



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 V LEARN MORE AT PACMOAA.ORG MAY 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



What an amazing 40th Anniversary celebration. My sincere and personal thanks to Sherry and Ken for their focused and dedicated energy in making the evening magical, full of fantastic memories and reminders of proud accomplishments.

In addition to the historical accounting of PACMOAA, we were honored to have the Churchland MCJROTC unit present the colors and a group of students from Portsmouth Catholic Regional School lead our membership with the National Anthem.

The pre-meeting appetizers and pleasant meal combined with a challenge coin presented to each attendee made the evening overwhelmingly special.

Please join us at our next meeting, wave to those of us participating in this year's Portsmouth Memorial Day parade or bring a potential member to a

dinner this year. God bless and anchors aweigh.

Bruce



Above: Past Presidents & CDR Linc Smith VCOC President, Cutting the 40th Anniversary Cake.

Above Left: CAPT Bruce Lalonde Presenting Teddy Lyons with Certificate of Appreciation for CDR Jack Lyons Service to PACMOAA. **Middle:** CAPT Bruce LaLonde Presenting Lois Yandle with a Membership Pin.



PACMOAA LEADERSHIP

See Leadership Button Above



CHAPTER NEWS

MAY CALENDAR

National Military Appreciation Month

Presentation of MOAA Medals to JROTC Cadets this month. TBD

01 Silver Star Service Banner Day

06 MILITARY SPOUSE APPRECIATION DAY Friday before Mother's Day

08 V-E DAY 1945

08-16 Armed Forces Week Second Sat. Thru 3rd Sun. in May (not official)

14 MOTHER'S DAY Second Sunday in May

10 PACMOAA Dinner Meeting -**CAPT Tim Thompson, USN, NMCP**

13 Navy Nurse Corps Established 1908

15 Women's Army Auxiliary Corps (WAAC) Established 1942

20 ARMED FORCES DAY Third Saturday in May

22 Maritime Day

22 NOAA CORPS Birthday (1970)

29 Memorial Day 139th Portsmouth Memorial Day Parade

HAPPY MAY BIRTHDAYS

**Janet Boschen Sonny Chenault, Jr
Peggy Moran**

The May Dinner

will be held on **Thursday, May 11th** 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

Caesar Salad

BBQ Ribs with Sweet Chili BBQ Sauce

Catfish Bites over Rice

Collard Greens

Sweet Potato Casserole

Banana Pudding

Cornbread & Butter

Water, Tea, & Coffee

Cost is \$25 (includes gratuity & tax). Cash bar available. Please make your reservation no later than **Sunday, May 7th** with Sherry Ferki at 757-922-7030 or by email at navmedarmynurse@gmail.com

A RESERVATION MADE IS A RESERVATION PAID



Presenting the Colors: Churchland HS MCJROTC



GUEST SPEAKER



TIMOTHY T. THOMPSON SR.
CAPTAIN, MEDICAL SERVICES CORPS
UNITED STATES NAVY

A native of East Saint Louis, IL, CAPT Thompson enlisted in the Navy in 1987 and began his career attending basic training at Recruit Training Command and Hospital Corpsman “A” School at Naval Hospital Corps School, Great Lakes. CAPT Thompson then reported to Naval School of Health Sciences, San Diego where he attended Pharmacy Technician “C” School. Upon completion of training he reported to Naval Hospital Great Lakes for his first permanent duty assignment.

After four years of active service, he joined the Naval Reserves where he actively served for two years. In June 1998 he returned to active duty, accepting the Navy’s Health Services Collegiate Program Scholarship.

In 2000 he received his Doctor of Pharmacy Degree from Campbell University and was commissioned as a Lieutenant in the Medical Service Corps. His first assignment was Naval Medical Center Portsmouth, where he served as the Division Officer for Outpatient Pharmacy and later as the Pharmacy Department Head Naval Branch Medical Clinic Sewell’s Point. In 2003 he reported to Naval Hospital Great Lakes as the interim Department Head and Outpatient Division Officer.

