



Monthly newsletter of the Portsmouth Area Chapter, an affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield and Franklin, Virginia, since 1983. Dinner meetings are held the Second Thursday of each month except July and August.

VOLUME XXXVI ISSUE III

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NOW HEAR THIS !

FROM THE PRESIDENT'S DESK

I would like to start by thanking Col Hal Hostetler, USA (Ret) for all his hard work and outstanding efforts on behalf of PACMOAA over the past 2 years as President and over all the years he has been a PACMOAA member. He certainly has represented PACMOAA well in the community, at VCOC and MOAA events. Hal has consented to act as Assistant Legislative representative in addition to being Secretary and Immediate Past President.

We had a much smaller group at our February meeting but the great fellowship and food were the same. Casey Shaw, Grassroots Coordinator for the Elizabeth River Project, was a very enthusiastic and knowledgeable presenter. She discussed



growing up on the water in Norfolk and fishing with her Dad. Thus her love of the wetlands and protecting the waters around the area started early. A lot of the watershed was lost in the 1950's with development but no one had been able to eat shellfish since the 1930's because of pollution. Early in the 1990's, there was some thought to just write off the Elizabeth River to only be used for commerce, an industrial highway.

As Gordon noted in the last newsletter, "the Elizabeth River Project began in 1991 as a discussion around a kitchen table" by four concerned citizens in Scott's Creek with the belief that citizens, government and industry can work together to achieve the balance of a healthy river and a healthy economy. At the beginning of the project, the river was assessed as failing but now would have a grade of C. "Nature can be resilient" per Casey.

WELCOME ABOARD

The Salute extends a hardy welcome to CWO2 Douglas Weller USCG (Ret.)

Partnerships are very important with businesses in the community and with schools. The Learning Barge has over 6000 students come aboard it each year.

"The Elizabeth River Project's Dominion Virginia Power LEARNING BARGE is the world's first floating wetland classroom and America's Greenest Vessel. It is a "steward ship," teaching local children good river environmental stewardship actions and showing how to make the Elizabeth River healthier! Powered by sun and wind and equipped with live wetlands, an enclosed classroom, composting toilets and a rainwater filtration system, the 120 by 32 foot Learning Barge is designed to both model and teach ecology and sustainability to the next generation of lower Chesapeake Bay stewards. The mission is making resto-

HAPPY BIRTHDAY

Gordan E. Van Hook

(Continued on page 8) President's Desk

Chapter Happenings

Mar 09 PACMOAA Dinner Mar 17 St Patrick's Day
Mar 12 Day Light Savings Start Mar 20 First Day of Spring

MARCH DINNER

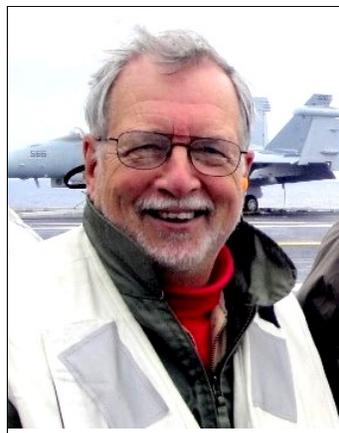
Our next dinner will be held on **Thursday, 09 March** at the Hilton Garden Inn (HGI) Ballroom at 5921 Harbour View Boulevard in Northern Suffolk. [LINK TO HGI](#) for an excellent map, GPS information and HGI contacts. Social hour will begin at 1800 with dinner at 1900.

MENU

Iceberg Tossed Salad with Ranch or Italian of Dressings
Chicken Florentine – Spinach, Tomatoes & White Wine Sauce
Garlic Mashed Potatoes, Green Snap Beans and Dinner Rolls
Chef's Choice Dessert
Water and Ice Tea served at table
Coffee and Hot Water for Tea Station

Cost is **\$30.00** (includes tax and gratuity) Please make your reservation no later than **Sunday, 5 March** with Sherry Ferki at _____
_____ Come join us for good company, good food and a good time.
REMEMBER A RESERVATION MADE IS A RESERVATION PAID.

