to send a call to action to your legislators. However, cookies needs to be enabled on your devices so the center can keep you logged in. If you don't know how to manage cookies, these links will help you get started on [Internet Explorer or Edge](#), [Safari](#), [Chrome](#), and [Firefox](#).
- **Address not recognized?** Sometimes (not often) a member's address won't be recognized in the action center's [registration form](#). Unfortunately, MOAA does not manage that part of the form; it pulls data from Google. If your address isn't recognized, we recommend using a next-door address or another address near you so you can access the platform. Alternatively, you can [add your address to Google](#).
- **[MOAA's action center tutorial](#).** First-time, and seasoned, users can review commonly asked questions about the center. This is a good place to start if you are troubleshooting an issue with the platform.

While MOAA's Legislative Action Center is a powerful tool, its power stems from the dedication of MOAA's members and their continued engagement with lawmakers on the issues impacting the uniformed services and

veteran communities. As much as MOAA fights for you, MOAA needs you to fight alongside us, as well; check out the [Legislative Action Center](#) now.

MOAA Fights for You

Get involved and make sure your interests are addressed.

MOAA's Advocacy Campaign to Target TRICARE Pharmacy Cuts, Housing Costs

By: Dan Merry February 15, 2023 Adapted from full article by Sherry Ferki, MAJ, USA (Ret)



“The path to protecting the all-volunteer force amid a [generational recruiting crisis](#) begins with a simple message: **We will honor the promises made to those who serve.**

As MOAA begins its plans to return in-person to Capitol Hill for its yearly spring advocacy campaign, we've identified two critical issues where we are falling short on key promises. Issues where small changes will mean big improvements to the lives of servicemembers past and present. Issues where the DoD can begin to rebuild trust with all groups and stem the erosion of earned benefits.

Issues where members like you can make a difference.

Join MOAA's Advocacy in Action this April as we send a clear message to lawmakers: Now is not the time to trim critical programs at the expense of those who need help the most:

- As servicemembers face skyrocketing rents and mortgage payments, it's time to reverse cuts to the Basic Allowance for Housing, restoring the benefit to cover 100% of these expenses.
- As TRICARE Pharmacy users deal with drug shortages and high drug costs, it's time to restore the thousands of brick-and-mortar pharmacies, including many locally owned shops in rural areas, to keep this crucial benefit strong.

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

At the end of April, MOAA will send teams of state council leaders to Washington, D.C., to meet with their legislators on the Hill. With those leaders will be members of MOAA's Board of Directors and headquarters staff — a contingent of 225 people with sights on contacting every one of the 535 congressional offices.

We want to make the most of this opportunity to return to the Hill, but we cannot rely solely on these visits — we need your help to increase our voice. You can make a remarkable difference from home before or after our AiA event.

[GET INVOLVED: [How to Make Your Voice Heard](#)]

More details on our primary goals for Advocacy in Action this year are on website at <https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/moaas-advocacy-campaign-to-target-tricare-pharmacy-cuts,-housing-costs/>

Or are available upon request to be mailed to you.

Final section of article below:

“ **How do these reductions in BAH and pharmacy support impact recruiting for our all-volunteer force?**

All services are experiencing challenges with recruiting. The eligibility pool continues to shrink and the propensity to serve remains low, exacerbated by more than 54% of parents who do not recommend their child for

military service. Military families are more inclined to recommend service; but in a 2021 poll, the [Military Family Advisory Network](#) found 62.9% of military or veteran families would recommend the military — down from 74.5% in 2019. Looking forward, [Brookings reports](#) a decline in birth rates that will likely not correct itself: in 2007, for every 1,000 women of childbearing age, roughly 70 gave birth; in 2020 that number was 56. No one should be surprised in 15 years that the pool of eligibles will be even smaller.

MOAA and other like-minded associations continue to be concerned about the continued erosion of service-earned benefits and the impact on recruiting. Making the servicemember cover 5% or more of their housing costs to save money for other DoD programs does not help servicemembers manage their finances and does not help the recruiter’s position with prospective recruits who hear about eroding benefits directly from their influencers. Additionally, changes in access to health care, enrollment fees for retirees, reduced access to pharmacies, and attacks on COLA won’t compel retirees to encourage someone to join the military.

These challenges, and others you know from your experiences, must be addressed by Congress through a strategic lens focusing on the recruiting process. In that effort, we must educate our legislators to understand this foundational question, “Are we, as a nation, keeping our promises to those who raised their hand to serve in the uniformed services?”

In addition to the two topics above regarding BAH and pharmacy access, coupled with a clear focus on recruiting as the most essential pipeline to our nation’s all-volunteer force, MOAA will prepare comprehensive fact sheets to articulate these issues, which we will leave with the congressional offices during our AiA visits. These fact sheets will also be available to all MOAA members via our website to help in any engagements you might be able to arrange while your legislators are home.



