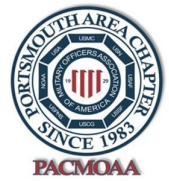




# The Salute Online



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 VIII

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

October 2024

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

## FROM THE PRESIDENT'S DESK



*PACMOAA Family:* The year is coming quickly to a close and so please include PACMOAA on your winter events calendar.

- October 10th
- November 14th
- December 12th

Upon returning from our summer hiatus, we were treated to an excellent presentation from LTC Frank Womble (Right), regarding the return of General Lafayette to Hampton Roads.



I'm additionally excited to have Gail Joyce, MOAA Board of Directors, to discuss Spouse and Surviving Spouse issues at our October dinner meeting.

A belated birthday (Sept 18th) to the US Air Force and an overwhelming upcoming happy birthday (Oct 13th) to the US Navy. Anchors Aweigh.....Bruce

Bruce LaLonde CPA  
CAPT USN (Ret) 757-241-3026



Lafayette's 8<sup>th</sup> and 9<sup>th</sup> great-granddaughters



Immediate Past President, COL Bill Smith USA (Ret) updating the September gathering about the November 14<sup>th</sup> Business Meeting PACMOAA Elections.

PACMOAA  
LEADERSHIP

SEE LEADERSHIP PULLDOWN



**CHAPTER NEWS**

**OCTOBER**

- 02 LCDR Lynn Terry USN (Ret) See In Memoriam on pages 3-4
- 03 NOAA Reestablished 1970 (US SURVEY of the COAST February 10 1807)
- 10 CWO2 Doug E. Weller USCG (Ret) will be Laid to Rest at the Horton Veterans Cemetery in Suffolk, VA Time 1500
- 10 PACMOAA Dinner Meeting 1800 Roger Brown’s Restaurant
- 13 U.S. NAVY 248<sup>th</sup> Birthday 1775
- 13 U. S. NAVY Memorial 34 Anniversary
- 14 Columbus Day
- 14 CUBAN Missile Crisis 1962
- 18 PACMOAA Board Meeting
- 23 BEIRUT Barracks Bombed 1983
- 24 VCOC Fourth Quarter Meeting, VIRTUAL (1500-1700)
- 24 United Nations Day
- 25 US Invades Grenada 1985
- 31 Halloween

**HAPPY OCTOBER BIRTHDAYS**

<b>Bob Alexander</b>	<b>Jim Anderson</b>
<b>James Webb Jones</b>	<b>George Van Laethem</b>

**The October Dinner Meeting**

will be held on **Thursday, October 10<sup>th</sup>** 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***

*Italian Salad*

*Lasagna*

*Whiting*

*Mixed Veggies*

*(Green Beans, Corn, & Carrots with Honey)*

*Apple Cobbler*

*Garlic Bread*

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

**A RESERVATION MADE IS A RESERVATION PAID**

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



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

## SPEAKER

### PACMOAA OCTOBER 2024 PROGRAM

#### “Every Life Needs a Battle Plan”



Virginia "Gail" Joyce, Surviving Spouse, has been on the MOAA Board of Directors as the Surviving Spouse Representative since 2020. She has served as the Chair of the MOAA Surviving Spouse Advisory Council since 2020. Gail is also Vice President of the MOAA [Surviving Spouse Virtual Chapter](#) and has been a member of the Surviving Spouse Virtual Chapter (SSVC) since 2013.

Joyce, who grew up in Abilene, Texas, married Larry Joyce in 1960, beginning a life-long adventure. Shortly after they married, Larry was commissioned a second lieutenant in the Army. They moved to Fort Hood, Texas - the first of more than 20 moves over the next 20 years. In that time, Larry served two tours in Vietnam. Joyce's diverse career, from which she retired in 2005, has seen her work as an administrative assistant, a military youth activities director, a Military Family Center director, a Realtor, a program director, a high school and college English/literature teacher, a national program director for youth tobacco issues, and a bed and breakfast owner.

