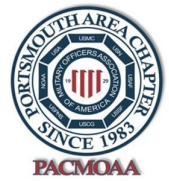




The Salute Online



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 XXXXIII Issue IX

LEARN MORE AT PACMOAA.ORG

NOVEMBER 2024

The Mission: PACMOAA supports the Military Community through legislative advocacy, mentoring youth, and community involvement.

FROM THE PRESIDENT'S DESK



PACMOAA Family---The holiday season is upon us and I want to early on wish everyone a safe and joyous season---do me a personal favor and take time to remember a distant loved one and maybe reach out to them. Looking forward to our next dinner meeting (Nov14th), where we will look back on our accomplishments for 2025...look ahead to 2025 and vote on the leadership for our next year...please bring a guest to introduce and share our experiences. Happy Veteran's Day and Happy 249th birthday to the United States Marines...anchors aweigh ...Bruce

Bruce LaLonde CPA
Capt. (Ret) USN
757-241-3026



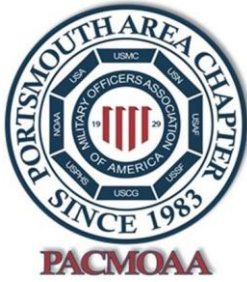
Left: PACMOAA listening to Gail Joyce, pictured left below on the Virtual Zoom Presentation.



VETERAN CRISIS HOTLINE Dial 988 then press 1

PACMOAA
LEADERSHIP

SEE LEADERSHIP PULLDOWN



CHAPTER NEWS

NOVEMBER

- 01 First Day of American Indian Heritage Month
- 03 Daylight Saving Time Ends
- 05 ELECTION DAY
- 10 MARINE CORPS 249th Birthday 1775
- 11 Veteran’s Day
- 11 FEDVIP Open Season (Ends December 9, 2024) [BENEFEDS | Federal Benefits Enrollment \(FEDVIP, FLTCIP, FSAFEDS\)](#)
- 14 PACMOAA Dinner Business Meeting
- 23 Coast Guard Women’s Reserve Established 1942
- 28 THANKSGIVING
- 29 Native American Heritage Day
- Medicare Open Season (October 15-December 7)

HAPPY NOVEMBER BIRTHDAYS

Bob Brewer Peg Cicirelli Larry Mellis
Valerie Parker Paul Pratt Conrad Strickland
David Von Rump Chuck Waggoner Bob Wall

The November Dinner Meeting

will be held on **Thursday, November 14th** at Roger Brown’s Banquet Room, 316 High Street, Portsmouth (757) 399-5377

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

Buffett Menu
 HARVEST SALAD
 BBQ CHICKEN
 CATFISH
 MAC & CHEESE
 BROCCOLI&CARROTS
 CORNBREAD
 BROWNIE

Cost is \$25 (includes gratuity & tax). Cash bar available. Please make your reservation no later than **Sunday, November 10th** with Sherry Ferki at 757-922-7030 or by email at navmedarmynurse@gmail.com.

A RESERVATION MADE IS A RESERVATION PAID

Right: scan the QR Code to find out more about PACMOAA



PACMOAA TODAY.
PACMOAA, a five star level of exce...
www.pacmoaa.org

ANNUAL BUSINESS MEETING & ELECTIONS**PACMOAA BUSINESS MEETING AGENDA
NOVEMBER 14, 2024**

- a. Pledge/Prayer
- b. Welcome
- c. Dinner (6:30-7:15 pm)
- d. Secretary's Report
- e. Treasurer's Report
- f. Membership Report
 - Recruitment Activities/ideas
 - Personal Affairs
 - Surviving Spouse Liaison
- g. Legislative Report
 - MOAA priority bills
 - 2024 VCOC JLC objectives/ achievements
 - VMSDEP Update
 - JLC Objectives for 2025
- h. Programs Report
- i. VCOC Report
- j. Communications Report
- k. Scholarship/JROTC Report
- l. Nominating Committee/Election Report (**If you didn't vote by mail or email yet, please bring your ballot with you**) (**Bios are on pp. -22 Ballot is on page 26**).
- m. LOE- Any contacts with elected representatives (in-person or virtually) and/or community involvement (like AiA, Memorial Day parade, Veterans Day event attendance, Portsmouth Mayors Military Affairs Committee)? Please give info to Sherry Ferki.
- n. Old Business
 - Community Involvement/Activities PowerPoint
 - Fundraising
 - Christmas Gala
 - 1 ½ hr or 2 hr starting at 1900
 - Only Christmas music or some Christmas music in addition to variety of music
- o. New Business
 - Awards
 - Chapter – Present Harris Communication Award & Levels Of Excellence
 - Any VCOC or MOAA training any members attended this year
- p. PACMOAA Goals and Objectives
 - Membership
 - Legislative Advocacy
 - Community Involvement
- q. Other
- r. Adjourn

MEMBERSHIP**WELCOME ABOARD**

**LTC Willam (Billie) Jones, USA (Ret) and his wife Deana
from Chesapeake
Jane Chenault, Surviving Spouse from Suffolk**

PACMOAA currently has 65 paid members, 48 regular members and 17 surviving spouses. Sadly, that includes four deaths and three new surviving spouses since September. I am still trying to contact 3 of our members from last year that have not renewed yet. If you aren't sure if you've paid your dues or not, please contact Hans or Sherry. A dues renewal/membership application form is attached at the end of the newsletter.

Membership is essential for a chapter to function effectively! PACMOAA, as do many of the chapters in the Virginia Council of Chapters (VCOC), have many older members that are having health issues. Currently, the primary way potential members in PACMOAA's area find out about our chapter is by word of mouth. Inviting an eligible colleague, friend, or neighbor to a dinner meeting is a great way to introduce them to PACMOAA. Potential members can attend a dinner meeting for ½ the usual price. **Thanks, Karl**, for inviting Billie and his wife to our October meeting. Please consider inviting potential members to our Christmas Gala. This is a great way to share the camaraderie of our group with others. Remind them that MOAA keeps them updated on national issues, PACMOAA provides updates on state and local issues, including pharmacy issues!

Twice a year PACMOAA can send a request to MOAA for an email blast to be sent out to potential chapter members inviting them to a specific chapter meeting. I requested one to be sent out for our October meeting as this topic "Every Life Needs a Battle Plan" applies to all of us! Unfortunately, I had only one response and that person wasn't able to attend the meeting.

I bring membership brochures to each meeting and can mail you some if that would be helpful.

REMINDER: Many members include donations for our **SCHOLARSHIP FUND** with their dues and/or dinner payments and this can be done **in-person, via mail, or online**. The students are very appreciative of any assistance they can obtain to help with their college expenses!

Reminder per Guidelines for Paying PACMOAA Dues/Meals/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/ SURVIVING SPOUSE

November through January are always very busy and stressful months for most of us. That is especially true if you've suffered a loss. No longer sharing family gatherings with your spouse and/or other loved ones is especially difficult. MOAA published an article about dealing with the holidays

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/member-spotlight/surviving-spouse-corner-facing-your-holiday-blues/>.

The Surviving Spouse Corner is usually published every month and included in the PACMOAA newsletter. It can be accessed at <https://www.moaa.org/content/about-moaa/meet-our-leaders/surviving-spouse-advisory-committee/surviving-spouse-corner/>.

"TAPS (Tragedy Assistance Program for Survivors) is a national nonprofit organization providing compassionate care and comprehensive resources for all those grieving the death of a military or veteran loved one." Per <https://www.taps.org/mission>. Their services can be accessed by **spouses, children, parents, siblings, extended family members, battle buddies, and friends**. TAPS provides support regardless of the circumstances of the death, the length of time since loss, the relationship to the deceased, or the duty status at time of death. **The TAPS 24/7 Helpline** is staffed by trained professionals who provide emotional support, resources, and information. The number is **800-959-TAPS (8277)**.

The articles listed below are from the TAPS website and address dealing with grief over the holidays, ways of coping and recreating family traditions.