Add Your Voice to the Cause

Get involved and make sure your interests are addressed. Because the larger our voice is, the greater our impact will be.”

Submitted by: MAJ Sherry Ferki, USA (Ret)

VCOC

VCOC 2023 DATES to REMEMBER

- Second Quarter Meeting: April 12, meeting type TBD
- Annual Congressional Appreciation Luncheon: Date, times and location TBD
- Third Quarter Meeting: July 12, 10:00am - 12:00pm, meeting type TBD
- Fourth Quarter Meeting: October 11, 10:00am - 12:00pm, meeting type TBD

Submitted by CDR Ken App, USN (Ret)

[Status-of-JLC-2023-Initiatives-as-of-February-24-2023.pdf \(virginia.gov\)](#)



Below Left: Barb and Gordon Iiams, Dolly Cherrington, Hans Sachse Steve Watkins . **Right:** John & Carol Rowe, Bill & Karen Smith, and Cindy & Bob Brewer, all listening to the Honor Fight Presentation





Delegate Kathy Tran's

VETERANS AND MILITARY FAMILIES TOWN HALL

Saturday, February 18 at 11:00am

Register here: <https://bit.ly/TranVeteransTownHall>



DELEGATE
KATHY TRAN

*with special
guests*



DELEGATE
DAVID REID

Co-Chair
Military and Veterans Caucus



DELEGATE
KATHLEEN MURPHY

Co-Chair
Women's Veterans Issues



DELEGATE
JACKIE GLASS

Navy Veteran & Member
Military and Veterans Caucus



CHIEF DEPUTY
COMMISSIONER
STEVEN COMBS

Virginia Department
of Veterans Services

Overview of Delegate Kathy Tran's Veterans And Military Families Town Hall

18 February 2023

Delegate Kathy Tran from was joined by special guests: **Delegate David Reid**, Co-Chair Military and Veterans Caucus; **Delegate Kathy Murphy**, Co-Chairwomen's Veterans Issues; **Delegate Jackie Glass**, Navy Veteran and member Military and Veterans Caucus; and **Chief Deputy Steven Combs**, Virginia Department of Veterans Services. Kathy Tran and all the other delegates as well as Steve Combs have either served or have family members that served or are serving. Six other guests from the VA Department of Veterans Services also attended and gave briefings on their departments. The meeting lasted 1 hour and 45 minutes and was very informative.

Each speaker gave a brief overview of their background and involvement in veterans issues. Del Kathy Murphy noted that there are over 109,000 women veterans in Virginia, 15% of veterans in Virginia are women, and that there have been 15 women veterans' roundtables throughout the state, some virtual and some in person. The next one is on 23 February. Del Murphy introduced HB 2080 **Special license plate: woman veteran**. Authorizes the issuance of special license plates for supporters of women veterans bearing the legend **SUPPORT WOMEN VETERANS**. At the time of this meeting, it had not passed, but as of 2/20/23 per the Virginia's Legislative Information System at <https://lis.virginia.gov/cgi-bin/legp604.exe?231+sum+HB2080> the bill had passed the House and Senate!

HB 2080 License plates, special; issuance for women veterans. Introduced by: [Kathleen Murphy](#) | [all patrons](#) **Special license plate; woman veteran.** Authorizes the issuance of special license plates for supporters of women veterans bearing the legend **SUPPORT WOMEN VETERANS**. This bill is identical to [SB1372](#).

Steve Combs discussed the history and services provided by the Virginia Department of Veterans Services (DVS). He encouraged everyone to go to their website at <https://www.dvs.virginia.gov/> to review the many programs they support. Some examples include Education, Transition, & Employment; Virginia Women Veterans Program; Military Spouse Support and Veterans Care Centers. Several members of the DVS team spoke about their individual programs. Service members transitioning out of the service was discussed and that the Stay, Work, & Thrive are items they focused on. They look at the whole life cycle of being a vet- Education, Access

to benefits & family support. The V3 (Virginia Values Veterans) program was mentioned and that its goal is to educate and train employees to hire veterans. It has been a very successful program.

Steve Combs also noted that there are over 50 Veterans Services (DVS) Offices throughout the state. Local ones are in Portsmouth and Chesapeake. He discussed that there are 3 State Veterans Cemeteries, locally Albert Horton Jr. Memorial Veterans in Suffolk, and 3 Federal Veterans cemeteries in VA. There was a discussion later in the meeting about legislative issues and the bill dealing with eliminating the \$400.00 burial fee for spouses in the VA Veterans Cemeteries when there wasn't a fee in the Federal cemeteries. Steve mentioned that the Virginia War Memorial is dedicated to the more than 12 million Virginia veterans that have died since WWII and is the premier level memorial like this in the US!