In 1983, she completed her Bachelor of Arts in English (cum laude). In 1986, she earned a Master of Arts in humanities. Her volunteer efforts include serving as volunteer chair and VIP event co-chair for the Granbury Wine Walk, as surviving spouse liaison and a founding member of MOAA Greater Granbury (Texas) Chapter, and as a Veterans' Council member.

She also conceived and produced the Memorial Day Field of Flags from 2012 to 2020, helped organize Veterans Day ceremonies, and has spoken on behalf of local, state, and national organizations about life in the military and her son and husband's service to their country.

She is a Gold Star Mother. Her youngest son, Sgt. James Casey Joyce, an Army Ranger, died Oct. 3, 1993, in Mogadishu, Somalia; the story of the mission is told in *Black Hawk Down*.

Gail is very passionate about the need for everyone to have a battle plan or plan of action and is dedicated to helping all of us – **actively serving, retired or former military members, and spouses** to be prepared when trauma strikes in any form. I have heard her speak several times and every time come away motivated and with new ideas of items I need to address!

## MEMBERSHIP

### MEMBERSHIP UPDATE October 2024

#### WELCOME ABOARD

Irene Terry

Surviving Spouse from Portsmouth

PACMOAA currently has 64 paid members, 49 regular members and 15 surviving spouses. Sadly, that includes two deaths and one new surviving spouse in 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.

At the MOAA Monthly Chapter Roundtable session on 26 September, the update on MOAA's transition to a new system for keeping membership data of each chapter is still a work in progress. This includes a monthly report on new MOAA members in each chapter's area. The previous MOAA system was closed the end of March.

**Please Memorize the VETERAN CRISIS HOTLINE Dial 988 then press 1**

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. 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!

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](mailto: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

### IN MEMORIAM FOR LCDR LYNN TERRY, MSC USN (Ret)



(February 13, 1940 - September 13, 2024 )

PORTSMOUTH--Lynn M. Terry, LCDR MSC USN (Ret.) died peacefully in his home on Friday, September 13, 2024. He was born on February 13, 1940 in Leonard, Michigan, to the late Hiram and Loretha Terry.

In addition to his parents, Lynn was preceded in death by his sister and brother-in-law, Wynne and Kirby Vincent. He is survived by his wife Irene Terry; children Christopher (Angela), Jennifer Cluff, Samantha Hurley, Leslie Whitfield, and Michael; nine grandchildren; and many beloved cousins, nieces and nephews.

Lynn graduated from Oxford High School in Oxford, Michigan in 1958, then enlisted in the Navy on February 12, 1960. He was commissioned as Ensign, Medical Service Corps in February 1970. While in the Navy he received his Bachelor's and Master's Degrees. He completed two tours with the U. S Marine Corps at Camp Lejeune, N.C., and served aboard the USS America CV66. He had

been stationed at Naval Station Honolulu, Hawaii, NAVSTA Trinidad, China Lake, California, NRMC Portsmouth, Va. COMNAVSURFLANT, Norfolk, retiring in December of 1981.

Lynn loved soccer and became a FIFA qualified coach as well as referee. He served as president of Portsmouth Area Chapter of MOAA, a Board member of Oasis Social Ministry, a reading facilitator for Tidewater Literacy Council, and a tax aide with AARP. He was an active member of Church of the Resurrection. He loved woodworking in his garage, working on his computer, and golfing. He enjoyed camping in his RV, taking a two-month tour around the outer States of the US with his loving wife.

A Mass of the Resurrection will be celebrated 10:30 a.m. Wednesday, October 2, at Church of the Resurrection, 3501 Cedar Ln., Portsmouth. The family will receive friends at the church an hour prior. A reception will take place after the Mass, followed by burial at Albert G. Horton, Jr. Memorial Veteran's Cemetery in Suffolk.

In lieu of flowers please consider donations to [Tunnel to Towers Foundation](#), [Wounded Warrior Project](#), Church of the Resurrection Restoration Fund, or the [Parkinson's Foundation](#). Condolences may be registered at [BWFosterFuneralHome.com](http://BWFosterFuneralHome.com).