<https://www.taps.org/articles/2023/holiday-grief-tips>

<https://americanhospice.org/working-through-grief/coping-with-holidays-and-family-celebrations/>
<https://www.taps.org/articles/28-4/recreating-holiday-traditions>

Whether it is the first holiday without your loved one or the loss occurred some time ago, grief is experienced differently by each of us and in different time frames. We cannot compare our losses but can try to help each other along the way. One of the references on the TAPS website noted that of the survivors that connected with TAPS in 2023, about 33% suffered their loss more than a year earlier and some had experienced their loss over 10 years earlier! Please take care of yourself, your families and your friends. I think the pandemic reminded us of the importance of family and friends and that we need to appreciate the time we have with them. This time of year, reminds us of that fact even more.

Submitted by Sherry Ferki, Surviving Spouse Liaison and Personal Affairs Chair

OVERVIEW OF PRESENTATION “EVERY LIFE NEEDS A BATTLE PLAN”

PACMOAA members received a wonderful presentation from *Gail Joyce, a Surviving Spouse* who has served as the Surviving Spouse Representative to the MOAA Board of Directors since 2020. She has been a member of the MOAA Surviving Spouse Advisory Council (SSAC) since 2013 and has served a Chair since 2020. Gail is also Vice President of the MOAA [Surviving Spouse Virtual Chapter \(SSVC\)](#) and has been a member of that group since 2018.

In addition to sharing her story with us, Gail discussed the history of the Surviving Spouse Advisory Council (SSAC) and stressed the importance of having the title changed from auxiliary members to Surviving Spouses in 2013! That change allowed surviving spouses to be full-fledged voting members.

The Surviving Spouse Virtual Chapter (SSVC) was formed in 2018 and its goal is to educate, engage/advocacy, and encourage. SSVC meets every month on the 3rd Tuesday (except December), alternating between an educational program and an informal social time to share stories and issues. A recent program was given by RADM Ann Duff, USN (Ret) Assistant Director, Office of Survivor Assistance, Pension and Fiduciary Service. She included a brief overview of the types of assistance her office can provide in helping Surviving Spouses like assistance with obtaining **VA Survivor Benefits**, if eligible. The most recent program was “**How to Recognize and Prevent Scams- Protecting Yourself from Fraud and Scams**”. An application for SSVC can be accessed at https://www.moaa.org/uploadedfiles/mssvc02_application_2023.pdf.

Surviving Spouses participated in **Advocacy in Action** in the spring and summer and Gail reviewed the issues most important to surviving spouses at this time and encourages everyone to ACT NOW!! Contact your legislators to improve survivors’ benefits!

1. **Military Survivor Comfort Act** – Bill # pending reintroduction. Would allow survivors to avoid immediate takeaway of the last month’s retirement pay upon the death of the veteran. Could gradually repay over 12 months or request debt forgiveness. Previously called Respect for Grieving Families Act.
2. **Caring for Survivors Act** – Bill # pending reintroduction. would raise DIC to same levels as other federal survivors’ programs.
3. **Elizabeth Dole Home and Community Based Service for Veterans and Caregivers Act (H.R. 542/S. 141)**.
NOTE: MOAA currently advocating for comprehensive VA health care through the Senator Elizabeth Dole 21st Century Veterans Health Care and benefits Improvement Act (H.R. 8371) which includes this bill)
4. **Love Lives on** – remarriage act (to secure the right for surviving military spouses to remarry at any age and retain their benefits. Now only retain remarry after age 55.)

Gail discussed the importance of having a conversation about the inevitable. This should be between spouses, between parents and their older children, and/or between spouses and their parents. Everyone needs to be in agreement to ensure their wishes are followed.

The numerous publications available on the website were briefly discussed, especially the newest publication “Preparing For The Loss of a Military Spouse”. This is the result of combining several older publications in consultation with SSAC. The publications are available for Premium and Life members to be downloaded, or a

copy mailed to you. You can access them at <https://www.moaa.org/content/publications-and-media/moaa-publications/moaa-publications/#survivor>.

Gail also shared some of the **issues members reported** that caused them difficulty when their spouse died.

- Be sure to have separate credit cards. Several members had discussed a USAA credit card and when the primary holder died, the credit card was taken away or the surviving spouse had a smaller credit card in their name so couldn't get enough credit to pay bills.
- Make sure all utilities are in both names as well as cable bills, phone, etc.
- Homes and cars should not be in both names (and) but say and/or survivorship.

Reminders

- VA Office of Survivors Assistance – advisor, consultant, case management, ADM Ann Duff, USNS (Ret) is an Assistant Director and will be happy to assist you. Contact her at 201-461-9398 or Ann.duff@VA.gov.
- **Do not pay** anyone to file a claim that can be done by the VA or one of their affiliates for free (like the Veterans Service Officer that spoke to PACMOAA members in May – Paul Phelps).
- Get acquainted with the Veterans Administration website www.va.gov. Learn about the PACT Act, information per cemeteries and burials, research Aid & Attendance, and financial assistance available through services. **NOTE:** Member and spouse are eligible for free burial at a federal or state veterans cemetery like Albert G. Horton, Jr Memorial Veterans Cemetery in Suffolk.
- MOAA webinar: *Preparing a Spouse or Family Member for Survivorship 2024* :<https://www.moaa.org/content/benefits-and-discounts/transition-and-careers/transition-center-webinars/survivorship-webinar-2024-webinar-archive/>

NOTE: I bring copies of several of the MOAA booklets with me each month to our meetings.

Submitted by: Sherry Ferki, MAJ, USA (Ret)
PACMOAA 2nd VP/Membership Chair
Personal Affairs Chair and Surviving Spouse Liaison

Surviving Spouse Corner: Avoid These Surprises During Your Time of Loss

Plan ahead now, so you're not caught off guard by the unexpected following the death of a spouse.

By Pat Green, Surviving Spouse Advisory Council member Oct 1, 2024 [MOAA - Surviving Spouse Corner: Avoid These Surprises During Your Time of Loss](#)

Losing a spouse is a traumatic emotional event. When you are in the vulnerable time after your spouse's death, you do not need the extra stress of dealing with surprises. Prepare yourself now for the following:

Finances and Benefits

The Social Security death benefit is only \$255. Pensions are paid forward. You should be prepared for a possible prorated claw-back of the last month of your spouse's pensions. A bill now under consideration in Congress would reduce the effects of the claw-back of your spouse's military pension. Visit MOAA's Legislative Action Center and [urge your representatives to support the Respect for Grieving Military Families Act \(H.R. 3232/S. 1588\)](#).

The year after your spouse dies (if you have no dependents), taxing agencies will consider you a single person. That means that you will pay taxes at a higher rate. Deductions are reduced by one-half when you are single. If there is large equity in your family home, consider the tax consequences of a sale. Time the sale of large assets to reduce your tax implications.

If you do not already own a credit card in your name with a large available credit balance amount, it may be difficult to get one on your newly reduced income.

A regular monetary gift from a spouse's relatives may be reduced or eliminated.

Some life insurance policies are reduced or denied depending on the circumstances of death, for example accidental causes or suicide.

Some well-meaning people can give bad information. Seek professionals for advice on important matters.

Funeral Costs, Timing, and Requirements

Burial costs can run from \$5,000 to \$20,000. If you delay the interment too long, there might be casket storage costs. These costs must be paid when the arrangements are made. Even with pre-arrangement cremation policies, there might be additional costs.

A casket burial at Arlington Cemetery might be a six-month delay. Burial at your nearest national cemetery can usually be arranged in one to two weeks; a year wait might be required for a cremation burial.

You will be asked for your spouse's birth certificate, DD Form 214, your spouse's parents' names and their mother's maiden name.

You will need 15-20 (maybe more) copies of the death certificate.

If a religious service is held, as a member of a church or synagogue, you might be surprised with costs for music, program printing, security, flower attendant, and clean-up fees. Sometimes, there are even pastoral fees.

