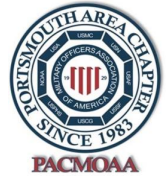




The Salute Express



Monthly newsletter of the Portsmouth Area Chapter, an affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield, Franklin, and surrounding counties, Virginia, since 1983. Dinner meetings are the Second Thursday of each month except July and August. Although MOAA and PACMOAA actively lobby legislatures for all US uniformed services members, we are nonpartisan and do not participate in political activities.

VOLUME XXXXII Issue II LEARN MORE AT PACMOAA.ORG FEBRUARY 2023

REMINDER: Although MOAA and PACMOAA actively lobby legislatures for all US uniformed services members, we are nonpartisan and do not participate in political activities.

FROM THE PRESIDENT'S DESK



Team PACMOAA:

Thank you for your confidence in selecting me as President. I'm looking forward to supporting and advocating for the pay and benefits for our uniformed services members and their families. Having been a life member since 2001, I have first-hand experienced the camaraderie and compassion of our veteran family.

The January meeting was great and filled with sincere fellowship. I will happily continue to present my "Bear" service award to one of our membership who is contributing to the community.

Anchors aweigh,
Bruce
CAPT USN (Ret)



PACMOAA 2023 LEADERSHIP TEAM

To left, Left to right: COL Bill Smith, COL Hal Hostetler, CAPT Bruce Lalonde, Mary Snyder, CDR Ken App MAJ Sherry Ferki, CAPT Bob Brewer,

MAJ Steve Watkins, Kay Watkins, and CDR Hans Sachse



Left: CDR Linc Smith, VCOC President, Swearing in: CAPT Bruce LaLonde, PACMOAA President; CDR Ken App, 3rd Vice President; , CAPT Bob Brewer, Board Member; Kay Watkins, Secretary; & Mary Snyder, Board Member.

PACMOAA LEADERSHIP

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Chaplain 484-9486
 CAPT Bob Brewer USN (Ret)

Arrangements 686-4650
 MAJ Sherry Ferki, USA (Ret)

Personal Affairs
 MAJ Sherry Ferki, USA (Ret)

Budget/Finance 686-4766
 CDR Hans Sachse, USN (Ret)

VCOC Rep 630-0886
 CDR Ken App, USN (Ret)

Legislative Rep.
 COL Hal Hostetler USA (Ret)

Scholarship
 MAJ S. Ferki, USA (Ret)
 CDR S. Dickinson, USN (Ret)

Co-chairs above
 LCDR Lynn Terry, USN (Ret)

Hospitality Co-Chairs
 Gladys Steorts

Surviving Spouse Liaison
 MAJ Sherry Ferki, USA (Ret)

Historian
 LCDR Dolly Cherrington, USN (Ret)



CHAPTER NEWS

BLACK HISTORY MONTH

- 02 Army Nurse Corps Established 1901
- 02 [Ground Hog Day](#)
- 04 [USO Birthday \(1941\)](#)
- 09 PACMOAA Dinner Meeting Terry Denton Old Dominion Honor Flight
- 12 Super Bowl Sunday (Kansas City Chiefs vs Philadelphia Eagles)
- 13 [National Salute to Veteran Patients](#) Week of February 13
- 14 [Valentine's Day](#)
- 19 US Coast Guard Reserve Birthday (1941)
- 20 [Presidents' Day](#) third Monday in February
- 23 [MOAA Birthday \(1929\)](#)
- 27 Battle of The Java Sea 1942

HAPPY FEBRUARY BIRTHDAYS

Shirley Barker Traci Green

Gordon Iiams Frank LaBrecque

Bob Parker James Rodney Lynn Terry

The February Dinner

will be held on **Thursday, February 9th** at Roger Brown's Banquet Room,
 316 High Street, Portsmouth (757) 399-5377

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

Buffett Menu

- Garden Salad with Assorted Dressings*
- Homemade Meatloaf*
- Southern Fried Catfish*
- Garlic Mashed Potatoes*
- Sauteed Vegetables*
- Apple Cobbler*
- Water, Tea, & Coffee*

Cost is \$25 (includes gratuity & tax). Cash bar available. Please make your reservation no later than **Sunday, February 5th** with Sherry Ferki at 757-922-7030 or by email at navmedarmynurse@gmail.com

A RESERVATION MADE IS A RESERVATION PAID



Left: PACMOAA President CAPT Bruce LaLonde presenting CDR Linc Smith a Certificate of Appreciation & PACMOAA Coffee Mug



GUEST SPEAKER

Terry Denton USNR (Ret), Old Dominion Honor Flight



Terry Denton is from a large military family. Her grandfather was a WWII veteran, and her Dad is a Korean war and Vietnam veteran. She grew up in Mississippi after her father retired from the Navy. She followed in his footsteps and joined the Navy at 17 years of age in 1969.