In 2006, he assumed responsibility as Pharmacy Department Head at Naval Hospital Pensacola. While assigned to Pensacola, he was selected to serve as a member of the Department of Defense Pharmacy and Therapeutics Committee.

From February 2009 to January 2010 he was assigned as an Individual Augmentee to Combined Joint Task Force Phoenix, in Kabul, Afghanistan with a Navy Medical Embedded Training Team in support of Operation Enduring Freedom, serving as a mentor to Afghanistan National Army Pharmacists.

After a six-month tour in Afghanistan he reported to Naval Health Clinic Cherry Point where he served as Director for Clinical Support Services and Pharmacy Department Head for four and a half years.

In 2014, CAPT Thompson was selected to serve as the Deputy Director for Clinical Support and Pharmacy Department Head at Fort Belvoir Community Hospital, one of the first Military Treatment Facilities (MTF) under the Defense Health Agency’s leadership.

CAPT Thompson served as the sole pharmacist and Department Head for Ancillary Services at Naval Branch Health Clinic Gulfport, home of the Seabees, from 2017 to 2020.

He currently serves as the Associate Director for Clinical Support Services at Navy Medicine Readiness Training Command, Portsmouth and the Tidewater Military Health System Clinical Support Services Market Lead, where he provides professional and clinical oversight to 3 MTFs and 13 branch/troop health clinics.

CAPT Thompson’s personal decorations include: Defense Meritorious Service Medal, Meritorious Service Medal (2), Navy and Marine Corps Commendation Medal (4), and various other personal and unit awards.

MEMBERSHIP

Membership Update May 2023

WELCOME ABOARD

CDR David Von Rump, USN (Ret) from Suffolk

PACMOAA had 62 paid members as 29 April 2023, that includes our 3 new members this year, 6 life members and 1 honorary life member. Sadly, as noted in the Personal Affairs section, CAPT JP Barreca died and his wife, Shirley, will be added as a Surviving Spouse member. Thus, we have 53 regular members and 9 Surviving Spouses that have paid their dues this year. There are 5 members that have not renewed at this point and I have emailed and/or called them as reminders.

It was great to have our new members, Linc Smith and David Von Rump, attend the 40th Anniversary Celebration to receive a good overview of the chapter and the many activities we participate in. We look forward to seeing them at future meetings.

MOAA is trying to appeal more to the 40 – 60-year-old age group. As mentioned before, 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?” This should certainly resonate with this age group. Remember, if you invite a potential member as your guest, their dinner is ½ price.

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.

Every member is a recruiter!!

Reminder on Guidelines for Paying PACMOAA Dues, Dinners, etc 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”. 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.

PERSONAL AFFAIRS

As I mentioned in the March Personal Affairs update, 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 included detailed information about them for our newer members.

COL Shirley Barker, USA (Ret), retired Army Nurse, is in palliative care now in her apartment. She was not 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) is now in hospice. His mailing address is: 5871 Harbour View Blvd in Suffolk, VA 23435. Gladys can be reached at 757-639-3198.

These longtime members dedicated many hours to PACTROA/PACMOAA in leadership positions over the past 30 years!! Please keep them and their families in your thoughts and prayers.

Reminder to be sure all your documents e.g., insurance policies have a primary and secondary beneficiary! After my Daddy died, we didn't think about updating the beneficiary on Momma's insurance policy. They both only had each other as a beneficiary!

IN MEMORIUM CAPT JOSEPH P BARRECA, USN (RET)

I was very sorry to hear that one of our longtime PACTROA/PACMOAA members died. CAPT Barreca was a member for 30 years and he and Shirley used to attend dinner meetings frequently.



Left: J.P. and Shirley at a Christmas Gala with Norma Barclay and her guest.