Social/Personal Concerns

Grief can affect your memory and reasoning skills. Take a trusted friend or child with you to important appointments. Your power of attorney papers should be changed as soon as practicable. Your new best friend might be the county veteran service officer.

Some of your spouse's friends might not wish to continue the relationship with you. In a second marriage, some stepchildren might become aloof.

You might not realize or remember who attended the funeral. Have a guest book. Use it also to note especially thoughtful or kind acts that were shown to you. Later, in review, you can express your appreciation with less emotion and more gratitude.

Children, friends, and neighbors will rally around, but slowly their life will resume to normalcy. Yours will not. You must build your life anew. It's a difficult task, but you can do it.

For more assistance with planning ahead, download MOAA's new publication, [Preparing for the Loss of a Military Spouse](#).

IN MEMORIAM

CAPT Oran "Sonny" Chenault Jr., USN (Ret)



Oran Ward Chenault, Jr, known by most as Sonny, passed away in his home attended by family on October 1, 2024. He lived a remarkable life. He was born in 1934 in Pennsylvania, the only child of Oran Ward and Mae Bollinger Chenault, and the family moved to China when he was 9 months old. As the child of a military family, Sonny moved to numerous places including Honolulu, Coronado and Pensacola, where he graduated High School. Sonny attended Tulane University for undergraduate and medical school, where he also thoroughly enjoyed the jazz music scene as well as the Cajun cuisine. He was commissioned as an officer in the Navy where he achieved the rank of Captain. During his career, he was stationed in San Diego CA, Jacksonville FL, and Portsmouth VA. In addition, Sonny was stationed on the USS Repose hospital ship during the Vietnam War. His father had also been a doctor in the Navy, and many recall Sonny's stories of his father serving as Officer of the Day at Pearl Harbor during the attack as well as his own memories as a child

of that eventful day. Sonny played a pivotal role in establishing the Urology Residency Program and served as Chief of Urology at Portsmouth Naval Hospital before retiring from the military. The residents who studied under him were treated like extended family and spent many a happy hour at Sonny and Jane's home. The mutual love

and respect have continued to present day, and many of these wonderful people would still reach out to him more than 40 years after he retired from the service. He went on to become a well-respected Urologist in Chesapeake, Virginia, who was known for his exceptional skills and compassion.

During his first years in the Navy, he met and married his best friend and the love of his life, Jane Brimicombe. They went on to enjoy more than 64 years together, raising their four children: Micky, John, Tammy, and Jeff.

Sonny and Jane loved to travel, sharing thousands of miles behind the wheel of their several RVs and motor coaches. Together, they visited all 50 states, every province of Canada, and each of the 7 continents (yes, even Antarctica!). Many road trips were taken with the children, grandchildren and a variety of animal companions which included cats, dogs, a duck, a turtle, and a rabbit. It wasn't uncommon for them to be towing a boat, canoe, or extra vehicle along the way. When not traveling, Sonny and Jane's house was always open, and there was often a revolving door of friends and family sharing a drink, stories, and laughter.

After the children were grown, Sonny and Jane set out on many international adventures, with trips to China, Europe, African safaris and the Australian Outback. They were great travel partners, and their skills in planning, driving and navigating the routes were matched by their ability to make friends and socialize with fellow travelers along the way.

His many hobbies included playing the trumpet, teaching, science, jazz music, world travel, photography, fishing, and cars (or anything mechanical). He was known for being adventurous, ambitious, charismatic, compassionate, curious, generous, hardworking, and humorous. Sonny shared at least one of his many gifts with each of his children. Micky received an amazing ability to recall every detail of events as well as the ability to teach, no matter the subject matter. John was lucky enough to share the gift of leadership, love of music (especially trumpet), and love of fishing. To Tammy, he gifted the love of science and the passion of caregiving. Jeff was given the gift of mechanical ability, love of cars, and benevolence. Losing Jeff to cancer almost 5 years ago left a hole in Sonny's heart.

In addition to those listed above, he is survived by sons-in-law David Waller and Ray Schembri, and daughters-in-law Natalie and Terry Chenault, all of whom Sonny loved dearly. He is also survived by seven grandchildren (Colin, Jordan, Danielle, Matthew, Rachel, Sydnie, Kelsie) and six great grandchildren, all of whom added joy, laughter, love, and meaning to his life.

To all who shared in his life, know that your friendship added laughter and music to his heart. To all at Lake Prince, thank you for making his transition from family life to life in the retirement community a successful and meaningful journey. We hope those who have known Sonny will carry the memories, laughter, and joy with them always. A Celebration of Life Service will be held Tuesday, November 12, 2024 at 11:00 a.m. at Albert G. Horton, Jr., Memorial Veterans Cemetery. Condolences may be registered online at www.parrfuneralhome.com.



From <https://www.parrfuneralhome.com/obituary/oran-chenault-jr>

Sonny was the last known PACTROA/PACMOAA Charter Member. I first met him when I moved to Lake Prince Woods in Suffolk 2 ½ years ago. He started a Veterans Group there that meets monthly and was very welcoming. Our thoughts and prayers are with Jane and her Family.

Pictured left: Sherry, Sonny and his wife Jane at the Lake Prince Woods Veterans Day Celebration at Lake Price Woods in 2023.

Sadly, we lost another member this week, George Van Lathem. His obituary can be found at <https://www.bwfosterfuneralhome.com/obituary/george-r-van-laethem>. Our thoughts and prayers are with Anna and her Family. More information will be in the December 2024 issue.



Submitted by:
Sherry Ferki, MAJ, USA (Ret)
PACMOAA Personal Affairs Chair & Surviving Spouse Liaison,
VCOC Surviving Spouse Liaison

MOAA & LEGISLATIVE

Military Pay, TRICARE Upgrades on Tap When Congress Returns to Work

By: April Vogel October 29, 2024 <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/advocacy/military-pay,-tricare-upgrades-on-tap-when-congress-returns-to-work/>

A busy agenda awaits members of Congress when they return to Washington, D.C., after the election, with the FY 2025 National Defense Authorization Act (NDAA) taking center stage.

This year's NDAA has faced significant delays as lawmakers negotiate disagreements on a multitude of military policies. As they navigate a challenging political and legislative landscape, MOAA remains closely involved with several initiatives that could have an impact on the well-being and support of the military community.

Here's a look at some of the provisions in the House and Senate NDAA versions, which include key MOAA priorities:

Military Pay Raise and Junior Enlisted Pay Increase: The House version of the NDAA calls for a significant 15% increase for junior enlisted servicemembers (E-1 to E-4) in addition to a standard 4.5% raise for all ranks. This proposal faces strong opposition from the White House and some in the Pentagon, and lacks corresponding provisions in the Senate's version, which only suggests a 1% additional raise for fewer junior enlisted members (E-1 to E-3).

[TAKE ACTION: [Urge Congress to Support a Substantial Pay Raise for Our Junior Enlisted Troops](#)]

Basic Allowance for Housing (BAH): Another critical element of the House NDAA is the effort to restore BAH to cover 100% of housing costs, a measure vital for supporting servicemembers and their families. This initiative lacks Senate support and was not funded by the House Appropriations Committee, highlighting the challenges of securing adequate resources for military families.

Basic Allowance for Subsistence (BAS): The House NDAA mandates a comprehensive review of BAS rates by DoD. This review would consider various factors such as family size, food accessibility, and local costs, ensuring allowances accurately reflect the needs of servicemembers and their dependents. Furthermore, the legislation proposes raising Basic Needs Allowance (BNA) eligibility to 200% of federal poverty guidelines, a move that could significantly expand support for those in need.