There are 4 Veterans Care Centers, 2 of them will open this year, and one of those is in Virginia Beach. The care centers provide affordable long-term care, short term rehab and Alzheimer's/memory care.

The importance of supporting the family as well as the veteran was stressed throughout the Town Hall with several speakers addressing support groups and many other resources available for families through Military Family Support, Virginia Veterans and Family Support and Veterans Services Foundation departments.

The legislative briefing included discussion about the bicameral and usually bipartisan support for veterans' issues and the Military and Veterans Caucus which recently had a reception in Richmond. Claudia Flores, DVS Director of Policy and Planning at Claudia.flores@dvs.virginia.gov noted that 1300 or 1400 bills are introduced each year with about 53 veterans bills this year covering a broad range of issues. She gave an update on the status of bills, 6 or 7 had crossed over and 20 were still in play, etc. Her update was as of 17 Feb. Virginia was the first state to have protection for military spouses for employment (Military Spouse Licensing Relief Act).

Chief Deputy Steve Combs reiterated that he and all of his team have contact info on their website and are happy to help veterans in any way they can or help direct you to the correct resources. All of the Delegates also stated they would be happy to help with any issues veterans had. *My experience several years ago after a virtual legislative forum with the Virginia Nurses Association and local legislators was that if I emailed a legislator other than the ones representing me, I often received a reply that they respond to their constituents first and never received any further communication from them.*

This was an excellent Town Hall, much more information than any I've attended in the last few years. I will keep you all updated on future Town Halls.

Submitted by: Sherry Ferki, MAJ, USA (Re



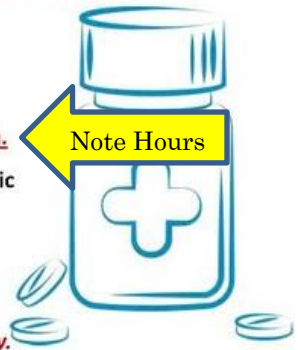
Michael Pointdexter, Mary Snyder, Scott & Heather Dickinson



Above: Dolly Cherrington accepting the Leadership Bear from President Bruce LaLonde



BRANCH HEALTH CLINIC & TRICARE PRIME CLINIC PHARMACY KIOSKS HOURS OF OPERATION - TEMPORARY CHANGE



Beginning Monday, February 13th, Branch Health Clinic and TRICARE Prime Clinic Pharmacies will temporarily adjust their hours for new prescription requests. The clinic pharmacies will accept new prescriptions until 2 p.m.

This short-duration adjustment is a necessary step to allow our Pharmacy staff time to master the new electronic health record, MHS GENESIS, and better serve you.

- Patients seen by a clinic provider will still be able to fill new prescriptions on the day of their appointment.
- Patients may still pick up previously ordered refills during the clinic pharmacy's normal hours of operation.

**** Urgent/emergent prescriptions continue to be available for after-hours pick up, daily, at the NMCP pharmacy.**

We apologize for any inconvenience this may cause.

Use Q-Anywhere to Activate New Prescriptions:

- Text "Get in Line" to 1-833-217-2199 or scan the QR Code.
- Follow the text prompts.
- If selecting for pick up at one of the clinic pharmacies, this service will be available until 2 p.m., Monday-Friday (services unavailable on Federal Holidays).
- Be sure to pick up medications within 14 calendar days.



Express Scripts Mail Order Pharmacy:

- Sign up and receive up to a 3-month's supply of your long-term medications, delivered right to your door.
- Visit <https://www.express-scripts.com/> to register for Express Scripts or scan the QR Code.
- For more information, please call 1-877-363-1303.



Naval Medical Center Portsmouth

Monday – Saturday: 8 a.m. – 6 p.m. NEW HOURS!!*

Phone: (757) 953-0258

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 NEW prescription activations via phone)

Monday – Saturday: 8 a.m. – 6 p.m. NEW HOURS!

Sundays & Federal holidays: Services unavailable

Phone: 757-953-0258

For Suffolk Tricare Pharmacy

Hours are until 3:30 pm to log into Kiosk, then need to pickup before 4 pm, when they close!!!

COMMUNITY AFFAIRS

Please Consider Bringing Donations to Portsmouth Volunteers for The Homeless (PVH) March 2023

PVH has now provided about 1,200 days of sheltering from their normal winter services of 175 days/year! Thus, providing continuous uninterrupted sheltering since the pandemic began.

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)
- Thermal Underwear (M/F, Med-XXL)
- Long-sleeved t-shirts (M/F, various sizes)

- Disposable Gloves (non-latex), Toilet paper
- Room Deodorizers (spray/solid), Bleach (chlorine)
- XL Ziploc bags (10-gallon size), Kitchen Trash bags, Trash Can Liners
- Toilet Paper, Paper Towels
- Personal items: Men's & Women's Body Wash (full size), Body Lotion, 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 in partnership with local faith communities, social and civic organizations, from mid-November to April. They provided a twelve (12) month Outreach Service Center where clients could shower, do laundry, receive their mail and use the telephone. The Outreach Service Center continues to serve with extended hours from pre-pandemic.