Unfortunately, J.P. And Shirley had not been able to attend any meetings in some time due to health issues. Our thoughts and prayers go out to Shirley and her family.

FROM B.W. FOSTER FUNERAL HOME WEBSITE:

PORTSMOUTH—Dr. Joseph Peter Barreca, Jr., 91, passed away peacefully on April 16, 2023. He was the son of the late Joseph Anthony and Lena Tridico Barreca.



Dr. Barreca grew up in New Orleans and attended Jesuit High School, Tulane University, and LSU School of Medicine. His medical internship took place at Touro Infirmary, a private hospital in New Orleans. He secured his general surgery training at Portsmouth Naval Hospital and his vascular surgery training at Emory University in Atlanta. Dr. Barreca was an Assistant Professor of Surgery at Eastern Virginia Medical School in Norfolk, Va.

During his Naval career, Dr. Barreca attended the School of Aviation Medicine; was the flight surgeon for HS-7 (helicopter antisubmarine warfare squadron in Norfolk, Va.) and the Hurricane Hunter Squadron based at Naval Station Roosevelt Roads, Ceiba, Puerto Rico; served on the USS Randolph and the USS Valley Forge; and served on the US Hospital Ship Sanctuary during the Vietnam War in 1969-70. He served as the Assistant Chief of Surgery at the Pensacola Naval Hospital. In the course of his years of service, he received many medals. His final duty station was the Naval Hospital Portsmouth, where he served as Assistant Chief of Surgery and Chief of Vascular Surgery. After serving his country for 20 years, he retired from the United States Navy with the rank of Captain in November of 1977.

A vascular and general surgeon, Dr. Barreca's office was located in Portsmouth; he had admitting privileges to Maryview, Obici, and Portsmouth General hospitals. He served as President of the medical staff at Portsmouth General Hospital.

After retiring from private practice, Dr. Barreca engaged in the study of investments at Old Dominion University, worked with H&R Block, and worked part time at the VA conducting physicals on fellow veterans. Dr. Barreca and his wife enjoyed traveling extensively with family and friends. One of their favorite places to relax was their house in Southern Shores on North Carolina's Outer Banks and visiting Hilton Head Island, S.C. In his younger years, Dr. Barreca played the trumpet and competed in pole vaulting. Later in life, he enjoyed sailing on the Betty Lynn II and watching granddaughters Courtney and Alexis play school and travel softball. Dr. Barreca and his wife enjoyed being part of the Historic Downtown Portsmouth Community, living on Court Street for 40 years.

He was engaged in the community as a member of the Rotary Club of Portsmouth for 40 years, serving as club president in 2009-10, and attaining recognition as a Paul Harris +8 Fellow. He served as Chairman of Saint Paul Catholic Church Parish Council and Portsmouth Catholic School Board. In May 2019 he celebrated 50 years as a Master Mason of Escambia Lodge No. 15 of the Free and Accepted Masons in Pensacola, Fla.

Dr. Barreca is predeceased by his son, Joseph Pemberton Barreca, and his sisters, Doris Mahler and Marie Heimel. He is survived by his wife of over 66 years, the former Shirley Jean Chivé; their daughters Elizabeth Barreca Cherry (Chip) and Linda Barreca Perkinson (Bill), a partner in the law firm of Lane & Perkinson, P.C.;

his younger brother, Louis Barreca (Patsy), who resides in New Orleans; grandchildren Donald Cherry III (Whitney), Courtney Perkinson Bates (Kevin), Julia Cherry, and Alexis Perkinson; and great-grandchildren Noah, Caroline and Owen Cherry, and Miles Bates.