From [https://www.bwfosterfuneralhome.com/obituaries/print?o\\_id=9077786](https://www.bwfosterfuneralhome.com/obituaries/print?o_id=9077786)

Lynn joined MOAA in 1995 as a Life Member. He joined PACMOAA in 2006 and became President in Jan 2007. He served 1 term as President and served as Immediate Past President for 6 years! One of the primary duties of the Immediate Past President is to head the Nominating Committee.



Galas above.

Lynn was actively involved in the Scholarship Committee for about 15 years and was a member of the Subcommittee Revise/Review the PACMOAA Scholarship Process in 2009. He also served as the VCOC Representative, facilitated the transition from all mailed newsletters to primarily emailed newsletters and as Coordinator for the 30th Anniversary Celebration PowerPoint Show. Irene assisted with the amazing, animated PowerPoint show for the 30<sup>th</sup> Anniversary Celebration above. Lynn will be certainly missed, and our sincere condolences are with Irene and her family.

**NOTE:** Irene and Lynn pictured at one of PACMOAA's Christmas

### IN MEMORIUM CWO2 DOUGLAS E. WELLER, USCG (Ret)



CWO2 Doug Weller, USCG (Ret) joined PACMOAA in 2017 and served one term on the Board of Directors and as part of a 2-man audit committee for PACMOAA from 2019-2021.

When he joined PACMOAA, Doug was the City of Portsmouth's Chief Grant Officer in the Office of the City Manager, and he recently retired from that position. He was very committed to helping youth and served as the President and then Vice President of the Board of Directors for the Friends of the Portsmouth Juvenile Court (FOPJC).

He attended most of the PACMOAA Christmas Galas with his girlfriend Lisa, pictured below, and was also able to attend our 40<sup>th</sup> Anniversary Celebration in April 2023.

Doug died on 7 September and will be missed by his friends in PACMOAA. Our thoughts and prayers are with his family- the mother of his children



Lori (Johnson) Weller (CWO3 USCG, Ret), their children, Brock (Amber Flinchum) Weller, Neil Weller, and Brittany (Daniel, Chief USN) Breault and his extended family.

**Pictured to the left:** Lisa Parker, Doug Weller, President Bruce LaLonde, and Teresa Wilfong.

“Please join us in remembering and honoring Douglas Edward Weller on 10 October 2024 at Albert G. Horton, Jr Memorial Veterans Cemetery, 5310 Miners Rd, Suffolk, Va at 3 pm.”

The complete obituary should be available soon on the

Altmeyer website at:

<https://www.altmeyerfuneralandcremation.com/obituaries/Douglas-Edward-Weller?obId=33174773>.

### Surviving Spouse Corner: Join Our Virtual Chapter

By: Gail Joyce September 03, 2024 <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/member-spotlight/surviving-spouse-corner-join-our-virtual-chapter/>

The [Surviving Spouse Virtual Chapter](#) needs you, and you need the Surviving Spouse Virtual Chapter if you are a surviving spouse or a surviving spouse liaison. The only requirements are to be a surviving spouse or a surviving spouse liaison, and a member of MOAA. There are no dues.

MOAA now has [six virtual chapters](#) -- affinity groups offering opportunities for camaraderie, solving problems, and sharing information.

Our virtual chapter provides a place for surviving spouses and surviving spouse liaisons to learn important information, share ideas, and form new relationships with friends who share a common bond. A member recently commented that she got the most useful and important information from this group that she could not find other places.

We meet once a month on the third Tuesday of each month; however, we do not meet in November or December due to busy holiday schedules.

[RELATED: [Engaging Surviving Spouses for Membership Growth](#)]

Once you join, you will receive a notice each month with a link for joining the meeting. In odd-numbered months, beginning with January, meetings are more formal, with an agenda and a guest speaker. Some of the topics covered this past year were working with the VA, downsizing, [Everplans](#), and [MOAA Vacations](#).

In even-numbered months, meetings are more informal and are primarily for information sharing. In both meetings, there is always the latest information provided about important advocacy issues that affect spouses, surviving spouses, and families.