MARCH GUEST SPEAKER



Our March guest speaker can fly anything you put in front of him from thermal powered gliders and military bombers to commercial B747's, not forgetting to include a desk as an accomplished writer and author. CDR Robert R. "Boom" Powell USN (Ret.) grew up on Long Island, NY, and earned his Navy wings in 1965. Flying A-4 Skyhawks, he deployed to Vietnam on the USS Intrepid CVN-11, transitioned to the RA-5C Vigilante and went back to the Tonkin Gulf on the USS Kitty Hawk CVN-63. He also cruised on the USS Forrestal CVN 59 and USS Kitty Hawk for a second time. Robert was the Naval Attaché in South Africa and served as ship's company on the USS Dwight D. Eisenhower CVN-69. Lakehurst, NJ, was his last duty station before retiring after 20 years on active duty. Following his Military service, Powell had a second career as an international airline pilot with Pan American and Atlas Air Cargo flying B747's. Powell again retired and settled in Virginia Beach. He was a dogfight instructor for Air Combat USA. He currently flies his own glider for fun and old airplanes for the Virginia Beach Aviation Mu-



seum.

Powell wrote *Vigilante Units in Combat*, a pair of flying novels, several magazine articles and does the Catwalk Column for *The Hook*. His forthcoming book is *Wave Off! A history of LSOs and Ship-Board Landings*, which brings us to the topic of his presentation at our dinner. Do not miss his presentation! It will be huge. #ACTION PACKED

MEMBERSHIP RENEWALS FALLING SHORT

Only 50% of current membership have paid 2017 dues. PACMOAA dues are as follows:

Regular members \$25.00/year

Surviving Spouse members \$20.00/year

You can pay your dues at the next PACMOAA meeting or mail it to:

PACMOAA, P.O. Box 5353, Portsmouth, VA 23703.

Your dues money enables PACMOAA to pay for the newsletter, website, VCOC dues, name-tags, printing, postage, and entertainment like guest speakers and the Tidewater Concert band that performs at our Christmas gala.

Please pay your dues as soon as possible so we can continue to provide all these services. Please include the renewal form to help us update our records. If you are not sure if you have paid yet, check with Dolly Cherrington or Hans Sachse. Remember the effectiveness VCOC has in the state legislature relates to chapter membership! See renewal form at the end of the newsletter. Thank you.

CHAPLAIN'S CORNER

by Bob Steorts, Chaplain

PEACEMAKERS ARE PATIENT

When we study the Scriptures, we realize quickly that one of God's greatest qualities is God's patience. Again and again, God patiently forgives. God knows our weaknesses, see our sins, and is very much aware of our clay feet. Yet with amazing patience, God keeps on forgiving us, loving us, encouraging us. This seventh Beatitude challenges us to imitate God's

patient ways.

Ruth Graham, wife of evangelist Billy Graham, has decided what she wants on her tombstone. It is not what you would expect at all, but a most unusual statement indeed. She saw it one day on a road sign when she and her husband were driving down an interstate highway. They had gone through several miles of road construction, had to slow down, were reduced to single lanes of traffic, and had to make short detours here and there. Finally, they came to the end of the construction and there Ruth Graham saw the sign that caught her attention.

Pointing to it, she said to her husband, "Look! That's what I want on my tombstone!" At first he didn't get it, but when it began to dawn on him, he smiled. The sign read: END OF CONSTRUCTION. THANKS FOR YOUR PATIENCE.

Actually, that would be a pretty accurate summary of the lives of all of us, wouldn't it? We all have feet of clay; we all have shortcomings and foibles and inadequacies. We all mess up from time to time. Every now and then, we blow it; we stumble and fall. All of us are still under construction, and we all need God and other people to be patient with us. So why not just recognize that, and turn that coin over and be patient with other people! Why not take that stance? Why not be a bridge builder? Why not be an avid agent of reconciliation? Why not imitate the gracious patience of God? Why not be a patient peacemaker? It is a god-like thing to do.

God's patience saved us all. Go and do likewise.

Please remember to bring personal items for the Portsmouth Volunteers for the Homeless which operates a twelve month Drop In Service Center where clients can shower, do laundry, receive their mail and use telephone. Help support the winter sheltering program. Remember 20% of our area homeless are veterans.