NOTE: Bruce and I spoke with Shirley Barreca and her daughter Lynn at the viewing. Cards can be sent to the Barreca's address in Chesapeake listed in the PACMOAA Directory

Submitted by Sherry Ferki, MAJ, USA (Ret)
Personal Affairs Committee Chair

MOAA & LEGISLATIVE

Advocacy in Action: MOAA Members Bring Our Message to Capitol Hill

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/advocacy-in-action-moaa-members-bring-our-message-to-capitol-hill/>

By: Kipp Hanley April 26, 2023

More than 170 MOAA chapter members and board members from across the nation brought MOAA's legislative message to Capitol Hill on April 26 for the organization's annual Advocacy in Action (AiA) event.

Members spent the day inside the offices of House and Senate members, informing legislators and their aides about MOAA's top legislative priorities, including restoring the Basic Allowance for Housing (BAH) to 100% and preserving access to the TRICARE pharmacy network. It was the first time the event was held in person since 2019.

[RELATED: [MOAA's Advocacy in Action 2023](#)]

Jillian Rogers, a member of the [MOAA Currently Serving Spouse Advisory Council](#), and Col. Kim Biever, USA (Ret), a member of MOAA's [Uniformed Services Nurse Advocates Virtual Chapter](#), enjoyed their first AiA experience. They visited with staff from Texas Reps. Joaquin Castro, Tony Gonzales, and Henry Cuellar, and walked away impressed with the positive reception and their knowledge of military affairs.



2023, in Washington, D.C. (Photo by Mike Morones/MOAA)

"All of them were eager to share what they were doing for military families, veterans and servicemembers," Rogers said. "It was not what I was expecting."

MOAA Board Member Col. Rojan J. Robotham, USAF, snaps a selfie with (from left) MOAA President and CEO Lt. Gen. Brian T. Kelly, USAF (Ret), MOAA Chairman of the Board Gen. Gary L. North, USAF (Ret), and Virginia MOAA Vice President of Legislative Affairs Col. Monti Zimmerman, USA (Ret), during MOAA's Advocacy in Action event April 26,

Note: COL Monti Zimmerman, VCOC 3rd VP/Legislative Committee Chair and VCOC JLC Representative.

Both Biever and Rogers have seen the impacts of the BAH cuts firsthand. According to Biever, there is a waiting list of over a year to live on base at Joint Base San Antonio, forcing many families to live off base and weigh quality-of-life decisions – commutes, neighborhoods, and school districts, for example – against living expenses. Rogers said despite having two incomes with her husband, a lieutenant commander in the Navy, making ends meet in Northern Virginia is still tough.

"We are seeking the best schools, so that usually means giving up on housing," said Rogers, who has three young children. "They are taking all of our BAH and a good chunk of the income I bring in [just] to be in a subpar rental house."

[TAKE ACTION: [Urge Your Legislators to Pay Full Housing Costs for Servicemembers](#)]

MOAA Northwest Arkansas Chapter President Col. Robert Crawford, USA (Ret), had never experienced in an in-person AiA but had participated in the last three virtual events. Crawford met with Rep. Steve Womack (R-Ark.) early Wednesday morning; Womack is working on a bill that would make the Basic Needs Allowance non-taxable for servicemembers, like BAH.

During his meeting with Womack, Crawford expressed the tangible benefits of restoring the BAH to 100%. While BAH rates vary by paygrade, location, and other factors, one MOAA calculation using DoD and other government figures found an E-5 in a military housing area representing the national average would receive \$111 more per month if BAH moved from its current 95% of housing costs back to 100%. This would partially lessen a \$433 gap between that servicemember's projected expenses and compensation.

"It's not going to make up for the shortfall, but it's going to make a dent," Crawford told Womack.

[MOAA ISSUE PAPER: [Pay Full Housing Costs for Servicemembers](#)]

Virginia MOAA Vice President of Legislative Affairs Col. Monti Zimmerman, USA (Ret), and MOAA board member Col. Rojan J. Robotham, USAF, met with Rebecca Eichmann, a staffer from Rep. Abigail Spanberger's office, who said the Virginia Democrat would support restoring the TRICARE pharmacy network. Late last year, the network dropped thousands of independent pharmacies; the year before, it dropped Walmart from its rolls.