In addition, there is a book club that meets once a month on the third Monday of the month. Books are chosen by the participants and include both fiction and nonfiction.

[RELATED: [Are Your Personal Documents Ready for an Emergency?](#)]

The Surviving Spouse Virtual Chapter, chartered in 2018, began with 10 members and has grown to 250 members from almost every state — but not all 50 yet. Florida and Texas lead the way with the most members, but we have some states with no members, such as Rhode Island, West Virginia, Louisiana, Nebraska, Iowa, and Wyoming. I challenge anyone from a state not represented today to join the chapter by our next meeting in September.

For additional information or to join, contact [mssvc02@gmail.com](mailto:mssvc02@gmail.com) or find us on [MOAA.org](http://MOAA.org). Here, you can also find links to critical advocacy issues and helpful resources and benefits.

As many members have noted, one of the biggest benefits of joining this virtual chapter is the camaraderie and friendships with so many others who share their problems and concerns. So, don't delay — join today! I promise you will be glad you did.

## OVERVIEW OF SURVIVING SPOUSE VIRTUAL CHAPTER MEETING

17 September 2024

### “How to Recognize and Prevent Scams- Protecting Yourself from Fraud and Scams”

The guest speaker was Master Detective James Belcher, Westmoreland County Sheriff's Office, who is a general detective as well as a master detective and said he is a one-man Special Victims Unit among other duties. Some of the types of scams he discussed follow.

#### “Common Types of Scams Targeting Military Families”:

- *Veterans Affairs (VA) Pension Scams*- Scammers posing as VA representatives offering to help with pension benefits, then steal personal information or charge large fees. **Prevention Tip** - Never pay for services to process VA claims or share personal data unless you verify the identity of person. **NOTE:** When Paul Phelps, Veterans Service Officer, spoke to us several months ago he emphasized you should never have to pay for filing for VA benefits.

Please Memorize the VETERAN CRISIS HOTLINE **Dial 988 then press 1**

- Military Charity Scams – Fake charities claiming to help veterans or military families. **Prevention Tip** – Always verify charity’s legitimacy through website like Charity Navigator before donating.
- “Government Impersonations” Scams – Scammers pose as IRS agents, law enforcement, or other government officials, demanding payments or threatening arrest. **Prevention Tip** – Government agencies will **never ask** for payment through gift cards or wire transfer.

#### “Scams Specific to Surviving Spouses”:

- *Life Insurance and Pension Fraud*
- *Bereavement Scams*
- *Online Romance Scams*

Some “**Red Flags of a Scam**” per Det. Belcher include pressure tactics (like demanding immediate action or payment), unusual payment methods (like via gift card, wire transfers, or cryptocurrencies), requests for personal information (like unsolicited requests for social security numbers, bank account details, or passwords), and promises-too-good-to-be-true (offering prizes, sweepstakes, or financial assistance for personal information or payments).

**To protect yourself he recommended: do your research, stay skeptical (Trust your instincts!),** use security tools (like setting up fraud alerts and credit freezes with major credit bureaus and using multi-factor authentication on online accounts), and to report suspicious activity (report scams to the FTC or law enforcement). Det Belcher noted that MOAA has resources to help surviving spouses and to reach out for assistance. He stressed that if you’ve been scammed, it is important to act quickly and to seek support. Contact your bank or credit card company if you’ve given out financial information. Report identity theft to the FTC at Identity Theft.gov. MOAA offers assistance to help connect you with legal and financial services if you’ve fallen victim to fraud.

One of the attendees noted that Virginia has a program through the Office of the Attorney General to protect victims of identity theft -<https://www.oag.state.va.us/consumer-protection/index.php/tips-info2?view=article&id=156>. Not all states have this identify theft protection program.

Some resources Det. Belcher listed include:

**FTC Scam Resources:** <https://consumer.ftc.gov/scams>

**OIG Imposter Scams:** <https://oig.ftc.gov/ftc-imposter-scams>

**Military OneSource:** Offers financial counseling and scam prevention resources.

**MOAA:** Provides trusted advice and support for military families.

I will be happy to send more information about Det Belcher’s presentation if anyone uses it.