After completing basic training in Orlando, FL, she attended Radioman "A" school, then transferred to NTCC Hampton Roads, Norfolk, VA for her first duty station. Her other commands were Commander Submarine Group 8 (COMSUBGRU 8), Naples, Italy, Naval Communications Area Master Station, Mediterranean or NAVCAMS MED, Naples, Italy, and Naval Technical Training Center (NTTC) NAS Meridian, MS.

After 9 and a half years of active duty she transferred to the Naval Reserve serving with 8 different reserve units. She finally retired with 24 and a half years of Naval service as an Information System

Technician, First Class, IT1. Her last duty station was Tactical Training Group Atlantic (TACTRAGRULANT), Dam Neck, VA and stayed in the Tidewater area after retirement. She then worked for The Christian Broadcasting Network. She retired from CBN in June of last year. She and her husband have two grown daughters who have given us four wonderful grandchildren.

Her passion for Honor Flight has taken her on at least 16 missions to Washington, DC, and she hopes to continue doing so for a long time.

Old Dominion Honor Flight takes veterans, from the beginning of WWII to the end of the Vietnam war, to DC to see THEIR memorials. The trip is a one-day bus trip and it's totally free for the veteran.

MEMBERSHIP

Membership Update February 2023



WELCOME ABOARD

CDR Linc Smith, USNR (Ret) from Chesapeake

PACMOAA had 67 paid members at the end of 2022 and already has 1 new member as noted above. As I mentioned last month, the multiyear payment system, we implemented in Jan 2021, really makes collecting dues easier and I really appreciate it!!! Four more members paid their dues at the dinner meeting in January and 3 of those were multiyear payments.

I just reviewed a presentation done by CAPT Erin Stone, JAGC, USN (Ret), Senior Director, Council and Chapter Affairs to the Chapter Management South Central Region Workshop last year. PACMOAA already utilizes 4 of the 5 best practices mentioned – every member is a recruiter (I hope!), build and carry recruiting package (our membership/recruiting brochure), website (PACMOAA today) and social media (PACMOAA Facebook page). The last best practice was a personal connection with local military, civic and veteran organizations. Many of us belong to multiple VSOs and civic organizations and/or work in a military facility. In the past, Leadership Team members visited the local National Guard Unit to share information about MOAA and PACMOAA. I bring our membership/recruitment brochure to every dinner meeting, or I can send some to anyone that would like copies. Carry the brochures to meetings with you and share them with anyone

that is eligible to be a PACMOAA member – active duty, retired, former officer, or surviving spouse.

I will start sending emails and/or calling members to remind you if you owe dues for this year shortly. If you're not sure, call Hans or myself. A copy of the new member/renewal form will be included at the end of the newsletter. Please return one with your due's submission.

Reminder: Many members include donations for our **scholarship fund** with their dues payment 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!!

Guidelines for Paying PACMOAA Dues Online



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

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". Then 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.

Every member is a recruiter!!

PERSONAL AFFAIRS

MOAA PUBLICATIONS/WEBINARS TO HELP WITH PERSONAL AFFAIRS

Note: At every Surviving Spouse Forum or Virtual Chapter meeting I've attended, a frequent comment I've heard is "I wish we had prepared better before my spouse died" and they urge attendees to try to prevent the experiences they had from happening to other spouses!

Estate Planning - Published 2016 Maintaining an estate plan should be a priority for everyone. Use this MOAA resource to develop yours. <https://www.moaa.org/content/publications-and-media/moaa-publications/estate-planning-detail/>.

Personal Affairs Guide: A Personal Inventory for Peace of Mind (2021) MOAA has created this workbook to assist you early in your military career in gathering all of your family's crucial information in one place to save digitally or print for your records. <https://www.moaa.org/content/publications-and-media/moaa-publications/personal-affairs-detail/>

Survivor Benefits Plan: Security for Your Survivors (2019) Use this publication, which includes worksheets, to help you in making your Survivor Benefit Plan decisions. <https://www.moaa.org/content/publications-and-media/moaa-publications/survivor-benefit-plan--security-for-your-survivors-detail/>

Help Your Survivors Now: A Guide to Planning Ahead (2021) This guide can help you prepare, make decisions, and ease the financial, medical, and property transition for your family after you're gone. For our PREMIUM and LIFE Members, benefits and financial counseling with MOAA staff experts can assist you through this process. Sign up for LIFE membership today and your spouse will maintain a LIFE membership with access to all benefits upon your death <https://www.moaa.org/content/publications-and-media/moaa-publications/help-your-survivors-detail/>

Survivor's Planning Guide (2019) Following the death of a loved one, it can be overwhelming to keep track of what arrangements need to be made, who needs to be contacted, and notes on important phone calls. Designed by surviving spouses, this handbook is intended to help you do just that. <https://www.moaa.org/content/publications-and-media/moaa-publications/survivor-s-planning-guide-detail/>

NOTE: Copies can be downloaded as noted above or ordered by calling MOAA 1-800-234-6622. I also have extra copies of most of these publications and can bring them to meetings and/or mail them to you.