Eichmann cited her hometown near Orange, Va., where some servicemembers who had been able to use the local Walmart for their prescriptions needing to drive 40 minutes to Charlottesville to find a network pharmacy.

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

Illinois MOAA Council President Col. Robert Tyler, USMC (Ret), met with a legislative aide of suburban Chicago area Rep. Brad Schneider (D-Ill.) and spoke about the importance of earned benefits as a way to recruit more individuals to the military. Despite 83% of recruits coming from military families, fewer and fewer veterans are recommending serving their country.

"My son's father-in-law, who was a Navy captain, is telling his grandkids not to go to the military," Tyler said.

[TAKE ACTION: [Contact Your Legislators and Urge Them to Support the All-Volunteer Force](#)]

Overall, this year's AiA was a successful one, said MOAA Senior Director of Government Relations Cmdr. René Campos, USN (Ret).

"AiA is a great experience for local chapter members to reinforce MOAA's obligation to care for all who serve and have served," Campos said.

PACMOAA Involvement with Advocacy in Action 2023

MAJ Ferki coordinated visits with 4 Congressmen on the Hill for team led by CDR Linc Smith, USNR (Ret) with RDML Hewitt, USN (Ret).

PACMOAA team with MAJ Ferki, CAPT LaLonde and CDR Linc Smith will meet with Congressman Bobby Scott on 11 May via Zoom to review Advocacy in Actions issues for 2023.

MOAA, Other Advocacy Groups Send a Message to SECDEF: Protect TRICARE

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/moaa,-other-advocacy-groups-send-a-message-to-secdef-protect-tricare/>

By: Karen Ruedisueli April 25, 2023

The FY 2024 DoD budget request includes a mix of good news and potential concerns for TRICARE beneficiaries. As a leading voice on Capitol Hill regarding military health system (MHS) issues, MOAA championed [a recent letter](#) from [The Military Coalition](#) (TMC) urging DoD leadership to ensure the TRICARE benefit continues to provide the low out-of-pocket costs, comprehensive coverage, and access to quality care servicemembers and retirees have earned.

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

“Cutting benefits after they have been earned betrays the social contract that underpins the all-volunteer force” says the letter, sent to Secretary of Defense Lloyd Austin. “It is surely a factor in today’s recruiting challenges as military families – key influencers – become less inclined to recommend military service to young people, including their own children.”

MOAA was glad to see the FY 2024 budget request includes no proposals for TRICARE fee increases and suspends planned military medical end strength divestitures – an advocacy priority for MOAA since medical end strength reductions were proposed in 2019. With the help of our members, MOAA has achieved four successive halts to medical billet cuts, including a provision in the FY 2023 National Defense Authorization Act (NDAA) suspending medical billet reductions for five years and directing extensive DoD analysis and reporting.

According to the [budget request overview](#), “The Department will use this directed pause to conduct an assessment of current military medical end strength to match operational requirements and enable the MHS to increase the medical readiness of the force, as well as the readiness of our medical force.” DoD also will present a plan to Congress to address civilian backfill and persistent civilian vacancies or risks associated with medical billet reductions, according to the overview.

[RELATED: [Here’s Why the TRICARE Pharmacy Cuts Could Threaten All Beneficiaries](#)]

Purchased care administered by the TRICARE contractors is another important component of the MHS. Private sector care accounts for more than 65% of total care provided to beneficiaries, and the FY 2024 budget request includes a 7% increase in TRICARE funding.

Past TRICARE budget increases have prompted efforts to trim the benefit and/or shift costs to beneficiaries, as acknowledged by [further DoD budget documentation](#): “Over the period from FY 2012 to FY 2018, both private health insurance premiums and [National Health Expenditures](#) per capita rose 25% (or 3.7% annually). The Private Sector Care budget should have continued to rise but the Department, with concurrence from Congress, instituted a series of initiatives that bent the cost curve. A combination of benefit changes, payment savings initiatives, contract changes, and population reductions offset underlying increases in health care costs.”



