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 IX **LEARN MORE AT PACMOAA.ORG** **NOVEMBER 2026**

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

FROM THE PRESIDENT's DESK



PACMOAA FAMILY,

In this Month of the Military Family (November),please support our PACMOAA efforts to advocate for military benefits by :

- Bringing paper goods (toilet paper, napkins, cups, & plates) to our November dinner meeting to support the families at the Navy Regional Medical Center Fisher House.

- Recognize a military family you encounter by acknowledging the sacrifices they make.

Our November 12th dinner meeting will be at Eastside Pizza and will focus on the business of the Chapter, including voting for our new 2027-2028 officers and directors.

Anchors aweigh...Bruce

Bruce LaLonde CPA, Emeritus
CAPT USN (Ret)
President Portsmouth Area Chapter of the Military Officer's Assn of America
757-241-3026



Right: PACMOAA President, CAPT Bruce LaLonde, presenting a Certificate of Appreciation to Ernest Quintana, Director of Veteran Services for Eggleston Services.





Left: Mrs. Dena Cain, pinning new member, CWO3 Marianne Green with PACMOAA President, CAPT Bruce LaLonde looking on.



Right: PACMOAA President, CAPT Bruce LaLonde presenting the Service Bear to Col Bill Coburn.

VETERAN CRISIS HOTLINE Dial 988 then press 1

PACMOAA LEADERSHIP

Please See Leadership Pulldown

CHAPTER NEWS

NOVEMBER
01 First Day of American Indian Heritage Month
01 Daylight Saving Time Ends
03 ELECTION DAY
09-07 DEC FEDVIP Open Season
10 MARINE CORPS 251st Birthday 1775
11 VETERANS DAY
12 PACMOAA Dinner Business Meeting 1800 (PACMOAA Election)
23 Coast Guard Women's Reserve Established 1942
26 THANKSGIVING
27 Native American Heritage Day (Friday after Thanksgiving)

HAPPY NOVEMBER BIRTHDAYS

Bob Brewer Larry Mellis
Valerie Parker Paul Pratt
Conrad Strickland Dave Von Rump
Chuck Waggoner Bob Wall

The November Business Dinner Meeting will be held at 1800 on **THURSDAY, NOVEMBER 12th, 2026** at East Side Pizzeria, 5630 Portsmouth, VA 23701.

Buffett Menu *Dinner Served at 1845*
House Salad with Variety of Dressings
Caesar Salad with Dressing
Specialty Pizzas
Eastside Special *(Pepperoni, sausage, beef, ham, mushrooms, onions, green pepper)*
Quattro Formaggi *(Four cheeses-mozzarella, provolone, cheddar, and pecorino romano)*
Margherita *(Tomato, mozzarella, fresh basil, & a touch of garlic and olive oil)*
Chicken Florentine *(Grilled chicken, spinach, & mushrooms)*
Hawaiian *(Canadian bacon, ham, pineapple)*
Dessert – Cheesecake
Includes any non-alcoholic beverage of choice

Cost is $30 (includes gratuity & tax). **Cash bar available**. Please make your reservation no later than **Sunday, November 8th, 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



ANNUAL BUSINESS MEETING ADGENDA

a. Welcome
b. Prayer/Pledge
c. President's Comments
d. Dinner (6:45-7:15 pm)
e. Minutes from last Business Meeting (CAPT Jim Hoffower)
f. Financial Review (CDR Hans Sasche)
g. Membership Report (MAJ Sherry Ferki)
h. Personal Affairs - Surviving Spouse Liaison (MAJ Sherry Ferki)
i. Legislative Report (Mrs. Mary Snyder / MAJ Sherry Ferki)
   - MOAA priority bills
   - 2026 VCOC JLC objectives/ achievements
   - JLC Objectives for 2027
j. Programs Report (Mrs. Mary Snyder)
k. VCOC Report (MAJ Sherry Ferki for CDR Ken App)
l. Communications Report (MAJ Sherry Ferki for CDR Ken App)
m. Scholarship (MAJ Sherry Ferki-/-CAPT Jim Hoffower)
n. JROTC Report (MAJ Sherry Ferki)
o. Chapter Awards – Harris Communication Awards & Levels Of Excellence (MAJ Sherry Ferki)
p. Community Involvement
q. Nominating Committee/Election Report (**If you didn't vote by mail or email yet, please bring your ballot with you) (Bios are on pp. -13-16 Ballot is on page 17). Both have been sent separately too.**
r. PACMOAA 2027 Goals and Objectives (CAPT Jim Hoffower)
s. Old Business
t. New Business
u. Comments from Membership
v. Adjourn

MEMBERSHIP

MEMBERSHIP UPDATE NOVEMBER 2026

WELCOME ABOARD
CAPT Desmond Wyatt (Des), USN and spouse from Suffolk
CWO3 Marianne Greene, USCG (Ret) and her husband Robert from Chesapeake

PACMOAA has 74 paid members now with 4 new members. Thus, there are 61 regular members and 13 Surviving Spouses.

