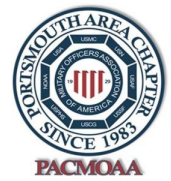




The Salute Online



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 XLV Issue VIII

LEARN MORE AT PACMOAA.ORG

OCTOBER 2026

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

FROM THE PRESIDENT'S DESK



PACMOAA Family--- Thanks to all those who attended the September dinner meeting. We were delightfully treated to an amazing presentation by CAPT Steve Ramsey (Commanding Officer Navy Support Activity-Portsmouth), (**Pic Right**). His insights on National shipyard infrastructure and the vision for shipbuilding was both informative and thought-provoking. He graciously stayed to almost nine to address member questions/ concerns.



Our October speaker will address the Veteran's focus offered by Eggleston Industries. For this meeting our location is the same ,but date will be TUESDAY OCT 20TH.

My personal thanks to those who brought in laundry supplies for the Fisher House, pictured at right.

We are working with the Navy Wounded Warrior Program Coordinator to invite Sailors to our December Christmas concert/dinner...Anchors aweigh

Bruce LaLonde CPA, Emeritus
Capt. (Ret) USN
[757-241-3026](tel:757-241-3026)

Pic at Right: Teresa Wifong with CAPT Bruce LaLonde

Far Right: CAPT Bruce LaLonde, LT Joyce Johnson, and Teresa Wifong at the ODU-Norfolk State Football game.

Below: Mary Snyder and Gladys Steorts at the Check-in table.



Right: LtCol Paul Pratt conversing with CAPT Ramsey after the meeting.



VETERAN CRISIS HOTLINE Dial 988 then press 1

PACMOAA
LEADERSHIP

SEE LEADERSHIP PULLDOWN



CHAPTER NEWS

OCTOBER

- 03 NOAA Reestablished 1970 (US SURVEY of the COAST February 10 1807)
- 12 Columbus Day
- 13 VCOC Fourth Quarter Meeting, Virginia War Memorial 1000-1530
- 13 U.S. NAVY 251st Birthday 1775
- 13 U. S. NAVY Memorial 39th Anniversary (1987)
- 14 CUBAN Missile Crisis 1962
- 20 PACMOAA Dinner Meeting 1800
- 23 BEIRUT Barracks Bombed 1983
- 24 United Nations Day
- 25 US Invades Grenada 1985
- 31 Halloween

HAPPY OCTOBER BIRTHDAYS

Bob Alexander Duane Close
Jim Hoffower James Webb Jones

The October Dinner Meeting will be held at 1800 on **TUESDAY, OCTOBER 20th, 2026** at East Side Pizzeria, 5630 Portsmouth, VA 23701. *Please note this change of Day and Date!*

*Buffett Menu Dinner Served at 1845**House Salad with Variety of Dressings**Caesar Salad with Dressing**Lasagna**Penne with Broccoli**Dessert – Cannoli'**Includes any non-alcoholic beverage of choice*

Cost is \$30 (includes gratuity & tax). **Cash bar available.** Please make your reservation no later than **Friday October 16th, 2026** with Sherry Ferki at 757-630-5608 or by email at: navmedarmynurse@gmail.com.

A RESERVATION MADE IS A RESERVATION PAID - Cash or Check, No PAYPAL

Right: scan the QR Code to find out more about PACMOAA or click the below links to MOAA.

[**MOAA LEGISLATIVE ACTION CENTER**](#)

[**JOIN MOAA**](#)



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



Above: Various members interacting with each other; **Above right:** Prospective new member CWO3 Marianne McCormack Greene, COL Bill Smith, CAPT Jim & DeeAnn Hoffower; **Right:** LT Joyce Johnson, Angela & CWO3 Karl Wilson.



GUEST SPEAKER

Ernest Quintana serves as the Director of Veteran Services for Eggleston Industries, Inc. Bio on page 5.