Thanks



This is a picture of my flight during one of our lead labs. We got to practice some life-saving techniques and learn how to swim with a gun!

Email from Mackenzie February 2017
I have attached pictures and short article!!

I just wanted to say thank you again to everyone. I have learned so much already in my detachment and seen so much growth in myself as a leader and person. Detachment 890 has given me the tools and opportunities needed for success. I have been able to participate in a 24-hour POW/MIA ceremony, attend the Air Force Association National Convention, hear the many words of wisdom from current active duty officers, join the drill team, and hopefully, this semester, attend a drill competition at Villanova University. What makes ROTC and my detachment so special to me is that it challenges us cadets to innovate; whether that be through our leadership style, a PT workout, or in the classroom. The cadre and upperclass cadets create an environment where making mistakes is okay, as long as we learn from them and continue to improve. They push us to be our best and I definitely have reaped the benefits of this. Without a doubt, my college experience thus far has been amazing. ROTC has truly made me a better, more confident version of myself. Although I am involved in other activities around Grounds (not campus since, after all, I am a Wahoo), my detachment has be-

come a central component of my identity here, something which I am very proud of. I want to say thank you again for everything you have done for me and everything you will continue to do for others. The opportunities I have had are incredible, and you definitely helped with that. I send you my best and hope you have a wonderful 2017.

Mackenzie Scalon
2016 PACMOAA Scholarship



PACMOAA 2017 SCHEDULE OF EVENTS

| DATE | EVENT |
|-------------------------|---|
| 12 JANUARY | PROGRAM/INSTALLATION OF OFFICERS |
| 22/23 JANUARY | VCOC MEETING AND "STORMING THE HILL" |
| 9 FEBRUARY | PROGRAM/DINNER MEETING |
| 23 FEBRUARY | PACMOAA BOARD MEETING |
| 9 MARCH | PROGRAM/DINNER MEETING |
| 13 APRIL | PROGRAM/DINNER MEETING |
| TBA | VCOC MEETING |
| 11 MAY | PROGRAM/DINNER MEETING |
| 18 MAY | PACMOAA BOARD MEETING |
| 29 MAY | 133RD ANNUAL PORTSMOUTH MEMORIAL DAY PARADE |
| 8 JUNE | PROGRAM/DINNER MEETING |
| TBA JULY | ANNUAL JOINT BRUNCH WITH HRC, PAC & VIP MOAA CHAPTERS AND/OR JOINT RECRUITING EVENT AT PATRIOT'S COLONY |
| TBA JULY | VCOC MEETING |
| 24 AUGUST | PACMOAA BOARD MEETING |
| 14 SEPTEMBER | PROGRAM/DINNER MEETING |
| 12 OCTOBER | PROGRAM/DINNER MEETING |
| TBA OCTOBER | VCOC MEETING |
| 2 or 30 NOVEMBER | PACMOAA BOARD MEETING |
| 9 NOVEMBER | ANNUAL BUSINESS MEETING |
| 14 DECEMBER | CHRISTMAS GALA |

NEWS FROM MOAA

HOW SEQUESTRATION AFFECTS MILITARY FAMILIES

Sequestration is intended to save the federal government and the American people from increasing national debt. It slashes spending, indiscriminately. If it weren't for some temporary budgetary maneuvering a few years back, cuts could have been much worse than they are currently. Regardless, we are still facing the expiration of those budget maneuvers and the revival of sequestration cuts across the board. We don't know exactly how bad it might get, but we can tell you, this is the elephant sitting in the living rooms of military families who need childcare.

In an effort to control the growth of the federal government, and the costs associated with it, the president ordered a temporary hiring freeze of federal employees just a few days after taking office. As DoD examined the policy, it came out with guidance [exempting critical categories](#). One of those categories is "positions providing child care to the children of military personnel." Despite the exemption, some federal positions responsible for a part of the hiring process may be short staffed as a result of the hiring freeze, resulting in a backlog of hires and creating a seam between the authority to hire and the ability to do so.