Webinars

Preparing a Spouse for Survivorship – A 2 hour webinar at:

<https://www.moaa.org/content/events/spouse-and-family/preparing-a-spouse-for-survivorship/> Oct 2022

Webinar Recording: What you Need to Know About Estate Planning at

<https://www.moaa.org/content/events/finance/what-you-need-to-know-about-estate-planning/> June 2022

Sherry Ferki

MAJ USA (Ret)

Personal Affairs Committee Chair

SURVIVING SPOUSE CORNER

Surviving Spouse Corner: Looking Back on 2022 January 03, 2023

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/member-spotlight/surviving-spouse-corner-looking-back-on-2022/>

Surviving spouses comprise approximately 13% of MOAA’s membership — that is over 46,000 members, voices, voters, givers, and doers. The Surviving Spouse Advisory Council (SSAC) represents these 46,000 members by supporting surviving spouses and spouses and promoting MOAA’s strategic priorities at every opportunity through education, encouragement, and engagement.

In 2022, surviving spouses led MOAA chapters as president, secretary, treasurer, newsletter editor, program director, and legislative chair and created and managed community programs. We conducted five surviving spouse liaison trainings for over 100 surviving spouse liaisons, spoke at more than two dozen chapter meetings, wrote 12 articles, contributed to more than 100 Advocacy In Action sessions, and participated in 12 virtual meetings with over 500 total participants. We also organized and participated in a surviving spouse/spouse summit that attracted more than 80 participants. Here’s a closer look:

Surviving Spouse Liaison Training: SSAC member training was held during regional leadership workshops in Florida, Washington, North Carolina, Nebraska, and Texas. Average attendance for each workshop was 80, with about 20 attending the Surviving Spouse Liaison Training. SSAC members continue to fine-tune the training based on new information, evaluations, and comments from participants.

[SURVIVING SPOUSE CORNER: [Strengthen the MOAA Community](#)]

Surviving Spouse Virtual Chapter: Membership continues to grow, with 210 members from 38 states. The chapter meets on the third Tuesday of each month. Every other month is a business meeting with a speaker, and alternate months are an informal gathering to exchange information and ideas. Attendance varies but usually includes 30 at the social meetings and about 60 at the more formal meeting. [Learn more about the chapter online.](#)

Articles for MOAA Newsletters: SSAC members wrote monthly Surviving Spouse Corner columns, which are published the first Thursday of each month in *The MOAA Newsletter*. [Read past Surviving Spouse Corners.](#)

Surviving Spouse Liaison Excellence Award: This year, we chose two excellent finalists from an outstanding list of nominees as recipients of the award — one representing a chapter and one representing a council. Learn more about this year’s recipients, [Judith Thomas](#) and [Patricia Bergquist](#).

Surviving Spouse/Spouse Summit: A highlight of the year was the second annual “Surviving Spouse/Spouse Summit,” held during the MOAA annual meeting in October in Kansas City, Mo. Over 80 surviving spouses, spouses, and military members attended the two-hour event that featured a five-member panel discussing relevant issues. Based on evaluations and comments, it was a huge success and something we can build on for future events.

Chapter Leaders Roundtable Discussion: SSAC members participated in roundtable discussions about important chapter issues. This was an excellent opportunity for SSAC members to get to know chapter leaders from other states.

[MOAA Surviving Spouses and Friends Facebook Group](#): This group has over 750 members and provides updated information on important surviving spouse issues, especially regarding the Survivor Benefit Plan/Dependency and Indemnity Compensation offset. Former SSAC member Kathy Prout is the administrator, with current SSAC members Kathy Thorp and Nancy Mullens assisting.

[RELATED: **[MOAA on Social Media](#)**]

Community Involvement: In addition to direct MOAA involvement, SSAC members participated in caregiving and Gold Star Family organizations, Veterans Day and Memorial Day events, and with local veterans' service organizations such as the VFW, American Legion, and Disabled American Veterans.

The council's goals for 2023 include increasing surviving spouse membership in national MOAA, local chapters, and the virtual chapter; developing a webinar on surviving spouse and spouse issues; and organizing the next Spouse/Surviving Spouse Summit. Improving training guidelines and support materials will also be at the top of our to-do list this year. We look forward to a very productive and exciting year as we never stop serving!

Send Us Your Feedback

We'd love to hear from you. Please let us know if this article was helpful by sending an email to sscomm@moaa.org.

Surviving Spouse Corner: Benefits of Pet Adoption <https://www.moaa.org/content/publications-and-media/news-articles/2022-news-articles/surviving-spouse-corner-benefits-of-pet-adoption/>

By: Nancy Mullen November 30, 2022

According to the ASPCA, well over 6 million companion animals enter U.S. animal shelters every year and just under 1 million are euthanized each year. Thankfully, that number has been declining in recent years due in part to more publicity around adoption as well as ease of technology tools like social media and microchips that can help to reunite a lost pet with its family.