Military Family Support: The House version of the NDAA includes several important provisions aimed at enhancing support for military families and improving the welfare of servicemembers:

- *Expanded In-Home Child Care Pilot:* The proposed expansion would include installations such as New York's Fort Drum, New Mexico's Holloman Air Force Base, and Naval Air Station Lemoore and Marine Corps Air-Ground Combat Center Twentynine Palms in California. The move would increase access to essential child care services for military families.
- *Incentives for Child Care Providers:* Last year, DoD mandated that services implement policies to encourage more individuals to become child care providers, offering a 50% discount on care for their first child. The Air Force has set a higher standard by providing a 100% discount for the first child and additional discounts for subsequent children. The House version of the NDAA aims to establish this 100% discount

across all services, ensure competitive pay for child care personnel, and facilitate easier transfers between installations.

- *Flexibility for Federally Employed Military Spouses:* The House version of the NDAA requires federal agencies to offer flexibility for military spouses upon receipt of PCS orders. Options include remote work, reassignment within the commuting area of the new duty station, authorization to perform duties in an equal position, or leave without pay for up to six months, allowing agencies to backfill positions.

[LEARN MORE: [What the House NDAA Would Mean for Military Families](#)]

Transition Assistance Program for Guard and Reserve: The House NDAA includes a tailored transition assistance program for Guard and Reserve members, better aligning support with their unique needs. It also would establish parental leave parity for the Coast Guard Reserve, bringing their policies in line with those of the DoD.

Military Unaccompanied Housing: The House NDAA calls for increased funding and visibility of Facilities Sustainment, Restoration and Modernization (FRSM) funds to address decades of deferred maintenance, estimated at \$137 billion. The proposal also includes provisions allowing junior enlisted Navy personnel on sea duty to receive BAH in response to extended ship maintenance periods.

[RELATED: [Members of MOAA's Currently Serving Councils Weigh in on Military Moves](#)]

TRICARE: Both the House and Senate NDAA versions include key provisions that would improve the military health care benefit by:

- *Eliminating contraception copays to align TRICARE with Affordable Care Act requirements:* To avoid direct spending barriers, the House version limits this change to one year while the Senate version delays implementation until 2034.
- *Expanding TRICARE coverage of assisted reproductive technology, including IVF:* Both versions exclude certain beneficiaries, including retirees, to avoid mandatory spending increases. MOAA has urged Congress to include all beneficiaries in this parity fix.
- *Including pregnancy as a qualifying life event (OLE):* The House version includes a pilot that would make this change as part of a five-year program. Greater flexibility in switching between TRICARE Prime and Select will help ensure access to vital prenatal care.
- *Offering more mental health options:* A provision in the Senate version would allow active duty servicemembers and their families to use TRICARE network mental health providers licensed in another state. This would help address mental health access and continuity of care challenges for mobile military families.

These provisions underscore the commitment to supporting military families and ensuring the well-being of servicemembers. As lawmakers consider the NDAA, it is essential they include critical measures in the final legislation to strengthen and support the military community

Your Future Care at Risk? Why Veterans Need the Dole Act to Move Forward NOW

By: Kevin Lilley October 22, 2024 <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/your-future-care-at-risk-why-veterans-need-the-dole-act-to-move-forward-now/>

With a few scant weeks left in their session, members of the 118th Congress must act immediately or risk leaving generations of veterans, and their caregivers, with inadequate resources, life-altering stress, and more questions than answers about their long-term health.

The bipartisan Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act ([H.R. 8371](#)) addresses these issues and others, improving service-earned benefits and offering even wider upgrades to survivor programs, homeless veteran outreach, and many other facets of VA-provided support. Yet despite backing from key committee leaders and [dozens of veterans groups \(including MOAA\)](#), the bill has not cleared the House nor been introduced in the Senate.

[TAKE ACTION: [Ask Your Lawmakers to Back the Dole Act](#)]

Thousands of visitors to MOAA's Legislative Action Center already have reached out to their legislators in support of the bill, but as other post-election priorities stack up, it's critical to make your voice heard *today*.

Failure to pass this bipartisan bill would push planned improvements back years – improvements needed as the VA faces [its own budget crisis](#) and prepares for a [challenging demographic landscape](#):

- The VA will see a 31% increase in veterans 85 and older from 2021 to 2041.
- Over that same period, the number of women veterans over 65 will spike by 237%.
- There are already 14.3 million military and veteran caregivers, mostly family members. According to [a new RAND study](#), 42% of caregivers to veterans age 60 and under met the criteria for depression, and 1 in 5 have contemplated suicide.

Improving available benefits for this cohort can be a life-altering, if not life-saving, step toward a better future for millions of veterans and caregivers.

What the Dole Act Would Do

The omnibus legislation [spans more than 300 pages](#), including provisions from many other MOAA-backed bills. Some of the key improvements:

- **Home-Based Care:** As part of a continuing shift from facility-based care to home-based care – preferred by most veterans, and often a lower-cost option for the VA – the legislation would improve home-based options, target regions in need of more home health care workers, and improve coordination with the [Program of All-Inclusive Care for the Elderly](#).
- **Caregiver Help:** The bill allows the VA to provide grants for mental health support for caregivers, requires a secretary-level review of respite care services and effectiveness, and requires caregivers who were deemed ineligible for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) be made eligible for other lines of support.
- **Better Access to Care:** Veterans with mobility issues or other chronic ailments would be able to find care from local providers, cutting down on travel demands.
- **Even More Progress:** The bill calls for greater oversight of the department's new electronic records system, increases funding and improves flexibility for programs supporting homeless veterans, and strengthens veteran education benefits, ranging from expanded access to benefits for surviving spouses to the relaunch of the [VET-TEC high technology program](#).

Help MOAA Make a Difference

Passing this sweeping legislation will not only provide for millions of veterans today, it will ensure these services are available in the future for an aging veteran population. Without this framework of support, the VA may not be able to provide the lifetime of quality care veterans have earned, nor will it provide the care options to veterans and their families they deserve as they make their long-term plans.

[Reach out to your lawmakers](#) before they return from recess. Let them know that caring for those who served remains a priority for their constituents, and the Dole Act must not be cast aside in a rush to finish other pressing business in the lame-duck session. Passage of the bill around Veterans Day would signal how much our nation values military service.

Learn more about the bill [at this link](#), and keep up with the latest on the Dole Act and other MOAA priorities at [MOAA's Advocacy News page](#).

VCOC AND JLC

VCOC Update

VCOC 4th Quarter Meeting

The VCOC 4th Quarter Virtual meeting was held on Thursday, October 24th, 2024, 1500-1700. A roll call was taken. 11 of 15 Chapters were represented. CAPT Bruce LaLonde, CDR Ken App (VCOC Representative), and MAJ Sherry Ferki (VCOC Treasurer & Surviving Spouse Liaison) represented PACMOAA.

VCOC is still without a 1st VP for Communications and a Secretary. Personnel volunteer to act as secretary at each meeting. VCOC pays a company about \$500/year to run the VCOC Website.

Since all the meetings this year have been virtual, the Treasurer's Report shows that VCOC is now better financially than the start of 2024.

Membership total is 1,519 for all of Virginia. Membership ideas were:

- Picnics in the Spring or early fall with Elected Officials that prospective new members could attend.
- People living in 55 or older and retirement communities invite Veteran and Retired Officers to attend monthly dinner meetings.

MAJ Sherry Ferki emphasized Surviving Spouse articles be included in the Chapter's Newsletters, and noting the Surviving Spouse Corner from the MOAA website as a resource.

Old Business: Directory. CDR Ken App volunteered to update the VCOC Directory at the last VCOC Meeting. To date he has formatted the directory with consistent Fonts & spacing. He will send out the draft directory to Chapter Representatives and or Chapter Presidents, for corrections.

