



The Salute express



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.

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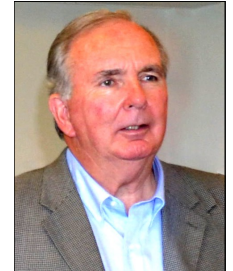
pacmoaa.org

September 2015

WELCOME BACK FROM SUMMER BREAK



I hope everyone is refreshed and ready for the Fall stretch leading to our year end gala with all the trimmings on 10 December. Our September dinner will be the 10th of this month with Vanessa T. Greene as our guest speaker. I look forward to seeing everyone there to share your summer activities. At our October 8th dinner Delegate Matthew James will discuss how the state legislature plans to address veterans issues. Our Annual Business Meeting is on November 12th when we will be voting on Bylaws changes and Leadership Elections. See page 3 for details.



Another Fall event is the Biennial VCOC meeting and luncheon which will be on October 14th at the Patriots Colony in Williamsburg. Spouses and others attending the luncheon but not wanting to attend the morning business meeting may take a brief shopping trip or walking tour in downtown Williamsburg from 1000 to 1130 with transportation provided by Patriots Colony. They will return at 1130 for the 1200 sit down lunch served by Patriots Colony. After lunch there will be a Memorial service for chapter members who passed during 2014. Finally will be the installation of VCOC officers to include three PACMOAA members; Steve Turner as VCOC President (top right), Dolly Cherrington as Second Vice President (center right), and Jim Stephan as Treasurer (bottom right).



I encourage you to attend as this is a good opportunity to meet officers from other Chapters and MOAA National. The exact cost of lunch is not set yet, but will surely be under \$20 a plate. Reservations will be required. Festivities should be complete by 2 PM or so.



For those considering a carpool, *The Salute* press van will be leave about 8AM and return about 4PM with room for six additional passengers.

HAPPY BIRTHDAY

- Thomas L Wedgewood
- Hans Sachse
- James Fticsar
- Kenneth App
- Margaret N Wilshusen
- Raymond V Cicirelli
- Jean Colonna
- Betty Lambdin
- Henry H Odom
- Lawrence G Seible
- Samuel N Simpson

PACMOAA is in urgent need of a new auditor! According to the PACMOAA bylaws, an audit for the previous year should be completed by the end of the first quarter. Our current auditor, RADM Wendi Carpenter, USN (Ret), has done a great job. As mentioned previously in other newsletters, she gave an excellent overview of her preliminary findings at the 4 December board meeting last year, but work and vacation schedules have prevented her and our treasurer from finalizing 2013 and 2014. Unfortunately Wendi will be leaving the area within the next month and we need to find an auditor ASAP! Do I see any raised hands?

Wendi, we thank you very much for all your hard work and guidance. Everyone wishes you fair winds and following seas.

Chapter Happenings

Sep 07 Labor Day	Sep 18 POW/MIA Recognition
Sep 10 PACMOAA Dinner	Sep 23 Autumnal Equinox
Sep 10 USAF Birthday	Sep 27 Gold Star Mother's Day
Sep 11 Patriot Day	Oct 14 VCOC MEETING

SEPTEMBER MEETING

Our dinner will be held on **Thursday, 10 September** 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

Caesar Salad with Parmesan Cheese and Croutons
 Chicken Marsala
 Mashed Potatoes and Green Beans
 Rolls
 Chef's Choice Dessert
 Water, Ice Tea, Coffee and Hot Water Tea Station

Cost is **\$30.00** (includes tax and gratuity) Please make your reservation no later than **Sunday, 6 September** with Sherry Ferki. _____

_____Come join us for good company, good food and a good time.

REMEMBER A RESERVATION MADE IS A RESERVATION PAID.

GUEST SPEAKER: Vanessa T. Greene

Vanessa was born in Portsmouth, VA. She received her Bachelor of Arts in Sociology from St. Leo College, Norfolk Naval Operating Base Campus, Norfolk, VA in 1998 and her Master's degree in Urban Education from Norfolk State University in Norfolk, VA in 1999.