You might have thought about pet adoption and perhaps have some misgivings, and it is true that pet ownership is not right for everyone. After all, it can be a commitment of up to 20 years. Here are some adoption myths and why pet adoption might be right for you.

- *"Why adopt, not shop?"* Adoption is cheaper, and you can save a life. Look into your local pet rescues and animal control shelters. Many will offer low cost adoption days or assistance with adoption fees and spay/neuter costs. Buying a pup from a pet shop may encourage the use of "puppy mills" or overbreeding. True, there are very reputable breeders that take great care of their animals, but consider all the animals that currently need a loving home that you could provide.
- *"I can't get a purebred from a shelter."* You'd be surprised at what you can find through your local rescues and shelters. If you want a specific breed, reach out to your local rescue organizations and shelters, and fill out an application listing your preference.
- *"Shelter pets have behavioral issues."* Some do, some don't, and there is no guarantee of an animal's disposition even if you buy one from a breeder. Most rescues want to see a successful placement so they will try their best to match an animal to a potential family based on their breed and observed demeanor. Want an energetic pup? They have it. Want a cuddly cat? They have those, too. House-trained pet? Yep. No time for pet training? Many will offer that as well. Just remember that you and your shelter pet need an adjustment period to get used to a new routine.
- *"I'm older. What if the pet outlives me?"* First, as many of us know, tomorrow is not guaranteed and as such, regardless of our age we should all have a care plan for who will care for our pets when we no

longer can. Second, consider adopting a senior pet or fostering through a reputable rescue.

- *"I can't afford it."* Yes, pets can be expensive. If this is a concern, check into long-term foster programs where costs may be covered in part or in full. You might also want to consider pet insurance. ([MOAA Insurance](#) even offers a plan.)

My two senior pups recently passed away, and when I was ready, I reached out to a few rescues in my area. I am now the dog mom to a 2-year-old, lazy, fully housebroken 45-pound, ridiculously cute, mixed-breed bundle of love and couldn't have asked for a better pup.

MOAA & LEGISLATIVE

MOAA's Legislative Priorities for the 118th Congress

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/moaa-legislative-priorities-118th-Congress/>

As the legislative slate is wiped clean for the 118th Congress, grassroots support becomes even more vital to achieving MOAA's advocacy objectives.

MOAA needs your help to keep momentum for existing priorities such as the Major Richard Star Act, which would benefit tens of thousands of combat-injured veterans and had the support of two-thirds of Congress at the end of last session. We also need your work on behalf of new objectives and emergent issues, often via immediate action to keep up with the stop-and-go pace of legislation. To keep connected, ensure you are signed up for [The MOAA Newsletter](#) and [register as an advocate](#) at our Legislative Action Center.

Here is a look at MOAA's priorities, in support of the 50th anniversary of our all-volunteer force and to address the challenges facing our uniformed community. Note: Our advocacy team remains active on many other issues not listed here; our priorities will be shaped throughout the year depending on concurrent successes or emerging issues that warrant an all-hands approach. Additionally, we share many interests with The Military Coalition and other stakeholder groups, and leverage those relationships to expand our reach on Capitol Hill.

- [Compensation and Service-Earned Benefits](#)
- [Military Housing](#)
- [Health Care for Currently Serving and Retirees](#)
- [Health Care and Benefits for Veterans](#)
- [Service Families](#)
- [Survivors](#)
- [Guard and Reserve](#)

For the rest of the article see the MOAA website listed above or the Military Officers January 2023 edition – MOAA's Priorities for the New Year.

Debt Ceiling Drama Could Threaten Your Service-Earned Benefits

<https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/debt-ceiling-drama-could-threaten-your-service-earned-benefits/>

By: René Campos January 17, 2023

As we enter a new year, some old problems seem ever present, like a pesky bug that will not go away. One example: While some in Congress had hoped to address the debt ceiling limit in the last session, it was all lawmakers could do to pass a federal budget before time ran out.

So the nation again enters a precarious time where the Treasury Department must take extraordinary measures to prevent default on the national debt. But measures such as suspending investments in certain federal employee retirement and disability funds only go so far.

If history repeats itself, Congress will not act until the 11th hour, leading to a chaotic few months for everyone with connections to the federal government, including servicemembers, veterans, and the wider military

community. This could include threatened cuts across the board, including pay and benefits from DoD and the VA.

[RELATED: [TRICARE For Life Benefit Threatened by Congressional Budget Office Report](#)]

Treasury Secretary Janet Yellen [urged House and Senate leaders](#) last week to act quickly to either increase or suspend the debt limit. Such a default would be the first in history for the U.S. and “would cause irreparable harm to the U.S. economy, the livelihoods of all Americans, and global financial stability,” Yellen wrote.