After the program, there was a short meeting. A reminder was given that new surviving spouses need to keep their spouses cellphone active as many accounts use 2<sup>nd</sup> identifiers that go to the account holder’s cellphone. There were quite a few examples of scams that members or their friends had fallen victim to.



Submitted by:

Sherry Ferki, MAJ, USA (Ret)

PACMOAA Personal Affairs Chair & Surviving Spouse Liaison,

VCOC Surviving Spouse Liaison

## OVERVIEW OF MUSNAVC MEETING – DHA UPDATE

18 September 2024

LTG Telita Crosland, Director, Defense Health Agency (DHA) was the speaker. She went to the Military Medical School and is a board-certified family physician. LTG Crosland reviewed her agenda – DHA Strategic Priorities (stabilize and improve the Military Health System (MHS)), My Military Health, TRICARE Transition, and Q & A.

Please Memorize the VETERAN CRISIS HOTLINE **Dial 988 then press 1**

Some priorities for stabilizing and improving the MHS included taking care of staff and beneficiaries, supporting the National Defense Strategy, increasing clinical readiness, mitigating risks to requirements, reducing long-term cost growth in private sector care, reattracting beneficiaries to MTFs and maximizing the medical education and training programs.

**NOTE:** Many of you may remember the articles in our newsletter discussing how DOD realized they needed all the beneficiaries they had been pushing out of their system over the past 4 or 5 years! DOD released a memo in Dec per the need to “Stabilize The Military Health Care System”.

Some interesting points that were discussed included that part of increasing clinical readiness involved making sure the deployed personnel have the skills needed. Caring for more patients with a variety of health care needs improves clinical readiness. Beneficiaries, retirees and their dependents help provide both. When questioned about how they were planning on reattracting beneficiaries back to MTF’s, LTG Crosland noted they would not try to have those people they pushed out come back to the MTF, but to keep current patients in their system, rather than pushing them out at 65, etc. She also mentioned they do not plan to increase the current health system size but to utilize technology more.

LTG Crosland reviewed an excellent diagram of the Defense Health Agency showing their integrated health system. I was surprised to see that in FY23, the health care delivery system included 250 veterinary clinics and that there are 9.5 million eligible beneficiaries! Twenty-four percent of those beneficiaries are retirees greater than 65 and their families. Thirty three percent are retirees less than 65 and their families. She also discussed the civilian network care contracts – we are still under Humana – and also the TRICARE benefit plan options, like TRICARE Prime and TRICARE for Life.

Modernizing the health care delivery model was discussed including that the pandemic showed everyone that the health care system civilian and military needed to change. Using technology and keeping it patient centered is important! One example of this modernization is having data and tools that are readily accessible like phones. *My Military Health* is an app to help patients to interact digitally. Ideally this will improve health outcomes and equity for service members and military families. When I asked what happens to older beneficiaries that don’t use apps or internet, it was stressed that they weren’t taking away the system where you can call to request appointments, refills, etc. but were adding additional approaches. I will be happy to share more information from this presentation if anyone desires it.

A short meeting at the end of the evening provided an update on the chapter. We now have 524 members, covering all 50 states and 217 Congressional Districts. The meeting ended with a reminder about the **MUSNAVC Legislation Early Push** information on [Legis Early Push | musnavc](#) or <https://www.musnavc.org/gallery>. This shows detailed information about health-related issues that are not being highlighted on the MOAA website but that are approved by MOAA. Several examples include National Plan to End Parkinson’s Act S. 1064 and Health Care Fairness for Military Families HR 1045.

Submitted by:

MAJ Sherry Ferki, USA (Ret) Retired Army Nurse

## MOAA & LEGISLATIVE

### Critical Veterans’ Bill Remains Stalled: Ask Your Lawmakers to Back the Dole Act

By: René Campos      September 25, 2024      <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/advocacy/critical-veterans-bill-remains-stalled-ask-your-lawmaker-to-back-the-dole-act/>

Critical legislation, including a package designed to improve the lives of generations of veterans, their caregivers, and their survivors, remains in limbo as members of Congress prepare to head home for the November election.