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 over the past 2 years, but the need is ongoing! Every little bit helps!

You can call PVH at 757-399-0200 if you have any questions or go to their Facebook page.



LTC Paul Pratt giving an update on the MCJROTC funding needs.

PACMOAA SCHOLARSHIP

Update on PACMOAA Scholarship Committee
March 2023

The PACMOAA scholarship differs from MOAA's in that PACMOAA scholarships go to any qualified student graduating from high school and entering into a ROTC type program. MOAA's scholarship are only available for students from military families. It is paid in 2 installments, 1 the first semester and the 2nd one the next semester. The 2nd installment is contingent upon continued enrollment in an ROTC type program.

Members donate funds, most often with their dues' renewal but also with donations at dinner meetings, through 50/50, etc. PACMOAA historically has donated 2 - \$1500 scholarships each year. Your continued donations allow us to award these 2 scholarships annually.

Scholarship applications will be sent out electronically to all local high schools in our membership area to include Chesapeake and as far as Smithfield high school. The Scholarship Committee – myself, Scott Dickinson and Lynn Terry, will review the applications, and the scholarship winners will be invited with their families to our June dinner meeting.

One of our Charter Members and one of my mentors, CDR Jack Lyons, USN (Ret) used to encourage me every year to keep reminding members to donate to the scholarship fund, so I am following his sage advice. Anything you can donate is appreciated and can be used!! Thank you all for your continued support for our future leaders with this scholarship program.

Sherry Ferki, MAJ, USA (Ret)
Scholarship committee Co-Chair

PROGRAMS

- March 9th COL Dave Paschal USA (Ret) - Invictus Games
- April 13th PACMOAA 40TH Anniversary Celebration!!! Mark Your Calendars!!!
- May 11th CAPT Tim Thompson, USN, Naval Medical Center Portsmouth, Pharmacy Dept Head
- June 8th Scholarship Awards Dinner – Tentative - Local University ROTC Instructor
- July 16th (Tentatively) Joint Brunch with Hampton Roads and Peninsular Chapters, Location TBD



Submitted by:
COL Hal Hostetler, USA (Ret)

CHAPLAIN’S CORNER

In March begins the holy session of Lent, a time of going deeply into ourselves, of really straightening the ways we relate to our Creator. Because of our busy fast passed life of modern technology and social media, I-phones, i-pads and constant media blasts, we often do not take time we should recognize our true beginning, purpose and end in life. As a resident, Jo Ann O’Hara, in Westminster Canterbury quoted in a Lenten Journal “I have to stop, be still and reconnect personally with God”

BE STILL AND KNOW THAT I AM GOD

Be still and know God loves you.
 Be still and know God is always there.
 Be still and know God provides peace.
 Be Still and know God will guide you.
 Be still and know God “what is impossible with men is possible in God” (Luke 18:27)



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



CDR Ken App, USN (Ret)

Salute Editor

Photographer: Stephen Branch

**HAPPY SAINT PADDY’S DAY!
 THAT’S A WRAP FOR MARCH 2023**

Please fill out the form below if any contact information has changed and submit to Sherry Ferki or Ken App.

PACMOAA MEMBERSHIP/RENEWAL FORM 2023

FULL NAME: _____ NICKNAME: _____

GRADE/RANK: _____ SERVICE: _____ BIRTH DATE: _____

STATUS: Active Retired Former Surviving Spouse

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

MOAA Membership No.: _____ (From MOAA card or Military Officer Mailing Label)

Spouse's Name: _____ Spouse's Nickname: _____

Are you willing to serve as board member or on a committee? () Yes () No

<u>Please circle payment plan you select:</u>	Discount	15%	20%
			<u>Best Value</u>
Membership Category	1 Year	2 Year	3Year
Retired/Active/Vet Regular (Voting Member)	\$25.00	\$42.50	\$60.00
Surviving Spouse (Voting Member)	\$20.00	\$34.00	\$48.00
Active Duty (Non-Voting Member)	\$5.00	\$8.50	\$12.00

Mail payment to: PACMOAA at PACMOAA, PO Box 5353 in Portsmouth, VA 23703

Or pay via PayPal:

From the PayPal Account Overview page, click the Send button. If prompted for whether the money will be sent to a business or friend, enter "friend". Type PACMOAATreasurer@gmail.com in the block where it says "name, @username, email, or mobile" and click "next". Enter the amount to transmit and add "For PACMOAA Dues" in the note section and click "continue". Review the information, including the bank account or credit card you want the funds to come from. Press "Send payment now" when everything looks correct.

DATE: _____ SIGNATURE: _____