Vanessa worked in a variety of roles with police, retiring from Portsmouth Police Department in December 1999 as a Narcotics Detective after 23 years of loyal service serving in many roles including a Federal Task Force Special Agent at the Norfolk Regional Office - Drug Enforcement Administration (DEA) where she worked long - term drug conspiracy cases. She has testified as an Expert in the packaging and distribution of narcotics for the recognized Rocket Docket of the Norfolk Federal Court - Eastern District of Virginia, Norfolk, VA. A month after retirement, Vanessa became employed with the Virginia Department of Corrections as a Certified Institutional Rehabilitation Counselor (CIRC) and later an Adult State Probation and Parole Officer for District # 03 in Portsmouth, VA where she worked for 7 years.

Vanessa remained very active in efforts to improve the community. She is a Virginia state Certified Substance Abuse Counselor (CSAC). She



Chapter Happenings

uses her talents while working for the Virginia Alcohol Safety Action Program (VASAP) – Suffolk, VA office, as a part time instructor for the Intensive Education and Driver's Improvement Program.

Vanessa is currently employed fulltime by the City of Suffolk, Department of Social Services, where she works as the Program Coordinator (Director) for the 5th Judicial District Community Corrections Program. This area encompasses the cities of Suffolk and Franklin and the counties of Isle of Wight and Southampton. Her office conducts local probation supervision of non-violent offenders. She and her staff refer offenders to needed or court ordered treatment and additionally provide community resources where they can complete court ordered community service, thereby saving the localities thousands of dollars. She has been enjoying this position for the last 7 years. Vanessa has served as the Coordinator of the Hampton Roads Military and Civilian Family Violence Prevention Council, a city council appointed member of the Suffolk Substance Abuse & Youth Council and is a member of the city of Suffolk's Task Force on the Reduction in Domestic Violence (R. I. D.). She also is a volunteer for the Genieve Shelter in Suffolk, VA where they assist victims of domestic abuse and homelessness. Vanessa is a member of the Charles Youngst Post # 73 American Legion Auxiliary in Franklin, VA. Lastly, Vanessa serves on the Board of Director's of the Senior Services of South Eastern Virginia as the 1st vice president and a representative of Southampton County.

Vanessa will explain the difference between Domestic Violence versus Assault and Battery; The Lethality Program; The White Ribbon Campaign and the needs of victims. She will also relate her experiences with the military community. She will share her personal story as a Survivor.

BALLOT POSITIONS OPEN FOR NOVEMBER ELECTION

Members elected this fall will serve from January 2016 to January 2018. The Bylaws are being revised and will be presented in the November newsletter and voted on at the Annual Business Meeting in November so general information per duties is included below rather than details from the bylaws (except for the Board of Directors).

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 and 2nd vice presidents, secretary, and treasurer, the immediate past president, and four elective directors who will serve for a period of two years.

Positions to be filled include:

1st Vice President : Is a member of the Board of Directors and fills in for the President in his absence. Also Program Chair.

2nd Vice President: Is a member of Board of Directors and Membership Chair.

Treasurer: Collects dues and maintains financial records. Prepares budget, quarterly reports to the board, and annual report. Some financial or accounting background would be helpful!

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". From Bylaws. Also participate in quarterly board meetings and other duties as designated.

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NEWS FROM MOAA

EXPRESS-SCRIPTS IS IN !

TRICARE beneficiaries will be required to re-fill select maintenance medications through TRICARE Pharmacy Home Delivery or at a military pharmacy - or pay the full price at retail - beginning Oct. 1.

This provision was originally tested through a pilot program from the FY13 defense bill, which mandated TRICARE for Life beneficiaries into the above requirements.

The FY15 defense bill expanded the pilot to encompass all TRICARE beneficiaries, with the exception of those on active duty, those with other health insurance that provide drug coverage, or those who live overseas. While active duty servicemembers are exempt from the mandate, active duty family members will be required to participate in the program.

In September, beneficiaries will receive a notification letter from TRICARE providing details on enrollment instructions and the waiver process.

Beneficiaries can still get short-term or "acute" drugs from retail pharmacies like antibiotics and pain medications. The new mandate only applies to select maintenance medications, many of which are brand name.