What Could Happen?

The economy is already in a fragile state; a default on debt, which means the U.S. would not be able to pay back the money it borrowed, could plunge the country into a recession and result in higher interest rates for future government loans, further limiting the federal budget.

The immediate fallout of a default could prevent beneficiaries from receiving Social Security and Medicare benefits and delay payments for government employees, uniformed service personnel, and contractors, among using other funding authorized by Congress.

A more lingering byproduct of the default threat, especially during uncertain economic times, could be the tightening of federal budgets. But while some lawmakers see the debt crisis as an opportunity to implement spending cuts and reduce the national debt, others believe the ramifications of a debt default are overblown, and still others warn of the halting of basic government functions, limitations on the public health systems, and significant economic distress in the event of default.

[RELATED: [How Big Will the 2024 Military Pay Raise Be?](#)]

Such calamity would place further stress on our servicemembers, retirees, and veterans, as well as their families, caregivers, and survivors. Though life in uniform is not always predictable, those who serve or have served their country expect their country to honor their commitment to service.

Unpredictable budgets can lead to an unpredictable all-volunteer force (AVF), and wider instability in our national defense. Our nation is not able to defend itself without a dedicated and sustainable force. There must be a mutual commitment between those who serve and our nation: Any loss of trust and confidence in the value of service could prevent current and future generations from wanting to serve.

MOAA urges Congress to commit its full attention to strengthening and sustaining the AVF, to include honoring its obligation to protect and defend the benefits servicemembers and their families earned through service to their country. The dire national economic conditions bring preservation of the AVF to the forefront. Congress and our nation must prioritize the value of service in uniform and avoid transferring undue financial burdens and hardships onto those who swore to protect and defend their country.

[REGISTER TODAY: [MOAA's Legislative Action Center](#)]

History of the Debt Ceiling

The debt limit [was created more than a century ago to make it easier for the government to borrow money](#). It was the means for financing both world wars, giving the Treasury the ability to categorize and issue bonds so the government could borrow to cover the gap between spending and the amount of revenue brought in through taxes approved by the Congress.

The debt ceiling was last raised by \$2.5 trillion in December 2021. Today, it stands at a little under \$31.4 trillion.

Raising the debt ceiling is nothing new — in many cases, the process has been standard operating procedure for Congress. According to the Treasury, since 1960, lawmakers have permanently raised, temporarily extended, or changed the definition of “debt limit” to avoid default 78 times.

Unfortunately, the debt ceiling has increasingly become a partisan negotiating tactic among lawmakers. Disputes resulted in government shutdowns in 1995 and 1996, and a fight in 2011 upset the financial markets and caused the first-ever downgrade of the country’s credit rating.

What's Ahead: Congressional Stalemate or Progress?

No one can predict how things will unfold in the next few months. One thing is clear: Congress has a very short time to act — by June or August, per the predictions of the Treasury and some economists, it must either raise, suspend, or eliminate the debt limit to avoid default.

Each passing year, it becomes more difficult for lawmakers to work together to address threats and get authorization and appropriation bills through Congress. MOAA members and our partners must remain ever vigilant and attuned to the threats facing our nation, and what those threats mean for those in and out of uniform. Service-earned benefits are not guaranteed, and it is more important than ever for the uniformed service and veteran communities to rally together and engage with their members of Congress to remind them of their obligation to protect and defend what has been earned through that service.

MOAA urges all our members and those you know to join in our legislative advocacy efforts. Our motto, “Never Stop Serving,” is at the core of MOAA’s culture — we never stop being your voice on Capitol Hill. Watch for [The MOAA Newsletter](#) and MOAA’s [Advocacy News page](#) for ongoing updates and action alerts throughout the year to be ready to engage and serve.

MOAA State Legislative Exchange Forum

17 January 2023

This quarterly meeting included: Welcome comments by Lt. Gen. Brian Kelly, USAF (Ret), President/CEO of MOAA; a review of the TN Veterans Legislative Agenda 2023 by Bill Summers; WA Legislative Agenda 2023 by LTC Heinz Haskins, USA (Ret); a summary of Military Spouse Licensing Challenges (Military Spouse Licensing Relief Act); FY 2023 NDAA summary by Cory Titus and Allison Reilly; and a review of the schedule for meeting through Jan 2024. As always it was a packed agenda with lots of very helpful information and resources.

It was very interesting to hear Lt Gen Kelly’s background (33 ½ years in the Air Force) and vast experience dealing with Congress when stationed at the Pentagon for 3 or 4 years. He stressed that the physical environment is going to be tighter and that anything that costs more than \$500,000 over a 10-year timeframe will have a needs offset.