Legislative Update from the VCOC Meeting on 24 October 2024

Legislative Chair - COL Monti Zimmerman, USA (Ret)

- LTC John Down is now taking the lead role representing VCOC on the Joint Leadership Council (JLC).
- COL Zimmerman reported there were two "big wins" this year on the State level with the General Assembly. One is final achievement of the current November ballot initiative for the Surviving Widow/Widowers to have property tax relief across the Commonwealth. Our major legislative win last session was to get the Constitutional Amendment on the ballot. A "YES" vote will provide property tax relief to approximately 110 widows and 4 widowers whose military spouse died in the line of duty.
- Following the General Session, in May, the legislature moved to eliminate the oldest veteran's benefit in Virginia, the VMSDEP (Veterans and Military Dependents Education Program) 8-semester of tuition free education for surviving spouses, their children, 90% or 100% combat, and disabled spouses and their children, and 90% or 100% VA service-disabled spouses and their children. With significant effort, a group of concerned military and veteran service organizations led by Monti and a grass roots advocacy group, (Friends of VMSDEP) managed to get the legislature and governor to restore the benefit in July. Currently the JLARC (Joint Legislative Audit & Review Commission), the Governor with a Commission (COL Zimmerman is a member), and the Senate with a working group are studying the long-term viability of

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VMSDEP.

- MOAA & ROA are working together to get income tax relief for the approximately 30 NOAA retirees and 150 PHS retirees of the Commissioned Corps living in Virginia.
- LTC John Down reviewed the JLC 2025 Initiatives that were adopted and prioritized at the September 19 meeting. There are five initiatives for the 2025 General Assembly and members are encouraged to begin sharing them with elected legislators and asking for individual sponsor and patrons. Here are the initiatives in priority order with links to full text position papers:

The Commonwealth of Virginia Joint Leadership Council (JLC) of Veterans Service Organizations authors initiatives yearly to enhance the lives and service of veterans. The subjects vary but they are listed in priority order. The following are the initiatives adopted and prioritized for 2025:

- **JLC Initiative 2025-01 Verification of Veteran Status – Arrest, Jails, and Prisons**

Objective: To identify arrested and incarcerated veterans in Virginia so to better connect them to U.S. Department of Veteran Affairs (USDVA),

Virginia Department of Veterans Services, and community employment, education, and other resources to help lower their recidivism rate and connect them with federal and local court and community resources.

Discussion: If veterans within the criminal justice process can be identified, they can be steered to federal, state, and local community veteran services, benefits, and other resources.

Recommendation: That the Governor and General Assembly require that the Virginia Department of Veterans Services assist local and regional jails, sheriffs, and law enforcement officials to enable veteran self-identification and enable deploying and using the USDVA's *Veterans Reentry Search Service* and other services to record an individual's veteran status at the time of arrest, intake, and during incarceration to enable connecting these veterans to USDVA and community employment, education, and other resources to lower their recidivism rate.

- **JLC Initiative 2025-02 Stop Unscrupulous Firms from Exploiting Veterans**

Objective: Prohibit 'Claim Shark' companies from preying on veterans seeking to obtain or modify their VA entitlements.

Discussion: Veterans who believe they have been scammed have little recourse. Many of these contracts include binding arbitration clauses designed to compel payment.

Recommendation: That the Governor and General Assembly propose and pass language banning the predatory practices used by these 'Claim Shark' companies preying on our veterans seeking to obtain or improve their VA benefits.

- **JLC Initiative 2025-03 Virginia National Guard Tuition**

Objective: Transition the Virginia National Guard State Tuition Assistance Program (STAP) from its current reimbursement model back to an upfront payment model.

Discussion: The National Guard performs a critical and essential role in both service to the Commonwealth and to the Nation.

Recommendation: That the Governor and General Assembly revert the STAP program to an upfront payment model, eliminating the current reimbursement requirement and restoring the program's effectiveness as a key benefit for Virginia National Guard members.

- **JLC Initiative 2025-04 Suffolk State Veterans Cemetery Expansion**

Objective: Secure the necessary funds to expand the Albert G. Horton, Jr. Memorial Veterans Cemetery in Suffolk, ensuring that it continues to meet the needs of our veterans and their families.

Background: The Albert G. Horton, Jr. Memorial Veterans Cemetery in Suffolk is the second most heavily

utilized veterans cemetery in Virginia (after Arlington) and the third most heavily utilized state veterans cemetery in the United States. The cemetery is approaching its maximum capacity, and without proactive efforts to identify and acquire additional land for expansion, it will soon run out of space.

Discussion: Our nation owes a profound debt of gratitude to its veterans, and providing a respectful and enduring resting place is a fundamental obligation.

Recommendation: That the Governor and General Assembly allocate the necessary funds to secure land and expand the Albert G. Horton, Jr. Memorial Veterans Cemetery in Suffolk. This expansion is critical to continuing to honor our veterans with the respect and care they deserve.

• **JLC Initiative 2025-05 Women Veterans Day**

Objective: To establish June 12th as Women Veterans Day in Virginia, recognizing the contributions and sacrifices of women veterans and commemorating the historic signing of the Women’s Armed Services Integration Act.

Discussion: Virginia should designate June 12th as women Veterans Day in Virginia to commemorate the signing of the Women’s Armed Services Integration Act and recognize Women Veterans Day annually with official proclamations and events.

Recommendation: That the Governor and General Assembly establish June 12th as Women Veterans Day in Virginia to honor the significant contributions and sacrifices of women veterans, increase public awareness of their roles in the military, and provide additional support tailored to their unique needs.

The complete detailed information on the 2025 JLC Initiatives is available at the following:

<https://www.dvs.virginia.gov/dvs/joint-leadership-council-verterans-service-organizations-2>

Mary L. Snyder and MAJ Sherry Ferki USA (Ret)
PACMOAA Legislative Representative

COMMUNITY

PLEASE CONSIDER DONATING TO PORTSMOUTH VOLUNTEERS FOR THE HOMELESS (PVH)

PVH Update from Darlene Sparks Washington, DPM, Executive Director, Portsmouth Volunteers for the Homeless – October 2024

As Hope Builders, we get the privilege of working with individuals in addressing their self-identified barriers to re-housing. As a smaller-scale night-time emergency homeless shelter, we are the only service of our kind in our area that operates 12 months (expanded from 6 months) of the year and that has helped us create larger scale positive impacts in the lives of our clients. Limited affordable housing stock and economic disruptions remain areas of adverse impacts within homeless populations. Emergency sheltering with coaching and support services continue to provide a “re-launch” safety net for the individuals we serve.

Prior to 2020, our shelter season was 175 nights. In our extended 12-months of continuous shelter now, 1,813, nights, we have had—

- 45 individuals housed
- 8 to secure SNAP benefits
- 7 to secure their DD214 documentation
- 20 secure their birth certificates, social security card and/or government issued photo identification cards.

These outcomes reflect collaborative efforts with partners like Legal Aid Society of Southeastern VA, Vet-serving agencies and housing-focused providers.

It also reflects the support we receive from community partners like PACMOAA.

As you are considering ways to continue your support, here is a list of our on-going needs.

Toilet Tissue	Paper Towels	Cleaning Products Chlorox Foaming Spray
---------------	--------------	--

		Scrubbing Bubbles Spray
3-ply Facial Masks	Non-latex Disposal Gloves	Liquid Antibacterial Hand Wash
Kitchen Trash Bags	Outdoor Garbage Bags	Lysol Room Sanitizing Spray

Note: PVH is a non-profit 501 (c) 3 corporation governed by a fifteen (15) member independent Board of Directors. In addition to shelter, PVH provides a twelve (12) month Outreach Service Center where clients can shower, do laundry, receive their mail and use the telephone.

PACMOAA had donated items to this most worthwhile organization since their Executive Director spoke at our meeting in October 2011. Every little bit help!

Artful Living a Lake Prince Woods

An award-winning senior living community in Suffolk offering a continuum of services:

- Residential Living
- Transitional Rehabilitation
- Memory Support
- Home health and Hospice
- Assisted Living

Lake Prince Woods



Call us today!

757-923-5500

LakePrinceWoods.org



Thank you Lake Prince Woods for being a PACMOAA Sponsor

Update on Pharmacy Services – Naval Medical Center Portsmouth

28 October 2024

<https://portsmouth.tricare.mil/Health-Services/Pharmacy>

New Prescriptions

All prescriptions must be submitted electronically by your provider. Some exceptions apply. Ask your pharmacy representative for more information.