MOAA and other veterans advocacy groups continue to press Congress to pass the life-giving and life-saving Senator Elizabeth Dole 21st Century Veterans Healthcare Improvement Act ([H.R. 8371](#)). This bipartisan bill is central to MOAA’s advocacy efforts in the 118th Congress, and despite exhaustive efforts through press

conferences and numerous meetings with lawmakers and their staffs, as well as White House officials, the package has not moved forward.

**[TAKE ACTION: [Support This Wide-Ranging Plan to Improve Veterans' Care](#)]**

As lawmakers gear up to campaign, members of the wider veteran community are left wondering whether their needs will be prioritized once Congress returns after the elections.

The Dole Act represents much more than [a comprehensive package](#) of policies. It is a lifeline for veterans and their families, caregivers, and survivors who rely on VA health care and benefits – often as their only source of livelihood. The package includes VA benefits reforms, expanded long-term care services, caregiver program support services, resources for homeless veterans, and assistance for surviving family members, among other improvements.

## Impact on Caregivers

The Dole Act is particularly crucial for caregivers. Named after Sen. Elizabeth Dole, a driving force behind VA caregiver program improvements, the bill reflects her commitment to empowering, supporting, and honoring military caregivers.

In 2012, Dole established the Elizabeth Dole Foundation (EDF) to support military caregivers. EDF's 2014 RAND Corporation study, [Hidden Heroes: America's Military Caregivers](#) was the first comprehensive examination of this population. This week, EDF released a new RAND study, [America's Military and Veteran Caregivers: Hidden Heroes Emerging from the Shadows](#) during its ninth annual National Convening event in Washington, D.C.

The new study examines changes since 2014 that have affected the caregiver community, such as:

- Aging of the veteran population, and other demographic changes.
- Troop withdrawal from Afghanistan.
- Increased awareness of servicemember exposure to environmental toxins.
- Legal advances for sexual and gender minority veterans and servicemembers.
- The coronavirus pandemic and associated lockdowns.

**[RELATED: ['Ending the Wait': How MOAA Is Making a Difference for Toxic-Exposed Veterans](#)]**

There are 105.6 million caregivers in the U.S. today, with 14.4 million caring for wounded, ill, or injured servicemembers or veterans.

## Study Recommendations

The RAND study offers nine recommendations to better support caregivers:

1. Increase access to mental health and substance use treatment for caregivers and their children.
2. Increase opportunities for caregivers to access available financial support, and offer additional financial compensation to caregivers for the work they perform.
3. Tailor caregiver support programs to reflect caregivers' diverse preferences and needs.
4. Expand and promote home health care considering how caregivers will be affected.
5. Focus programmatic and social support within the context of local conditions in which military/veteran caregivers live.
6. Encourage health care systems to better integrate caregivers into health care teams.
7. Promote work environments that are supportive of caregivers.
8. Continue to conduct rigorous evaluations of those initiatives designed to support military and veteran caregivers.
9. Continue to conduct research that fully captures the breadth of caregiving and those who serve as caregivers.

[FROM MILITARY TIMES: [Vets' Caregivers Need More Support From VA, Local Orgs, Study Finds](#)]

## Help Congress Finish Its Business

Join MOAA in making sure we do not miss the chance to support these caregivers and the wider veteran community: Let your lawmakers know you want the Dole Act to become law now.

Do not let Congress end this year without passing this important legislation to ensure our nation remains committed to those who selflessly served and sacrificed. [Click here](#) to contact your legislators and ask them to pass the Senator Elizabeth Dole 21st Century Veterans Healthcare Improvement Act.

## Your Voice Matters: Recapping MOAA's Summer Advocacy Campaign

By: Allison Reilly      September 20, 2024      <https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/advocacy/moaa-makes-a-difference-recapping-our-summer-advocacy-campaign/>

This summer brought remarkable growth in MOAA's advocacy network, with over 700 new registered advocates joining our ranks to help send more than 17,000 letters to members of Congress through the [Legislative Action Center](#).