Unlike the original pilot, there will be no ability to "opt out" of the program after one year.

Starting Oct. 1, beneficiaries will have approximately 90 days to move their prescriptions before being responsible for 100 percent of the cost share.

For years, MOAA has said that home delivery is a low cost, safe, and convenient option for beneficiaries to fill their maintenance drugs and save money.

"Switching to TRICARE's home delivery saves the government on average 32% on brand name drugs filled through the mail order," said Capt Kathy Beasley, USN (Ret), MOAA's Deputy Director of Government Relations.

"This is another example of beneficiaries doing their part to help drive the cost of health care down."

HELP STOP ACTIVE DUTY PAY CAP !

Before leaving for the August recess, Congress failed to complete its annual defense bill. One of the sticking points holding up lawmakers is whether or not to cap the active duty pay raise.

Active duty pay raises are designed to keep pay comparable and competitive with wage growth in the private sector. Pay raises for the active force are based on the Employment Cost Index (ECI), a metric calculated by the Bureau of Labor Statistics that measures private sector wage growth.

Earlier this year, House lawmakers agreed to authorize a full active duty pay raise of 2.3 percent. Senate lawmakers, however, want to cap the pay raise at 1.3 percent.

"Annually raising active duty pay at the same pace as the private sector is essential to sustain a quality force - and maintain readiness - over the long term," said MOAA's Director of Government Relations, Col Mike Hayden, USAF (Ret).

The president has already agreed with the Senate's position on the pay cap. If it goes through, this would be the third year of pay caps below private sector wage growth. It would continue a troubling trend of eroding pay and benefits for servicemembers and their families.

Shortly before Congress left town for the August recess, lawmakers rubber-stamped a COLA increase for disabled veterans and military survivors.

"It makes no sense for Congress to adhere to one set of laws for our veterans, but fail to follow the same logic for active duty troops," said Hayden.

The president has until the end of the month to notify Congress if he intends to cap pay.

Time is running out. [TAKE ACTION NOW](#).

AUXILIARY CORNER

KEYS TO CONTINUING MILITARY SURVIVOR BENEFIT ELIGIBILITY

UNIFORMED SERVICES ID CARDS

A Uniformed Services Identification Card is the ticket to continued health care coverage and ensures easy access to military installations, including use of base exchanges and commissaries.

KEYS TO CONTINUING ELIGIBILITY:

Keep all information updated with Defense Enrollment Eligibility Reporting System (DEERS) especially any changes in address.

A dependent is required to renew their ID card every four years until age 75 when they are eligible to obtain a permanent ID card.

Remarriage at any age results in the forfeiture of the widow's ID card and associated benefits, to include health coverage.

DEERS notification is required when your personal information changes.

MILITARY HEALTH CARE

One of the key benefits of a military service is continuing health coverage. TRICARE for Life covers military retirees, their spouses, and surviving spouses age 65 and older.

Beneficiaries must be eligible for Medicare Part A and maintain Medicare Part B enrollment.

KEYS TO CONTINUING ELIGIBILITY:

Beneficiary must maintain an up-to-date Uniformed Services Identification Card.

Beneficiary must maintain Medicare Part B enrollment.

The Naval Regional Medical Center can process ID cards and provide directions for TRICARE questions.

THE SURVIVOR BENEFIT PLAN (SBP)

The Survivor Benefit Plan (SBP) pays eligible survivors an inflation-adjusted monthly income.

KEYS TO CONTINUING ELIGIBILITY:

The Defense Finance and Accounting Service (DFAS) must be advised of changes to address, Direct Deposit or tax withholding information.

Either a Certificate of Eligibility (COE) or a Report of Existence (ROE) will be sent to annuitants each year, two months prior to their birthday. These must be completed and returned by the annuitant to ensure there is no interruption in payment.

Remarriage by a surviving spouse before age 55 causes the annuity to be suspended. Remarriage after age 55 will allow the annuity to continue uninterrupted.

CONTACTS:

The Defense Finance and Accounting Service (DFAS).