MEMBERSHIP**WELCOME ABOARD**

CAPT Stephen Ramsey, USN and his wife Elizabeth (Bet) from Norfolk

PACMOAA has 72 paid members with 2 new members. There are 59 regular members and 13 Surviving Spouses. PACMOAA still needs all of you to invite your friends and colleagues to dinner meetings, as a great way to introduce them to PACMOAA. Potential members can attend at 1/2 the usual price. A copy of our membership application is on p. 7 of The Salute Express.

Many members include donations for our **SCHOLARSHIP FUND** with their dues or dinner payment. The students are very appreciative of any assistance they can obtain to help with their college expenses!!

SURVIVING SPOUSE & PERSONAL AFFAIRS**TRICARE, Medicare, FEDVIP Open Season Dates Set**

22 September 2026 By: Kevin Lilley <https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/benefits/tricare,-medicare,-fedvip-open-season-dates-set/>

Excerpts from MOAA article:

TRICARE Open Season runs Nov. 9 – Dec. 8, 2026

Medicare Open Enrollment runs Oct. 15- Dec. 7, 2026

FEDVIP Open Season runs Nov. 9 – Dec. 7, 2026

Oct. 21 MOAA Webinar: What You Need to Know for the TRICARE, Medicare, and FEDVIP Open Season <https://www.moaa.org/content/events/healthcare-and-benefits/what-you-need-to-know-for-the-tricare,-medicare,-and-fedvip-open-season-2026/>

MOAA & LEGISLATIVE**FEATURED MOAA LEGISLATIVE CAMPAIGNS**

<https://moaa.quorum.us/> All also highlighted in August 2026 Military Officers Magazine

TRICARE for Life and GLP-1 Coverage

Add Military Spouses to WOTC (Work Opportunity Tax Credit)

Stand With Our Wounded Warriors (MAJ Richard Star Act)

Pass the Take Care of America Act (TCAVA)

More on p. 5

Above three articles Submitted by Sherry Ferki, MAJ, USA(Ret)

PACMOAA 2nd VP/Membership Chair, Personal Affairs Chair, Assistant Legislative Representative

VCOC AND JLC

The next VCOC meeting will be in person at the Virginia War Memorial in Richmond on Oct 13th, at 1000 Hours. All Members are invited to attend, lunch cost is \$30. Please see [Virginia Council of Chapters - MOAA](#) for reservation info. The Guest Speaker is [Karen Ruedisueli, MOAA Director, Health Affairs, Government Relations.](#)

Submitted By: Ken App CDR USN (Ret) PACMOAA VCOC Representative 757-630-0886

PROGRAMS

Please mark your calendars NOW for the Dinner Meetings listed below.

20 October 2026 East Side Pizzeria: Ernest Quintana Eggleston Industries Bio on p 5.

12 November 2026 East Side Pizzeria; Annual Business Meeting

10 December 2026 Portsmouth Catholic; Annual Christmas Gala, Tentative Fundraiser-Silent Auction

Artful Living at Lake Prince Woods

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- Assisted Living

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Thank You Lake Prince Woods for being a PACMOAA Sponsor

CHAPLAIN'S CORNER

For October I offer an entry from Poems of Joy from the Salesian Collection Of Poems of Joy
by Georgene Freedman

Autumn's Promise

Falling leaves of terra-cotta scatter in the breeze...
Amber hues and tawny shadows covering the trees...
Billowing puffs of azure float across the sky...
In shapes of cotton sculptures ever-changing to the eye.
Squirrels bury their stolen acorn treasures...
While birds hurry toward the sun's warm pleasures.
Autumn holds the promise of 'His' return to earth...
The season of harvest that renews itself in springtime with rebirth!

<Submitted by: CAPT Bob Brewer, USN (Ret) Chaplain

CDR Ken App USN (Ret) Salute Editor's Avatar>

HAPPY 251ST US NAVY BIRTHDAY



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



Ernest Quintana serves as the Director of Veteran Services for Eggleston Industries, bringing a dedicated, mission-focused approach to supporting military veterans as they navigate workforce transitions.