The messages amplified our collective voice and drove home the urgency of the three key issues making up our Advocacy in Action summer campaign:

### Increasing Junior Enlisted Pay

Competitive pay is vital to maintaining the strength of our all-volunteer force. Both the House and Senate versions of the FY 2025 National Defense Authorization Act (NDAA) include provisions addressing this issue: The House NDAA proposes a 15% pay raise for servicemembers E-1 to E-4 in addition to the 4.5% raise for all personnel, while the Senate version suggests a 1% increase for E-1 to E-3 beyond the general 4.5% raise.

These measures are a step in the right direction, but continued advocacy is necessary to ensure our junior servicemembers can support themselves and their families.

### Restoring the Basic Allowance for Housing (BAH)

Quality housing is crucial for the financial well-being of our servicemembers. The House version of the NDAA proposes restoring BAH to 100% for FY 2025, moving closer to our goal of a permanent fix.

Unfortunately, the Senate version does not address this issue, highlighting the need for continued advocacy to achieve a comprehensive solution.

### Supporting Combat-Injured Veterans

The Major Richard Star Act, which aims to eliminate the unfair offset between DoD retirement pay and VA disability compensation, has seen significant support in Congress. Despite this, neither version of the NDAA includes the bill.

It remains critical that lawmakers hear from constituents on this important issue, particularly as we approach the 119th Congress.

### Reflecting on Spring and the Importance of Summer

Our [Advocacy in Action event this spring](#) was a powerful demonstration of collective commitment, with over 150 MOAA members converging on Capitol Hill to spotlight critical issues facing our uniformed services community. The energy and momentum generated during this event laid a strong foundation for our ongoing efforts.

The summer campaign built on this spring effort, maintaining the visibility of our key issues as Congress returns from its August recess. It is crucial that we keep the momentum going to ensure that these important topics remain at the forefront of legislative discussions. By staying active and engaged, we can continue to push for the changes our community needs and ensure that our voices are heard loud and clear as lawmakers enter the final months of the 118th Congress.

MOAA will continue to keep you informed as the NDAA moves through Congress. Thank you for your unwavering dedication and participation in MOAA's mission; together, we are making strides toward meaningful legislative changes and ensuring that the needs of our nation's heroes are met.

Submitted by:

MAJ Sherry Ferki, USA (Ret)

## VCOC AND JLC

### VCOC Update

#### VCOC 4<sup>th</sup> Quarter Meeting

The VCOC 4<sup>th</sup> Quarter meeting will be held on Thursday, October 24<sup>th</sup>, 2024.

### VCOC LEGISLATIVE

#### October 2024

Please vote **IN FAVOR** of the proposed Virginia constitutional amendment when you vote in the next 2 months. I have been reporting in our newsletter over the past few years as this proposal moved through the General Assembly step by step. The Virginia Council of Chapters and the Joint Leadership Council comprised of 28 Veterans Service Organizations have been working on this issue for 8 years! I can email or mail you the position paper that has been used for the past 3 years to move this issue through the General Assembly.

Per the discussion in the position paper:

“This constitutional amendment will equalize the benefit with the other three categories surviving spouses of those killed in action (by enemy), 100% Disabled Veterans, rated Permanent and Total by the Veterans Administration, and the surviving spouses of the 100% disabled veterans that are currently eligible to receive the property tax relief.”

“As of 30 Sept 2021, the Department of Defense Office of Actuary shows a total of 182 surviving spouses of those both killed in action and died on active duty living in Virginia from all periods of service.”

The amendment as written on the Commonwealth of VA Sample Ballot for 5 November 2024:

***Should the Constitution of Virginia be amended so that the tax exemption that is currently available to the surviving spouses of soldiers killed in action is also available to the surviving spouses of soldiers who died in the line of duty?***

Submitted by,

Sherry Ferki, MAJ, USA (Ret)

PACMOAA 2<sup>nd</sup> VP/Membership Chair

PACMOAA & VCOC Surviving Spouse Liaison

Cell 757-630-5608

## COMMUNITY

Please remember to bring items for the Portsmouth Volunteers for the Homeless (PVH) to the next meeting, Thursday, October 10, 2024.