While the FY 2024 budget does not include TRICARE fee increases or new military health care benefit cuts, pressures on the MHS budget continue to be a concern. Protecting TRICARE is a top priority for MOAA, and our efforts will continue as MOAA members take part in our Advocacy in Action campaign to [restore the TRICARE pharmacy network](#).

Submitted by: MAJ Sherry Ferki, USA (Ret)

VCOC

Second Quarter Meeting: April 12, 10:00am - 12:00pm, GEN George C. Marshall’s Home in Leesburg, VA, also Zoom Virtual meeting.

Third Quarter Meeting, July 12, 2023 10:00 am – 12:00pm LOC TBD, In person and Zoom

Fourth Quarter Meeting Oct 24-26, 2023 Biennial Luncheon LOC TBD In Person

Boyd Nix addressed the VCOC officer slate for next year. He reports that he has contacted every chapter to solicit nominations for Council President. He has several “maybe” replies but nothing firm. He did say that he has a possible nominee for Secretary, and he will pass on details relating to that possibility to John Down.

Dan Merry of MOAA National was our guest speaker. He mentioned AiA dates of 4/26/2023 and talked about two other topics:

1. From the presentation, MOAA has two primary legislative objectives (goals) for this year. The first is to restore Basic Allowance for Housing (BAH) status. Discussion: From 2005 until 2014 we had 100% BAH. The Department of Defense (DoD) wanted

to reduce BAH from 100% to 95% in 1% annual decrements, beginning in 2015 until reached in 2019. Expectation was \$5B in savings. This particularly hurts our enlisted members and their families. While MOAA represents officers, it supports all ranks and desires that the reduction of BAH be redressed. Dan noted that to restore BAH will probably exceed \$5B.

- The second major objective is to halt the erosion of Tricare benefits. Specifically, DoD cut 25% of the available pharmacy networks which especially hurts those smaller pharmacies in less populated areas. Independent analysis says that the cuts impacted rural areas, long term care, and specialty pharmacies. DoD did not look at impacts when they made the cuts. The MOAA goal here is to get DoD to look at the impacts.

2023 JLC INITIATIVES

- JLC March 6, 2023, information can be accessed at Virginia Department of Veterans Services at: [2023-Military-Veterans-Bills-and-Budget-as-of-03-06-2023.pdf \(virginia.gov\)](https://www.veterans.va.gov/resources/military-veterans-bills-and-budget-as-of-03-06-2023)

COMMUNITY AFFAIRS

THANK YOU FROM PORTSMOUTH VOLUNTERS FOR THE HOMELESS EXECUTIVE DIRECTOR

4/29/23

Greetings Ms. Sherry!

My apologies for the delay in responding. Thank you all so much for inviting me and always making me feel so very welcomed! I learned so much about PACMOAA history and it was moving to see your growth and continued presence in the various areas of your work. Thanks for the donations which are always needed and appreciated.

Best wishes for another 40 years of service!

Best regards,

PS thanks for the picture!

Darlene

Darlene Sparks Washington, DPM

Executive Director, Portsmouth Volunteers for the Homeless

800 Williamsburg Avenue, Suite B

Portsmouth, VA 23704

Telephone: (757) 399-0200

Fax: [\(757\)399-3331](tel:7573993331)