Cell Phone

Activate your prescriptions using Q-Anywhere 24/7/365Text “get in line” to 833-217-2199 or scan the QR Code and follow the prompts. You will receive a text message when your prescriptions are ready for pickup. Beneficiaries activating prescription after hours will receive a text during working hours the next business day.



Text “I am here” upon arrival at the pharmacy you selected and listen for your number.

Q-Anywhere website: <https://portsmouth.tricare.mil/Health-Services/Pharmacy/q-anywhere>

No Cell Phone

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Call the Pharmacy Call Center at 757-953-0258 during your referred pharmacy’s work hours and follow the prompts to talk with a representative.

All pharmacies can be reached between 8 a.m. and 3:30 p.m. Monday–Friday.

Refills and Renewals

ScriptCenter Refill Pick Ups

Your Prescription Refills can be picked up at the ScriptCenters at
**BHC Norfolk, BHC Oceana,
 BHC Dam Neck, TPC Suffolk,
 TPC Chesapeake,
 TPC Virginia Beach, and BHC Boone.**

Scott Center Refill Pharmacy

Location: Norfolk Naval Shipyard – Scott Center Annex Pharmacy, 1572 Cluverius St., Portsmouth, VA 23709

Services:

- Available to all eligible beneficiaries
- Refills require 3 business days to process (not to include Saturday, Sunday or Holidays)
- To process refills call the Refill Line at: 757-953-6337 or 1-866-285-1008
- Refills can also be processed using the [MHS GENESIS Patient Portal](#)

Hours of Operation: Refill Drive-Thru Pickup Hours

- Monday-Friday: 7:30 a.m. to 5:00 p.m.
- Closed Weekends and Federal Holidays

Renewals

Contact your provider

- If your current prescription has no refills remaining, you must contact your provider for a prescription renewal.
- Once your provider has sent in the renewed prescription, please follow the Q-anywhere steps (text "get in line" to 833-217-2199) as if the renewal was a new prescription.

Prescribing Information

- Naval Medical Center Portsmouth and it Branch Health Clinic Pharmacies only accept prescriptions sent electronically.
- *Some exceptions apply. Ask your pharmacy representative for more information
 Prescriptions for any medications are NOT accepted by fax.

Tidewater MTF Pharmacy Electronic Prescription (e-RX) Information:

Tidewater MTF Pharmacy Site	Published e-RX Site Name	NPI
Naval Medical Center Portsmouth (NMCP)	DOD PORTSMOUTH VIRGINIA PHARMACY	1548673205

NOTE: New prescriptions and refills can be processed/picked up at Tricare Prime Suffolk Pharmacy, but Scott Center Annex Pharmacy can only process refills, new prescriptions will have to be picked up at NMCP.

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/what-more-pharmacy-closures-could-mean-for-your-tricare-benefit/> 15 Oct 2024 MOAA article per additional pharmacy closures, also highlighted on the news recently.

FEDVIP 2025 OPEN SEASON

11 November – 9 December 2024

2025 FEDVIP Prices Announced

By: Paul Frost October 08, 2024 <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/2025-fedvip-prices-announced/>

The dental and vision plans under the Federal Employee Dental and Vision Insurance Program (FEDVIP) will see average monthly premium increases of 2.97% (dental) and 0.87% (vision) for 2025, according to the Office of Personnel Management (OPM).

MOAA webinar *What You Need to Know for the TRICARE, Medicare, and FEDVIP Open Season* was held on 29 Oct 2024 but can be accessed by Premium and Life members at https://www.moaa.org/content/events/healthcare-and-benefits/what-you-need-to-know-for-the-tricare,-medicare,-and-fedvip-open-season/?utm_source=linkedin&utm_medium=social&utm_campaign=linkedinnewsletter

FEDVIP Open Season for Military and Retiree Health Insurance

Military.com | By [Amanda Miller](#) Updated October 02, 2024 | Published October 12, 2023

[FEDVIP Open Season for Military and Retiree Health Insurance | Military.com](#)

Every year from mid-November to mid-December, federal health insurance plans offer open enrollment, also known as open season. This open season gives beneficiaries enrolled in these insurance plans a chance to make changes to their annual contracted coverage.

The 2024 open season for coverage in 2025 is Nov. 11-Dec. 9.

During open season, military retirees, active-duty family members and those enrolled in Tricare Reserve Select may purchase or make changes to their dental and vision insurance, with the Federal Employee Vision Insurance Program (FEDVIP).

FEDVIP allows military retirees to purchase dental coverage and active-duty families and those enrolled in Tricare Reserve Select to purchase vision coverage.

Tricare also offers an open season about the same time, when those covered by the military's insurance plan are eligible to change their coverage.

Related: [Tricare Open Season](#)

Outside of open season, you can make health insurance changes only if you experience a [qualifying life event](#) such as moving to a new area or changing your number of dependents.

FEDVIP in 2025

In 2025, FEDVIP enrollees will see increases or decreases in premiums for dental and vision insurance from the current year's rates depending on their chosen plans.

Military families and retirees will again be able to choose from between 12 dental and five vision insurance carriers, depending on their location. Carriers usually offer both standard- and high-coverage plans, giving beneficiaries numerous options. Most plans have different reimbursement levels as well as coverage options available for single, married with one dependent, or family coverage levels.

Changes in dental premiums for 2025 range from decreases -- the steepest at about 2.6% for United Healthcare's high-coverage, following a decrease in 2024 as well -- to EmblemHealth's 13.6% increase for its high coverage, following a previous double-digit increase in 2024.

The highest-cost plan with the biggest increase, Humana Dental's high coverage for a family in Region 5, rose by \$34 a month. Most plans went up by a few to several dollars a month.

Several carriers raised premiums for standard dental coverage 3% or more, including Aetna (about 7.1%), Blue Cross Blue Shield (3.2%), Delta Dental (5.1%), EmblemHealth (4.3%), GEHA (3.2%), HealthPartners (7.9%), Humana Dental (3.1%), United Concordia (5.1%) and United Healthcare (2.6%).

In vision coverage, only the MetLife high-coverage plan went up substantially (6.0%). MetLife's high option dropped 5.5%, while the others increased by less than a percentage point to about 3.0%.

If you're currently enrolled in a FEDVIP plan and don't want to make any changes to your coverage, there is nothing you need to do to remain in your current plan. Your coverage will remain the same in the upcoming year. You can compare available plans on the [Federal Employee Benefit portal, BENEFEDS](#).

Have a DoD ID With Indefinite Expiration? It May Be Time for a Replacement

By: Kevin Lilley October 22, 2024 <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/health-care-and-earned-benefits/have-a-dod-id-with-indefinite-expiration-it-may-be-time-for-a-replacement/>

Your “INDEF” DoD identification card likely won’t be as “indefinite” as advertised. While no date has been set for the expiration of the paper-based Uniformed Services Identification Card (USID), DoD “is currently evaluating the potential phase-out” of those cards, a DoD spokesperson told MOAA on Oct. 17 – even cards with “extended or indefinite expiration dates.”

[RELATED: [ID Card Resources From MOAA](#)]

Previous DoD guidance listed 2026 as a likely cutoff date, though the spokesperson did not provide any date in an emailed response to questions. However, DoD does “encourage all holders of paper-based ‘INDEF’ cards, to include all retirees, to replace them with Next Gen USID Cards by scheduling an appointment at their nearest ID card issuance facility at their convenience,” per the email.

Some retirees and family members may be able to renew their “INDEF” cards online and skip the in-person appointment. If you have a paper-based ID card and want to upgrade, here’s a walk-through of the process for in-person and online renewal/replacement.

In Person

- Find your nearest ID office [at this link](#). You’ll be able to search by location, find hours and contact information for nearby offices, and make your appointment online. (**NOTE:** see info below for local offices)
- Ensure you bring [all required documents](#) for an ID card renewal/reissuance.