Last week in a Senate hearing, Sgt. Maj. of the Army Daniel Dailey noted the need for child care to keep military spouses employed, and the high demand for it. Currently, child care is the "No. 1 resourced function within [Morale, Welfare and Recreation], United States Army by size and scope. And it's critical to our success and it's something we have to continue to invest in for the future," said Dailey. He also stated that the Army lacks sufficient space, requiring new construction to meet requirements - a growing challenge under sequestration. Within the week following that Senate hearing, both Fort Knox, in Ky., and U.S. Army Garri-

son Wiesbaden, announced suspension of some of their child care programs. Just as quickly, concern among military families became apparent, and the Army responded using all means at their disposal to reopen those programs via use of overtime and other personnel tools.

The good news, in some cases, is that when families cannot access child care on the installation, they may have access to a child care subsidy for use at a private facility that meets the DoD's rigorous accreditation standards. However, those facilities may not be readily available, either because they don't meet DoD's subsidy standards or because there is simply a shortage of open slots. Additionally, some changes have recently taken place reducing the subsidy provided for part time or before- and after-school child care programs.

Research shows how significantly families view childcare to their military family readiness. Sixty-six percent of military families indicate that their most desired resource from DoD for ensuring family health and happiness during military service was "accessible and affordable childcare." Military spouse unemployment remains three or more times higher than the national unemployment rate, and childcare is one of the top five reasons military spouses give for not working. Solid access to childcare bridges a gap for many families, whether it's financial, social, or emotional.

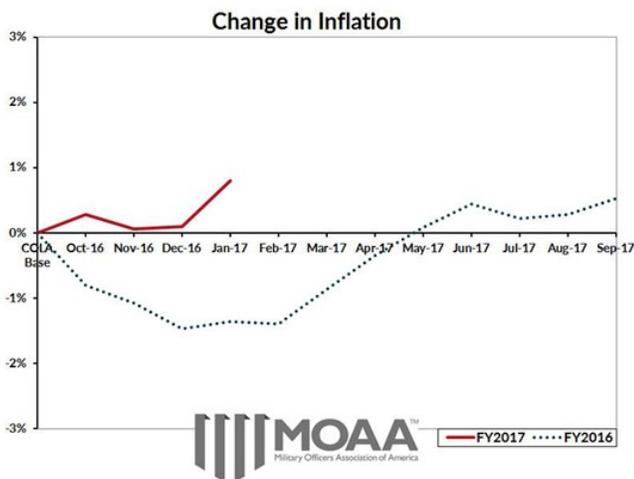
Even with the precautions taken, such as the hiring freeze exemption for military child care providers, military support functions are highly intertwined, and some resources are finite. Access to support is not a one-step event, but a process requiring complex coordination and choreography - when one step is off, it can change every step that follows. DoD's forethought in exempting military child care providers was critical and appreciated, as well, as their use of personnel tools to bridge gaps. MOAA remains concerned that sequestration will test the limits of what the military can do to help its people remain ready. We hope Congress can mobilize against sequestration this year, to prevent more negative impacts.

MOAA COLA WATCH

The January CPI is 236.854 — up 0.8 percent above the FY 2016 COLA baseline.

The CPI for February 2017 is scheduled to be released on March 15, 2017.

Note: Military retiree COLA is calculated based on the CPI for Urban Wage Earners and Clerical Workers (CPI-W), not the overall CPI. Monthly changes in the index may differ from national figures reported elsewhere.



SOME HEART HEALTH TIPS FROM MOAA

The following are some excerpts from a MOAA article by Don Vaughan, a freelance writer based in North Carolina

The human heart is a remarkable machine, pumping blood through our bodies at an astonishing 85,000 beats a day. However, like all machines, the heart must be well maintained to function properly. Without care, heart disease becomes a very real possibility. According to the Centers for Disease Control and Prevention, an estimated 27.6 million adults have been diagnosed with heart disease in the U.S. and nearly 610,000 people die from it every year, making it the No. 1 cause of death in both men and women. There are several steps you can take to maintain your heart health and reduce your risk of developing heart disease, no matter your age.