The “TN Veterans” organization sounded similar to JLC with various veterans’ groups working together to improve the benefits of veterans in their state. One issue he discussed in depth was the reduction of a previous benefit and their successful efforts to reverse that reduction. Another interesting discussion included the importance of the physician knowing you are a veteran when hospitalized especially if receiving VA disability. Giving the physician a copy of your VA disability document would be helpful. At several of the Surviving Spouse Forums I’ve attended, the problem of disabled veterans listed as dying from “COVID-19” on their death certificate with no mention of their underlying disability kept their spouses from receiving DIC. Several of the issues on the TN Veterans Agenda for 2023 were electronic voting for active duty and medical cannabis. Both Bill Summers and Tom Robillard mentioned that “butts in chairs” /face to face are the most effective way to impact legislators!

The WA Legislative Agenda for 2023 was addressed in a different manner. They have 18 VSO’s working together. LTC Heinz presented the WAVA bill tracking system that showed all veteran/military related bill tracking on 13 Jan 2023. Some of the bills he discussed were Military Spouse Employment , property tax exemption for seniors and disabled veterans, and Teacher Mobility Compact.

In the DSLO Update 2023, they discussed the **Military Spouse License Relief Act (MSLRA)**. The summary presented noted that even though the act was passed by Congress, Licensure compacts take precedence if in place and states will decide how to apply the relief act. That relief act is one of ten 2023 Key issues for DSLOs reviewed.

NOTE: DSLO’s are DoD State Liaison Offices work with states to remove unnecessary barriers and significantly improve the quality of life for military families through engagement with state policy makers, nonprofit associations, and other state leaders.

The MOAA Headquarters Update included an NDAA update, the priorities for the 118th Congress and Advocacy in Action (AiA) Update. The NDAA summary article is at <https://www.moaa.org/content/publications-and-media/news-articles/2022-news-articles/advocacy/ndaa-makes-major-improvements,-but-more-work-remains-for-2023/>. The AiA priorities will be selected soon, and advocacy will take place in person this year on 26 April 2023. A training day will occur on 25 April, also in Washington, D.C.



The dates for meetings for the next year were displayed. The purpose of this group is to share best practices and information, and everyone is invited. Please let me know if you are interested in attending or would like a copy of any of the material presented.

Submitted by: MAJ Sherry Ferki, USA (Ret)

VCOC

VCOC ZOOM MEETING JANUARY 19, 2023

The meeting started promptly at 1000 hours via ZOOM. CDR Linc Smith USNR (Ret), VCOC President called the meeting to order. The Pledge and Invocation were led by LTC Ken Ruppard, USA (Ret).

The Acting Secretary for the meeting was COL Monti Zimmerman USA (Ret).

Attendance was taken and a quorum was met. 10 out of 16 Chapters were represented. PACMOAA Attendance at the meeting included: CAPT Bruce LaLonde, President, USN (Ret); VCOC Representative CDR Ken App, USN (Ret); and Legislative Asst Representative MAJ Sherry Ferki, USA (Ret).

CDR Smith Introduced the MOAA Guest Speaker CAPT Jim Carmen MOAA Vice President Council/Chapter and Chapter Support. He went over the MOAA 2022-2024 Strategic Plan. He mentioned the top Legislative States were VA and FL. He reviewed numerous MOAA Publications available to Members, Tricare Guide, Aging into Medicare, and Webinars on Estate Planning. He went over that MOAA's Membership is about 350,000. He also stressed that recruitment is based on Awareness, Engagement, Consideration, Evaluation, and finally Joining. He reviewed MOAA Sponsored Trips and Vacations (Chapters get a rebate) and the MOAA Store.

Col Monti Zimmerman reviewed the State JLC Legislative update.

CDR Smith went over the dates to know:

VCOC 2023 DATES to REMEMBER

Joint Leadership Council Day: January 18, Virginia General Assembly, Richmond, Va.

First Quarter Meeting: January 19, 10:00am - 12:00pm, Zoom Virtual meeting.

Second Quarter Meeting: April 12, meeting type TBD

Annual Congressional Appreciation Luncheon: Date, times and location TBD

Third Quarter Meeting: July 12, 10:00am - 12:00pm, meeting type TBD

Fourth Quarter Meeting: October 11, 10:00am - 12:00pm, meeting type TBD

Membership: 2nd VP CDR John Prevar reviewed the quarterly chapter reports. PACMOAA's end of Year number was in error, and CDR App asked that the report be corrected. CDR Smith indicated that it would be.

PACMOAA was congratulated on our 12th LOE Five Star Award.

VCOC Surviving Spouse Liaison Report: Sherry Ferki highlighted 1st& 2nd JLC Leg Initiatives. Monti mentioned JLC initiative 4 which included getting rid of surviving spouse burial fee in state veterans cemeteries. **She stressed the IMPORTANCE** of chapters including Surviving Spouse Corner in their newsletter as MOAA does not regularly include surviving spouse info in the MOAA Officer magazine. Surviving Spouses make up 13 – 14% of MOAA members.