Online

First, you’ll need to determine your eligibility for online renewal. According to DoD, in order to skip the in-person appointment:

- The sponsor must have a common access card (CAC) or a DoD Self-Service Logon (DS Logon).
- The sponsor and the cardholder must have authorized DoD to use their email to contact them via the ID Card Office.
- The cardholder must have a current mailing address in the U.S. (or an APO/FPO/DPO address; no post office boxes) and a photo taken in the last 12 years, both on file with the Defense Enrollment Eligibility Reporting System (DEERS). Learn how to update your DEERS record [at this link](#).
- If you are eligible, visit the ID Card Office Online [at this link](#) and click the “Family ID Cards” block.
- You’ll need to log in via CAC or DS Logon to begin the process; you can learn more about eligibility, requirements, and proof of identity [at this link](#).

Further ID card questions should be directed to the Defense Manpower Data Center. Its customer support team can be reached at (800) 538-9552 Monday through Friday from 8 a.m. to 8 p.m., excluding federal holidays.

Local Bases to Obtain ID Cards as of 29 October 2024

(SEE NEXT PAGE)

Naval Medical Center Portsmouth ID lab
757-953-7874

Office Hours

Monday: 7:30 AM - 3:40 PM
Tuesday: 7:30 AM - 3:40 PM
Wednesday: 7:30 AM - 3:40 PM
Thursday: 7:30 AM - 3:40 PM
Friday: 7:30 AM - 3:40 PM

Walk-In Hours

Monday: 7:30 AM - 3:15 PM
Tuesday: 7:30 AM - 3:15 PM
Wednesday: 7:30 AM - 3:15 PM
Thursday: 7:30 AM - 3:15 PM
Friday: 7:30 AM - 3:15 PM

Norfolk Naval Shipyard (NNSY) Pass and ID Office 757-396-5796

Office Hours

Monday: 6:30 AM - 2:40 PM
Tuesday: 6:30 AM - 2:40 PM
Wednesday: 6:30 AM - 2:40 PM
Thursday: 6:30 AM - 2:40 PM
Friday: 6:30 AM - 2:40 PM

Walk-In Hours

Sunday:
Monday: 6:30 AM - 2:40 PM
Tuesday: 6:30 AM - 2:40 PM
Wednesday: 6:30 AM - 2:40 PM
Thursday: 6:30 AM - 2:40 PM

Coast Guard Base Portsmouth Customer Service 757-686-4002

Monday: 8:00 AM - 3:00 PM
Tuesday: 9:00 AM - 3:00 PM
Wednesday: 9:00 AM - 3:00 PM
Thursday: 9:00 AM - 3:00 PM
Friday: 8:00 AM - 12:00 PM

No walk-in information listed on website.

PROGRAMS

November 14: Annual Business Meeting and elections!

MARK YOUR CALENDAR FOR THE CHRISTMAS GALA

12 December 2024



Sounds of Time Band “based out of Tidewater VA is an exciting Las Vegas Style Musical Tribute Vocal group / "BAND" honoring music from the 50's through the 90's. With their incredible vocals recreating songs of the era. costume changes and stage presence you are teleported back to a nostalgic magical time where Legends like Frank Sinatra, Johnny Cash, Marty Robbins. Patsy Cline, Frankie Valli, Ray Charles and yes, Elvis Presley dominated the music scene” per <http://www.youtube.com/@soundsoftimeband5655>.

The band is made up of retired or former military men and they always end with a

patriotic song!

We want to provide the kind of concert members would enjoy but need feedback from the membership ASAP via phone or email. Contact Sherry Ferki at 757-922-7030 or navmedarmynurse@gmail.com.

- **Would you like the band to play for 1 ½ hours or 2 hours?**
- **Would you like them to play only Christmas music or some Christmas music along with other music?**

Toys for Tots Right: The Churchland MCJROTC have participated in our annual Christmas Gala for many years. The cadets join us for dinner along with their lead instructor, LtCol Paul Pratt, USMC (Ret). Please bring new, unwrapped toys.



Portsmouth Volunteers for the Homeless (PVH) – Donations are collected at every meeting. See article in newsletter for more information.

Picture to left is from Christmas 2023 with PVH Executive Director, Darlene Washington.

Sherry Ferki
PACMOAA Acting Program Chair
Cell 757-630-5608 or navmedarmynurse@gmail.com



CHAPLAIN'S CORNER

On November 11th we celebrate Veterans Day, which originated with The First World War but over time has been expanded to include celebration of veterans serving in all battles. A prayer often ascribed to Saint Francis of Assisi that became popular after The World Wars seems appropriate to perpetuate the memory of all who have served.

Lord make me an instrument of your peace,
 where there is hatred let me sow love,
 where there is injury let me sow pardon,
 where there is doubt let me sow faith,
 where there is despair let me give hope,
 where there is darkness let me give light,
 where there is sadness let me give joy.

O divine master, grant that I may
 not try to be comforted but to comfort,
 not try to be understood but to understand,
 not try to be loved but to love.

Because it is giving that we are received,
 It is in forgiving that we are forgiven,
 and it is in dying that we are born to eternal life.



Submitted by
CAPT Bob Brewer,
 USN (Ret)
 Chaplin

CDR Ken App, USN (Ret)
 Salute Editor



THAT'S A WRAP FOR NOVEMBER 2024

Please VOTE both NATIONALLY, LOCALLY and in our PACMOAA Elections!

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

PACMOAA MEMBERSHIP/RENEWAL FORM 2024

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 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 is 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: _____

PACMOAA LEADERSHIP POSITIONS OPEN

JANUARY 2025 to JANUARY 2027

PRESIDENT

CAPT Bruce LaLonde, USN (Ret)

168 Yorkshire Road

Portsmouth, VA 23701

brucelalonde@cs.com (757) 241-3026

SUMMARY OF OVERALL QUALIFICATIONS

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

EDUCATION

MS, Information Systems, George Washington University

MBA, Marketing, The Ohio State University

MS, Strategic Planning, The National Defense University

BS, Accounting, The University of Tennessee, Knoxville

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

Financial & Logistics Management Certificate, Naval Supply Corps School

RECENT PROFESSIONAL EXPERIENCE

President/Executive director: Housing Development Corporation (2018-2022)

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

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

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

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

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

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

Director: Oasis Social Ministry (2012-2013)

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

Chief Strategy Officer: Intellectechs (2012)

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

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

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

ACHIEVEMENTS/AFFILIATIONS

- 2011 Virginia Mentoring Partnership “Mentor of the Year”
- 2012 WAVY TV 10 “Outstanding Volunteer and Community Service” Award
- 2012 AND 2016 Flagship newspapers “Still Serving” award
- Portsmouth Redevelopment Housing Authority (Chairman)
- Portsmouth Safety Town (President)
- Catholic Charities of Hampton Roads (Chairman)
- Portsmouth Knights of Columbus
- The Ryan Catholic Club (President)
- 2013 Volunteer Hampton Roads (Volunteer of the Year)
- Previously served as PACMOAA Secretary
- MOAA Life Member
- PACMOAA President 2023-2024

1ST VICE PRESIDENT/PROGRAMS**Mary Snyder, SS**

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

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

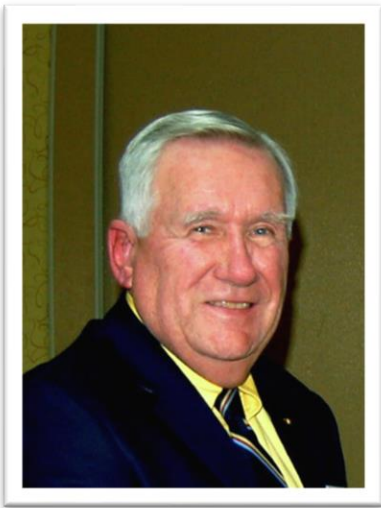
While continuing to work as a dental hygienist moving from state to state, Mary also began to volunteer in a variety of organizations she was passionate about – professional organizations, military support groups, parent teacher organizations, and many more. These opportunities provided her with a way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

established by the United States Coast Guard. She provided workshops and informational gatherings for spouses helping them adjust to military life.