BE AWARE OF WHEN YOU EAT

Research by the American Heart Association (AHA) strongly suggests that when we eat matters just as much as what we eat (diet is one of [seven factors that can make or break your heart health](#)) when it comes to maintaining a healthy heart. Our organs have their own “clocks,” which might affect how our bodies process food throughout the day.

The AHA recommends you consume a good amount of your daily calories in the morning. This makes sense because several studies have found breakfast eaters tend to weigh less, have better blood pressure, and have a lower risk of heart disease and other illnesses than those who skip breakfast. For best results, pile your breakfast plate high with fresh fruit, whole grain bread, low-fat yogurt, and other healthful items, while keeping the bacon to a minimum.

EAT NUTS

Not only are nuts tasty, but they're also rich in unsaturated fatty acids, fiber, vitamins, and other healthful compounds, all of which work together to reduce your risk of coronary heart disease, stroke, and other health issues. A handful a day keeps the doctor away

ADD RED CABBAGE MICROGREENS TO YOUR DIET

Microgreens are seedlings of edible plants such as basil and kale. We now know microgreens are packed with essential nutrients such as vitamins C and E and beta-carotene, and that red cabbage microgreens in particular might be able to reduce the risk of cardiovascular disease.

WATCH YOUR CONSUMPTION OF SATURATED FAT

Americans love their saturated fat (the kind found in butter, red meat, lard, and dairy fat) even though it can raise our risk of coronary heart disease significantly. However, you can reduce that risk by as much as 8 percent simply by replacing 1 percent of saturated fat with healthier fats, whole grains, and plant proteins.

(Continued from page 1) President's Desk

ration of the Elizabeth River a reality." from Elizabeth River Project website

Paradise Creek nature Park in Portsmouth is one of the local initiatives. The Elizabeth River Project is encouraging all citizens to protect the river and the watershed. Another initiative is River Star Homes - ways to help the river by caring for your home. The steps include: "scoop the dog poop", reduce lawn fertilizers, only rain in the storm drain, no grease in your sink, help geese migrate by not feeding them. bread is really difficult for birds to digest), pump our your boat waste at proper facilities, and don't flush medicines.

Thanks again to Casey for an great presentation that was filled with many helpful facts and suggestions to help us all be stewards for our waterways.

Membership decline is always a big concern. Please invite any potential members that you know to one of our dinners. I would be happy to send them some newsletters if they would like to know about our organization. Thank you all for your continued membership, support, and please let me or any of the Leadership Team members know if you have any concerns or suggestions. Unfortunately, Ken did not receive many responses to the survey he sent out asking for feedback on programs. This is your organization and we are trying to present programs and information that is interesting and helpful to our members. I hope to see many of you at the upcoming programs.

THE OLD DOCTOR GEEZER

A retired doctor became very bored in retirement and decided to open a medical clinic. He put a sign up outside that said: "Dr. Geezer's

Clinic. Get any treatment for \$500. If not cured, get back \$1,000." Doctor Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get some cash. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: "Aaagh! -- This is gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory; I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't ... that is gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak; I can hardly see anything!"

Dr. Geezer: "Well, I don't have any medicine for that so, here's your \$1000 back", giving Dr. Young a \$10 bill.

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story: Just because you're young doesn't mean that you can outsmart an old Geezer.

Adapted from truthbook.com

THAT'S A WRAP FOR MARCH

PACMOAA MEMBERSHIP FORM 2017

FULL NAME: _____ NICKNAME: _____

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

STATUS: Active Retired Former Surviving Spouse

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

Civilian Occupation: _____ MOAA Membership No. _____

MOAA Membership number From MOAA card or *Military Officer Mailing Label*

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

Spouse email: _____

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

PLEASE CIRCLE CORRECT AMOUNT: ANNUAL DUES ENCLOSED IS \$25.00 FOR REGULAR MEMBER OR \$20.00 FOR AUXILIARY MEMBER. Make checks payable to PACMOAA and send mail to:

PACMOAA, PO Box 5353, Portsmouth, VA 23703

DATE: _____ SIGNATURE: _____

NOTE: For members joining after 1 July, \$12.50 for regular members and \$10.00 for auxiliary members