A veteran of the United States Navy, and having experienced hands-on the obstacles and barriers himself, Ernest understands the unique challenges service members face when transitioning into civilian careers. In his leadership role, he oversees holistic support programs—including the Warrior Bridge initiative—that connects veterans to essential clinical, educational, and employment resources to remove barriers to employment and foster long-term self-sufficiency.

Ernest holds a Master of Business Administration with a concentration in Finance and Accounting, Bachelor of Science in Project Management from ECPI University and is currently enrolled at Liberty University where he will pursue a Doctoral Degree in Public Administration. Furthermore, Ernest Quintana leads with a strong operational expertise with a deep commitment to empowering the veteran community.

LEGISLATIVE UPDATE CONTINUED

TRICARE Changes, Housing Fixes, and More:10 MOAA Priorities as the NDAA Take Shape. 23 September 2026. <https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/benefits/tricare-changes,-housing-fixes,-and-more-10-moaa-priorities-as-the-ndaa-takes-shape/>

NOTE: Several **Take Action** items included in this article.

Submitted by Sherry Ferki, MAJ, USA(Ret)

PACMOAA 2nd VP/Membership Chair / Assistant Legislative Representative

PLEASE CONSIDER BECOMING A MEMBER OF THE LEADERSHIP TEAM POSITIONS OPEN FOR THE NOVEMBER 2026 BALLOT

Members elected this fall will serve from January 2027 to January 2029.

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, 2nd, 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."

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 .

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

PACMOAA MEMBERSHIP/RENEWAL FORM 2026

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 help 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	3 Year
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

NOTE: For members joining after July 1st, \$12.50 for Regular Members or \$10 for Surviving Spouse

DATE: _____ SIGNATURE: _____

THE PORTSMOUTH AREA CHAPTER OF



PACMOAA

MOAA is the nation's largest and most influential association of military officers. It is a **nonprofit organization** that advocates for a strong national defense but is politically **nonpartisan**. The association **supports and advocates for government policies that protect the earned benefits of military members** (Active Duty, Reserves, National Guard, and Retirees) **and their families**.

You can make a difference by joining your local **MOAA** chapter (**PACMOAA**).

PACMOAA celebrated its **40th anniversary** in April 2023 and participates in numerous community activities:

- **Monthly newsletter** (The Salute) except June/July & Aug./Sept. issues.
- **Facebook group** set up in January 2020.
- **Monthly program/dinner meetings** (except in July & August).
- July is the **Annual Joint Brunch** with other local Chapters of **MOAA**.
- **Recognition** of superior members of **JROTC units** in **13 local High Schools**. Certificates and medals are given to students by a member of the **PACMOAA Leadership Team** at **JROTC Award Ceremony**.
- **Scholarship Award** for local student(s) going to college ROTC and presented at annual Scholarship recognition program/dinner meeting in June. One to two \$1500 scholarships are presented each year!
- Participation in **Community Activities** like parades, especially the **annual Memorial Day** parade in Portsmouth with **PACMOAA** banner on cars.
- Participation in **Toys for Tots** program at annual Christmas Gala.
- **Donations** to the **Fisher House at NMCP**, and to **local JROTC unit** to help raise funds for their participation in activities like drill meets with other JROTC units.
- **Membership in VCOC (Virginia Council of Chapters)** is very active in state legislative issues.
 - **One of the VCOC Leadership Team is a PACMOAA member!**
 - **Participates in recognizing federal and state legislators for their efforts for Virginian Veterans.**
- Very involved with **MOAA Advocacy in Action** since 2020.
- **PACMOAA** has been recognized as a **5th Level of Excellence Chapter** for the **16th year** in a row and received **Col Marvin J. Harris Communication Award** at **Five-Star level** for **Print newsletter 6th year & Website for 5th year** in 2026!! These are the highest awards MOAA presents to chapters.

Access more information on **PACMOAA** at www.pacmoaa.org 6/1/26