Email pvh.ExecutiveDirector@gmail.com

2023 JROTC Contacts/Award Ceremonies

Updated 5/1/2023

School	Director	Phone No.	Date/ Time	Cadet//Presenter
CHESAPEAKE	<i>All AFJROTC</i>		10 May 2023	CAPT Rick Titi
Deep Creek HS darrell.pearman@cpschools.com	MAJ Darrell Pearman CMSgt Pabon	558-5302 HS 558-5304 JROTC	Ceremony 6:30 pm	Ashlee Cheeseman
Grassfield HS dirk.sandstrom@cpschools.com	Lt Col Dirk Sandstrom CMst Smiley	558-4749 HS 558-4516 JROTC	Presenters asked to arrive between	Samantha Bustarde
Great Bridge HS Christian Wendler christian.wendler@cpschools.com	Lt Col Christian Wendler SMSgt Smith	558-5191 HS 546-3651 JROTC	5:30 & 6 PM to help get awards organized	Jacob Goldstein
Indian River HS	Lt Col Lynn	578-7000 HS		Skylar Naugle

Lynn Holmbeck lynn.holmbeck@cpschools.com	Holmbeck CNSgt Patrie	452-6125 JROTC		
Oscar Smith HS michael.kenemuth@cpschools.com	MAJ Michael Kenemuth MSgt Cain	548-0696 HS 548-0498 JROTC		Kierra Moree
Western Branch HS bryan.spalla@cpschools.com	COL Bryan Spalla SMSgt Terrell Rogers	638-7900 HS		Tyler Hustedt
PORTSMOUTH				
Churchland HS MCJROTC paul.pratt@portsk12.com	LtCol Paul Pratt	686-2500 HS	16 May 2023 0900 in library	Awardee pending
I.C. Norcom HS NJROTC joseph.redwood@portsk12.com	CWO2 Joseph Redwood 754-1439 Chief Covington	393-5442 HS 397-4096 JROTC	24 May 2023 1800 in auditorium	? CAPT Rick Titi Emancia Powell
Manor HS (Woodrow Wilson HS) AJROTC wallace.white@portsk12.com	MAJ Wallace White SSG Orlanda Gordon MSG (R) Stanley Hill	757-465-2907 HS 757-465-2947 JROTC	1 June time pending	Awardee pending
SUFFOLK				
Lakeland HS AFJROTC sheldonpowdar@spsk12.net mevisarice@spsk12.net	SGT Sheldon Powdar Ms. Rice Guidance counselor	925-5790 HS	25 May 2023 1300	Awardee pending
Nansemond River HS AFJROTC davidhedger@spsk12.net	LtCol David Hedger Sgt Young	923-4101	10 May 2023 6:15-8 pm	MAJ Sherry Ferki Awardee pending
Kings Fork HS	No JROTC class this year	923-5240 Scholarship info to	brucebaxter@spsk12.net	
Smithfield HS AJROTC pbadoian@iwcs.k12.va.us	LTC Pete Badoian 1SGT Marvin Hunter	357-0056	25 May 1315 in SHS auditorium	MAJ Sherry Ferki CSM Alexander Ramirez
Franklin HS drobinson@fcpva.org or lwright@fcpva.org	LTC Linwood Wright 1SGT Robinson	562-5187 school 802-0427 Robinson?		Email sent 4/20/23 Message left 5/1/23

NMCP Pharmacy Update

January 1, 2023, via website at <https://portsmouth.tricare.mil/Health-Services/Pharmacy>



Skip Waiting in Line to Activate New Prescriptions?

Beginning January 9, 2023, you will be **REQUIRED** to activate your **NEW** prescriptions **BEFORE** heading to the NMCP Pharmacy, of your choice, with the help of Q-Anywhere!

Q-Anywhere

- Text **"get in line"** to **1-833-217-2199** or scan the QR code, hit send and follow the prompts.
- Get a text when your medications are ready for pickup.
- Text **"I am here"** upon arrival at the pharmacy you selected and listen for your "Q" number.



Important things to remember:

- Please note, Q-Anywhere function is available only during the selected pharmacy's operating hours. If the selected pharmacy is closed, you will receive a text indicating such.
- If you do not know the DoD ID of the dependent you are trying to activate a prescription for, simply enter the sponsor's DoD ID and text "DONE", when prompted. Once you receive a text stating "you are now in line" simply respond with the name of the dependent you are activating the prescription for as well as their date-of-birth.
- Patients who are unable to utilize the text activation method should phone the Pharmacy location they wish to utilize.