## Artful Living a Lake Prince Woods

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**Thank you Lake Prince Woods for being a PACMOAA Sponsor**

## PROGRAMS

**Oct 10, 2024 PACMOAA Dinner Meeting – Gail Joyce, Surviving Spouse, MOAA Board of Directors, Virtual Presentation**, discussing issues important to military members (active duty, retired and former), spouses, and surviving spouses. **We need to make sure our spouses are prepared!!**

**November 14:** Annual Business Meeting and elections!

**December 12: 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 we can have them play all Christmas music or have a portion of the program Christmas and the rest like a variety show. Please let me know what you would prefer to hear. They always end with a patriotic song!*

Sherry Ferki

PACMOAA Acting Program Chair

Cell 757-630-5608 or [navmedarmynurse@gmail.com](mailto:navmedarmynurse@gmail.com)

Please Memorize the VETERAN CRISIS HOTLINE **Dial 988 then press 1**

**PLEASE CONSIDER BECOMING A MEMBER OF THE LEADERSHIP TEAM -  
POSITIONS OPEN FOR THE NOVEMBER 2024 BALLOT**

Members elected this fall will serve from January 2025 to January 2027.

**Please consider** becoming a member of the Leadership Team as an elected officer or appointed. **PACMOAA needs as many different perspectives as possible** to help us represent all our members and their interests!

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

**Notes:**

**Good computer skills are essential to facilitate speedy communication among the Board members.**

**“Throughout the By-Laws, he is used generically to represent “he or she” on intro page to bylaws.**

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

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

**1st Vice President:** Is Program Chair, a member of the BOD, and fills in for the President in his absence. *Needs to serve 1 year of a 2-year term.*

**3rd Vice President:** Is a member of Board of Directors and Public Affairs/Communication Committee Chair.” “In the event of the temporary disability or absence of the president, first and second vice president, the third vice president shall perform the duties of the president. The vice presidents shall perform such other duties as the president may assign”. *The 3rd Vice President* publishes the newsletter in printed and electronic format, maintains the website and the membership roster, handles the IT needs/equipment at meetings, and is the chapter photographer!

**NOTE: If someone could take pictures at meetings and/or assist with any of the duties listed above, it would be helpful.**

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

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

Please let us know if you have any questions and/or you are interested in becoming more active and / or running for office. Contact Bill Smith, MAJ, USA (Ret) Nominating Committee Chair, Immediate Past President at (252) 333-0871 or [wmsmith6487@gmail.com](mailto:wmsmith6487@gmail.com) .

**NOTE: The Scholarship Committee needs** at least 1 new member as it only has 2 members now. Members primary duties are during May and early June in reviewing scholarship applications online and utilizing the grading sheet provided. If interested, please contact Sherry Ferki at [navmedarmynurse@gmail.com](mailto:navmedarmynurse@gmail.com) or (757) 630-5608.

**CHAPLAIN'S CORNER**

With the change of season, I am reminded of the loss of loved ones, both family and friends when I see the changing of the trees and the leaves that fall to the ground. These events have a spiritual connection that touches my soul which I believe is captured by Garnett Ann Schultz poem about October in the *Salesian Collection*.

**Give Me A Share Of These**

Give me the splendor of autumn's gold  
and a field that is turning brown,  
the million colors so bright and bold  
in the leaves that are falling down,  
beauties of nature throughout each day  
that after October is past,  
I'll have a mem'ry to put away  
that forever will live and last.

Give me October, just as it is  
with anything it might bring.  
From a frosty morn to an evening's bliss  
and an autumn day between,  
at peace with the world, in a woodland still  
neath God's ever beautiful trees,  
a valley below that looks high up a hill  
give me a share of these.



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



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

**THAT'S A WRAP FOR OCTOBER 2024**

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

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](mailto: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: \_\_\_\_\_