If the deceased was a member of the Civil Service or Federal Employee Retirement System, notify the Office of Personnel Management.

DEPARTMENT OF VETERANS AFFAIRS SURVIVOR BENEFITS

The Department of Veterans Affairs (VA) pays a benefit called Dependency and Indemnity Compensation (DIC) to a surviving spouse and dependent children if a servicemember dies of a service-connected cause. This includes deaths while on active duty or later due to an injury or disease contracted while the servicemember was on active duty.

The VA determines who is eligible for DIC. This benefit is not automatic. An application form has to be submitted to the VA.

Keys to Continuing Eligibility:

Maintain updated personal information with the VA and notify them of any changes (i.e. addresses, marriage status)

Remarriage by a surviving spouse before age 57 causes the annuity to end. Remarriage after age 57 will allow the annuity to continue uninterrupted.

CONTACTS:

Department of Veterans Affairs.

IMPORTANT DOCUMENTS:

DD-214 (Military servicemembers discharge papers)

Living Will

Power of Attorney

Birth/Death Certificates

Marriage license

(Continued from page 3) *BALLOT POSITIONS*

Please let me know if you have any questions or if you are interested in becoming more active or running for office.

Sherry Ferki, MAJ, USA (Ret)

Nominations Committee Chair, Secretary and Immediate Past President

CHAPLAIN'S CORNER

by Bob Steorts, Chaplain

757-630-5608 or navmed1@cox.net

FROM "FOR THE TOUGH TIMES " BY MAX LUCADO

"When all that is good falls apart,

what can good people do?"

The Lord is in his holy temple;

the Lord sits on his throne in heaven. Psalm 11:3 – 4

Obviously, David doesn't answer his question with an answer. He answers it with a declaration: "The Lord is in his holy temple; the Lord sits on his throne in heaven."

His point is unmistakable. God is unaltered by our storms. He is undeterred by our problems. He is unfrightened by these problems. He is in his holy temple. He is on his throne in heaven.

Buildings may fall, careers may crumble, but God does not. Wreckage and rubble have never discouraged him. God has always turned tragedy into triumph.

Did he not do so with Joseph? Look at Joseph in the Egyptian prison. His brothers have sold him out; Potiphar's wife has turned him in. If ever a world has caved in, Joseph's has.

Or consider Moses, watching flocks in the wilderness. Is this what he intended to do with his life? Hardly. His heart beats with Jewish blood. His passion is to lead the slaves, so why does God have him leading sheep?

And Daniel? What about Daniel? He was among the brightest and best young men of Israel, the equivalent of a West Point cadet or Ivy Leaguer. But he and his entire generation are being marched out of Jerusalem. The city is destroyed. The Temple is in ruins.

Joseph is in prison. Moses is in the desert. Daniel in chains. These were dark moments. Who could have seen any good in them? Who could have known that Joseph the prisoner was just one promotion from becoming Joseph the prime minister? Who would have thought that God was giving Moses forty years of wilderness training in the very desert through which he would lead the people? And who would have imagined Daniel the captive would soon be Daniel the king's counselor?

God does things like that. He did with Joseph, with Moses, with Daniel, and most of all, he did with Jesus.

In our toughest times we may see what the followers of Christ saw on the cross. Innocence slaughtered. Goodness murdered. Heaven's tower of strength pierced. Mothers wept, evil danced, and the apostles had to wonder, *When all that is good falls apart, what can good people do?*

God answered their question with a declaration. With the rumbles of the earth and rolling of the rock, he reminded them. "The Lord is in his holy temple; the Lord sits on his throne in heaven."

And, today, we must remember, He still is. He is still in his temple, still on his throne, still in control. He still makes princes out of prisoners, counselors out of captives, and Sundays out of Fridays. What he did then, he will do still.

It falls to us to ask him to do so.

Some parting wisdom from Will Rogers

There are two theories to arguing with a woman.
Neither one works.

Letting the cat out of the bag is a whole lot easier than putting it back in.

A fool and his money are soon elected.

Never let yesterday use up too much of today.

THAT'S A WRAP FOR SEPTEMBER