Mary was to encounter a new chapter in military life with the sudden passing of her beloved husband at a very young age. The role of the surviving spouse was a new challenge but one she has embraced now for many years. She has one daughter who lives in Northern Virginia (Arlington). Mary resides in Suffolk. Mary began her service in the PACMOAA chapter two years ago (2022-2024) accepting a Board member position. She has also helped with the Legislative Advocacy this last year in writing articles for the newsletter as well as attending the VCOC meetings as a PACMOAA representative. She will be seeking to continue her service with PACMOAA next year as 1st Vice President (Programs).

THIRD VICE-PRESIDENT COMMUNICATIONS

CDR Kenneth G. App USN (Ret)



A native of Brooklyn, NY, CDR APP attended Public Schools and graduated from Brooklyn Technical HS in 1963. At The University of Virginia, he earned a BS in Electrical Engineering in 1969. A Naval ROTC student, he was selected as the Midshipmen Battalion Commander his senior year. Upon graduation and commissioning, he attended Naval Flight Training and designated a Naval Aviator May 1st, 1970.

CDR App had two Operational flying tours flying the P-3C aircraft, first with Anti-Submarine Warfare Patrol Squadron Twenty-Four (VP-24) and second with VP-45. During this time, he deployed three times each to NS Keflavik, Iceland and Sigonella, Italy. His Second Sea Tour was as the ASW Officer on the USS John F Kennedy, CV-67, where he deployed twice to the Mediterranean, and was designated Officer of the Deck Underway, where he commanded the Bridge Crew Underway. After each Operational flying tour he was at the Naval Air Development Center (NADC), Warminster, PA, flying Research & Development

Projects in P-3 A/B/and C aircraft. During the 2nd tour at NADC he was the program director of the Navy GPS Program Office in 1984 and was also the Aircraft Carrier Anti-Submarine Program Director from 1985-1987, where he was responsible for developing new hardware and Software for the Aircraft Carrier Anti-Submarine Modules. He has over 4,000 Hours in the P-3 Aircraft, and over 4,600 in all Naval Aircraft.

After his second tour at NADC he attended the U.S. Army War College, at Carlisle Barracks, PA, as a 1988 Resident student. From July 1988 to July 1991, he was on the Staff of the Commander, U. S. Naval Forces Europe, in London, England, participating in response to the Lebanon Crisis, the evacuation of civilians from Monrovia, Liberia, and setting up the Forward Logistics Sites supporting Operation Desert Shield/Storm. Ken also served on the Staff of Commander, Naval Air Force Atlantic, as the Plans and Exercise Officer. After earning many service and commendation medals, he retired from the Navy on August 1, 1992. After retirement, he attended ODU, received an MS in Education and worked for Suffolk Public Schools for 15 years teaching Math and Science.

He was the 1st VP of PACMOAA from 2016-2020, has served as the Webmaster and Facebook Manager since January 2020, and Editor of the Salute newsletter since September 2020. He has also been maintaining the membership roster since January 2020 and updated and maintained the PACMOAA Directory since November 2020. He also Developed, Published, and Maintains the PACMOAA Recruiting Brochure since February 2021.

He is a life Member of two Naval Associations (Association of Naval Aviation and Patrol Squadron 45) and MOAA. CDR App is married and lives with his wife Donna in Suffolk.

SECRETARY No Nominee**BOARD of DIRECTORS 2 Year 2025-2027****CDR Michael “Mike” Riley, MSC USN (Ret)**

CDR Riley is originally from Travis AFB, CA and was raised in Thailand, Oregon, Delaware, New Jersey, and Hawaii. He graduated from Oregon State University with a degree in Health Physics and was commissioned through the Naval ROTC unit in March 1984.

After a short stint in Naval Aviation at Pensacola FL, he transferred to the Radiation Health Officer program in the Navy Medical Service Corps. He served almost 12 years on active duty on the USS Orion (AS-18) in La Maddalena Italy; Naval Submarine Support Facility New London, CT; Charleston Naval Shipyard, SC; and Naval Medical Center Portsmouth, VA. After being released from active duty he joined the Navy Reserve and became a Plans, Operations, and Medical Intelligence (POMI) Officer serving tours with Naval Medical Center Portsmouth Reserve Units; US Joint Forces Command (J-02M); Operational Health Support Unit Portsmouth (Det-U OIC);

CNO Ops & Plans mobilized to OPNAV N-931; US SOUTHCOM (Surgeon Staff); Joint Staff Suffolk (Surgeon Staff) mobilized to NATO Role III & Task Force Medical South as the Medical Planner in Kandahar Afghanistan; Navy Medical Education & Training Command (Medical Planner); and Seventh Fleet (Surgeon Staff). CDR Riley retired from active & reserve service Sep 2020 after 36 years of service.

When Mike was released from active duty in Feb 1996, he stayed in the Hampton Roads area and worked at the Virginia Quality Institute at Thomas Nelson Community College as their IT Network Administrator. In 2000 he got a job at Norfolk Naval Shipyard in Radiation Health working on many special projects and bringing the next generation personal dosimeter and electronic personal dosimeter online for the Navy.

Mike is a Life member of MOAA and has been a member of PACMOAA since 2023. Mike is an avid scuba diver enjoying taking small groups of divers on trips around the world. He co-owns Chesapeake Bay Diving & Aquatic Center in Virginia Beach.

CDR David C Von Rump, NC, USN (RET)

Born and raised in Webster Groves, MO, Dave graduated from Missouri Military Academy (JROTC) and enlisted in the US Navy Reserve as a Hospital Corpsman. Following selection and graduation from St. Louis University with a Bachelor of Science Nursing, he was commissioned in the US Navy Nurse Corps. During his first tour as a Nurse Corps officer, he was selected for the US Navy Nurse Corps Anesthesia Program and became a Certified Registered Nurse Anesthetist. He has served as an anesthesia instructor at Portsmouth Naval Medical Center, Senior Anesthetist; US Naval Hospital, MCAS, Cherry Point, NC; US Naval Hospital, NAS Jacksonville, FL; Chief Anesthetist, US Naval Hospital, Rota, Spain, and deployments with Aircraft Carriers and Amphibious Groups. After 28 years of Naval Service, Dave continued his career in civilian practice.

Dave is interested in community service, active in his church and a current member of the board of directors of his HOA. As a current pilot, he is a volunteer at the Military Aviation Museum, Virginia Beach and an airshow performer, flying his World War II observation/artillery spotter airplane.

PACMOAA 14 November 2024 Election Ballot

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

Be sure to save completed ballot. Use "REPLY" email ONLY with saved ballot attached. DO NOT USE "REPLY TO ALL." You may also email your completed ballot to thesalute1@gmail.com to arrive NLT November 12, 2024. If you do not use reply email, make sure to return your ballot using your email address on file with PACMOAA (The email at which you receive your copy of The Salute express.) You may also print and mark a ballot and bring it to the November 14th Dinner Meeting, or mail it to: PACMOAA, PO Box 5353, Portsmouth, VA 23703. Mail it early so it gets to PACMOAA by NOV 12, 2024.

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

Mark your ballot by typing an X in the selection box

Positions Open

President (vote for one only)

CAPT BRUCE LALONDE, USN (Ret)

Write in Nominee

1st VP ((Serve 1 year of a two-year term) Vote for one only)

Mary Snyder, SS

Write in Nominee

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

CDR Ken App, USN (Ret)

Write in Nominee

Secretary (vote for one only)

No Nominee

Write in Nominee

Board of Directors positions (Vote for 2)

1. CDR David Von Rump USN (Ret)

2. CDR Mike Riley, USN (Ret)

Write in Nominee

Write in Nominee

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