New Business included: VCOC Joint Appreciation Event 2023; VCOC Officer Nomination slate for 2024-2026. Col Boyd Nix, the Nomination Chair said he wanted to look at Chapter Presidents for nominations; MOAA Policy of Non-Partisanship for Councils and Chapters (Delayed to a later Date).

The meeting adjourned at 1210 hours.

Submitted by CDR Ken App, USN (Ret)

Status of JLC 2023 Approved Initiatives – as of January 13, 2023

			Bill Number and Patron
JLC 2023-01 <i>Expand Tax Relief for Surviving Spouses of Military Service Members to also include "Died in the Line-of-Duty"</i>	That the Governor and General Assembly reform the Virginia state law, Tax Relief for Surviving Spouse of a Member of the Armed Forces "Killed in Action" through a Virginia Constitutional Amendment to include <i>died on active duty</i> in the section that addresses surviving spouses of members of the armed forces killed in action.	MOAA	HJ533 (Delegate Tran) SJ231 (Senator McPike)
JLC 2023-02 <i>Real Property Tax Exemption Effective Date</i>	That the Governor and General Assembly Amend the Veteran Real Property Tax law to make explicit that local jurisdictions must provide a veteran or surviving spouse the exemption as far back as the veteran or surviving spouse is eligible, but not earlier than January 1, 2011, regardless of when the veteran or surviving spouse applies.	ROA	HB1470 (Delegate Watts) HB2361 (Delegate Wiley)
JLC 2023-03 <i>Removal of Age Requirement Income Tax Subtraction</i>	That the Governor and General Assembly remove the 55-year age limitation on exemption of military retirement income from state tax	AL / AUSA	HB1436 (Delegate McGuire) HB1690 (Delegate Greenhalgh) SB1194 (Senator Reeves)
JLC 2023-04 <i>Appropriate \$400,000 (GF) for State Veterans Cemeteries; Eliminate Spouse/Dependent and Guard/Reserve Burial Fees</i>	That the Governor and General Assembly appropriate an additional \$400,000 (GF) to the Department of Veterans Services so that the spouse and Guard/Reserve burial charges may be eliminated at Virginia State Veterans Cemeteries, and that Virginia work with Congress to secure the funding (in the VA budget) to extend the VA plot allowance to spouses at all state veterans cemeteries nationwide.	FRA	HB1565 (Delegate Convirs Fowler) HB2362 (Delegate Wiley) SB924 (Senator DeSteph) HB1400/SB800 (Budget Bills), Item 471 (Governor's Introduced Budget). \$400,000 GF increase to eliminate spouse/dependent and guard/reserve burial fees.

<p>JLC 2023-05 <i>Virginia National Guard State Park Admission</i></p>	<p>That the Governor and General Assembly grant free admission to Virginia State parks to members of the Virginia National Guard.</p>	<p>VNG A</p>	<p>HB1388 (Delegate Fowler) SB915 (Senator Morrissey)</p> <p>HB1400/SB800 (Budget Bills), Item 375 (Governor’s Introduced Budget). \$20,000 GF increase to offset decreased operating revenue.</p>
<p>JLC 2023-06 <i>Virginia National Guard Income Tax Exemption</i></p>	<p>That the Governor and General Assembly adjust increase the amount of income excluded from State Income Tax from \$3,000 to \$6,000 and increase the pay grade eligibility to LTC (O5 pay grade).</p>	<p>VNG A</p>	<p>SB1210 (Senator Mason)</p>

COMMUNITY AFFAIRS

DONATIONS for Portsmouth Volunteers for the Homeless are NEEDED!
Please see the Salute December 2022 for specific items

PACMOAA SCHOLARSHIP

PLEASE DONATE TO PACMOAA SCHOLARSHIP FUND

Since I took over as the chair, now co-chair, of the Scholarship Committee in 2001, PACMOAA has awarded 39 scholarships, 33 of which were paid. One student failed his school ROTC physical, three students dropped out of school shortly after the first semester started, and two of the awardees never started college.

One to three scholarships have been awarded each year, ranging from \$1000 to \$2000. The scholarship is awarded over the first two semesters in school and is contingent upon continued enrollment in ROTC. The money may be used for tuition purposes, room and board, and other school related expenses. *Unlike the MOAA scholarships, the students do not have to come from a military family.*

Information pertaining to this scholarship will be going out to local high schools in Portsmouth, Suffolk, Franklin, Chesapeake, Southampton, and Isle of Wight in March. That includes over 30 local high schools in addition to 13 JROTC units. CDR Scott Dickinson, the Co-Chair of the Scholarship Committee revised the application so that it can be filled out electronically and also set up an electronic scoring sheet for the PACMOAA Scholarship Committee members to facilitate a better review of applications. Scott also emailed the scholarship information to the local high schools and his assistance is greatly appreciated!