For more information about Q-Anywhere, and detailed instructions please go to <https://portsmouth.tricare.mil/Health-Services/Pharmacy/Q-Anywhere>.

<<< This works with Tricare Prime Clinic in Suffolk!!!

40th Anniversary Dinner Pictures



From Left: LCDR Bob Wall, Alice Fticsar, Margaret Wilshusen, Teddy Lyons, Son, Tim Lyons, Brenda Hostetler.

Clockwise from Left: Melissa Johnson, Carol Rowe, CPT John Rowe, John Yandle, Lois Yandle, CDR Linc Smith, Byron Johnson.



Clockwise from Left: Cindy Brewer, Teresa Wilfong, President CAPT Bruce LaLonde, CWO2 Doug Weller, Donna & CDR Ken App, Margie Stevenson, and CAPT Bob Brewer

Clockwise from Left: COL Irv & Dottie Lindley, Patricia Peet, Lt Joyce Johnson, Angela & CWO3 Karl Wilson, Col William Coburn





From Left: COL Bill Smith, LTC Herb DeGroft, and Cadet Anderson

Below: CDR Linc Smith, VCOG President, presenting the MOAA 40th Anniversary as an Affiliate of MOAA.



Left: Sherry Ferki welcoming past member, Col Ben Barnard and Fiancée Mindy Delcher, to the Gathering.



At left - from left: Mrs. Mary Snyder, SS, Mrs. Bettye Hussey, SS, and new Member, CDR David Von Rump.

Below: COL Hal Hostetler ringing the Bell, for the Two Bell Memorial Ceremony.



Above from Left: CDR Barb & CAPT Gordon Iiams, CWO4 Van White



At left: Darlene Washington, PVH Executive Director, LCDR Dolly Cherrington, & CDR Hans Sachse



At Left: CDR Ken App visited PACMOAA Member, CAPT Bob Parker at his residence in Northern Virginia on April 20th & Presented him a Certificate of Appreciation for his long time Service, & a 40th Anniversary Challenge Coin, and program.



From left: CDR Scott & Heather Dickinson, (below) CAPT Roger Hirsh



Above: MCJROTC Cadet McClendon in discussion with CDR Barb Iiams.

Below: Darlene Washington, PVH Executive Director with CWO4 Van White



PROGRAMS

May 11th, **CAPT Timothy T. Thompson** NMCP will speak on the Pharmacy
June 8th, 2023, PACMOAA Scholarship Dinner, LTC Craig D Starn, USA NSU ROTC Professor of Military
Science

July 16th Tentative Joint Brunch, Location TBD

Sep 14th, Oct 12th, Nov 9th, TBD

Dec 14th , **PACMOAA Christmas Gala**



Submitted by:
COL Hal Hostetler, USA (Ret)

CHAPLAIN'S CORNER

The month of May and the nearing of summertime brings thoughts of joy and happiness which I found most appropriately written in Poems of Joy, from the Salesian Collection by Elsie Natalie Brady. With permission granted in the copyright of this volume, I offer her beautiful prayer of Happiness which spoke to my heart, and I hope will reach yours.

Happiness

I sought the path to happiness
Through power, wealth, and fame,
Yet everything that I possessed
 Appeared to be in vain.
 Nothing seemed to satisfy
 Or elate my restless soul
While I kept reaching for the sky
 For that desired goal.
Then unexpectedly, I found
 A tome, its pages old,
With a message most profound
 In illuminated gold.
"Love thy neighbor as thyself,
 Have faith and charity,
And a cheerful merry heart,
 If happy thou wouldst be."



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



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

THAT'S A WRAP FOR MAY 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: _____

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HOME PHONE: _____ CELL PHONE: _____

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