The number of scholarships to be awarded for the year is voted on by the Leadership Team and is based on donations from PACMOAA members. *We would like to award at least 2 scholarships if members donate enough.*

College expenses are increasing as are all other expenses. **Please consider a donation to help these students in their quest for a career in the military.** Most of the money contributed to scholarships is submitted with dues payment. You could also add \$5.00 or \$10.00 to your dinner check or send money electronically via PayPal. All donations are greatly appreciated and most helpful! Thank you for your generous support over the years which has made our program so

successful!

The scholarship winners and their parents usually attend the June PACMOAA dinner meeting and are recognized there. It is always a pleasure to meet them and hear of their accomplishments in school as well as their goals.



Left: The Scholarship Awardee, Howard Brian Link III, being presented with The PACMOAA Scholarship and the Esteemed PACMOAA MUG, by MAJ Sherry Ferki and CDR Scott Dickinson, with his mother, Mrs. Phaedra Link, proudly watching.

Sherry Ferki, MAJ, USA (Ret)
Scholarship committee Co-Chair

Below Installation Dinner Pictures

L -R: Bob Brewer, Angela & Karl Wilson, and Steve & Kay Watkins



Above: Doug Weller, Lisa Parker, & Ken App

Above Right: Bill Smith, Alice Fticsar, Bob Wall, Brenda & Hal Hostetler, & Linc Smith

Right: Roger Hirsh, Hans Sachse, Dolly Cherrington, Michael Poindexter, & Mary Snyder

NMCP Pharmacy Update

January 28, 2023,

MHS GENESIS is now LIVE at Naval Medical Center Portsmouth and its Clinics



This works with Tricare Prime Clinic in Suffolk



NEW

Pharmacy Instructions
Naval Medical Center Portsmouth and Clinics



New Prescriptions

Use Q-Anywhere

- Available during your selected pharmacy’s work hours.
- Text “**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.
- Once prompted, text “**I am here**” upon arrival at the pharmacy you selected and listen for your number.

Renew Prescriptions

Contact your provider

If your current prescription has no refills remaining, you must contact your provider for a prescription renewal.

Refill Prescriptions

Call The Refill Line

- (757) 953-6337
- or TOLL-FREE (866) 285-1008

- Hard copy prescriptions for non-controlled substances are no longer accepted at NMCP or its clinic Pharmacies.
- Hard copy prescriptions for controlled substances will no longer be accepted after February 1, 2023.
- After that date, all prescriptions must be submitted electronically by your provider.

For more information please visit the NMCP Pharmacy Website at <https://portsmouth.tricare.mil/Health-Services/Pharmacy> or call (757) 953-0258.

MHS GENESIS will “go live” at NMCP on January 21, 2023.

- The above processes will remain after the “go-live” date.
- Request prescription renewals and refills as early as possible (up to 21 days early on a 90-day supply).
- Patients will no longer be able to activate prescription refills through the TRICARE Online Patient Portal and this service will not be available in the new MHS GENESIS Patient Portal.

January 4, 2023



Above Left:, CAPT LaLonde’s Guests, L to Right: Nancy Allen, CAPT Bruce LaLonde, Teresa Wilfong, Marge Stevenson, & Courtney LaLonde, Bruce’s daughter



Above Right: Bruce presenting the Service Award Bear to COL Hal Hostetler

PROGRAMS

- February 9th Old Dominion Honor Flight: Speaker Terry Denton
- March 9th Dave Paschal - Invictus Games
- April 13th **PACMOAA 40TH Anniversary Celebration!!! Mark Your Calendars!!!**
- May 11th CAPT Tim Thompson, USN, Naval Medical Center Portsmouth, Pharmacy Dept Head
- June 8th Scholarship Awards Dinner – Tentative - Local University ROTC Instructor
- July 16th (Tentatively) Joint Brunch with Hampton Roads and Peninsular Chapters, Location TBD



Submitted by:
COL Hal Hostetler, USA (Ret)

CHAPLAIN’S CORNER

During our cold days of winter let us warm our hearts to some thoughts of love as we approach Valentine Day. Would that our political leaders both here and around the world use some of these same prayers—Just imagine how much better the world would be.

**I said a Valentine prayer for you
And asked the Lord above
To fill you heart and bless your soul
With the precious gift of love.**

**I asked Him for sincere love
The kind that’s meant to stay
Just like the generous love
You give to those you touch each day**

**I prayed for love from family
And from every cherished friend
Then I asked the Lord to give you
His love that knows no end.**



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



**CDR Ken App, USN (Ret)
Salute Editor
Photographer: Stephen Branch**

THAT’S A WRAP FOR FEBRUARY 2023

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

PACMOAA MEMBERSHIP/RENEWAL FORM 2023

FULL NAME: _____ NICKNAME: _____

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 PayPal 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: _____