Many thanks to Dena Cain and Paul Stott for introducing new member Marianne Greene to PACMOAA! Three of our four new members this year have been invited by current members! PACMOAA still needs all of you to act as **Recruiters** and continue to invite your friends and colleagues to dinner meetings. This is a great way to introduce them to PACMOAA. Potential members can attend a dinner meeting for ½ the usual price. *Please consider inviting potential members to our November meeting at Eastside Pizzeria*!! As noted above, **personal contact** is often the most effective method of recruiting!

I will be happy to share some talking points to encourage potential members to join PACMOAA and MOAA if you are interested. A copy of the PACMOAA Overview showing all the activities PACMOAA participates in ***will be sent separately*** as well as our membership application.

REMINDER: Many members include donations for our **SCHOLARSHIP FUND** with their dues and/or dinner payment, and this can be done in-person or via mail. The students are very appreciative of any assistance they can obtain to help with their college expenses!!

SURVIVING SPOUSE & PERSONAL AFFAIRS

PERSONAL AFFAIRS
November 2026

Ten articles that are part of **MOAA's 2026-2027 TRICARE Guide** are posted on the MOAA website and several are listed below. The guide can be downloaded as a pdf by **Premium and Life Members** at https://www.moaa.org/micro/tricare-guide-2026-2027/.

MOAA's TRICARE Guide: Navigating the TRICARE Lingo. 23 October 2026. https://www.moaa.org/micro/tricare-guide-2026-2027/moaas-tricare-guide-lingo/

MOAA's TRICARE Guide: Transitioning Into Military Retirement. 23 October 2026. https://www.moaa.org/micro/tricare-guide-2026-2027/moaas-tricare-guide-transitioning-into-military-retirement2/

MOAA's TRICARE Guide: Medicare and TRICARE For Life. 23 October 2026. https://www.moaa.org/micro/tricare-guide-2026-2027/moaas-tricare-guide-medicare-and-tricare-for-life2/

MOAA's TRICARE Guide: Know Your Pharmacy Terms and Options. 23 October 2026. https://www.moaa.org/micro/tricare-guide-2026-2027/moaas-tricare-guide-pharmacy-terms/

Submitted by Sherry Ferki, MAJ, USA (Ret)
PACMOAA 2nd VP/Membership Chair
Personal Affairs Chair and Surviving Spouse Liaison

ADDITIONAL MOAA RESOURCES AVAILABLE FOR SPOUSES/SURVIVING SPOUSES
November 2026

Multiple forms of resources are available on the MOAA website and/or can be mailed upon request. These resources are benefits available for **Premium and Life Members**.

- ***"Preparing for the Loss of a Military Spouse".*** This is an excellent resource and has combined several previous publications with updated info. It can be located at https://www.moaa.org/content/publications-and-media/moaa-publications/help-your-survivors-detail/ .
- ***"Survivor Prep Checklist"*** at: https://www.moaa.org/uploadedfiles/content/publications_and_media/moaa_publications/publication_downloads/survivor_prep_2024-_checklist.pdf
- ***"Your Guide to Military Burials*** *"at:* https://www.moaa.org/uploadedfiles/content/publications_and_media/moaa_publications/publication_downloads/2023_burial-guide_web.pdf

Webinars relating to preparation are listed below:

Next Steps: What Survivors of Veterans Need to Know
Presented online September 15, 2026, and available at
https://www.moaa.org/content/benefits-and-discounts/transition-and-careers/webinar-archive/

Topics included: How MOAA publications can assist you and your family in the planning process, how to get your personal affairs in advance, and understanding the Survivor Benefit Plan (SBP), Dependency and Indemnity

Compensation (DIC), and burial benefits.

MOAA's financial and benefits professional – Lila Quintiliani, ChFC®, AFC® – offered a comprehensive review of the issues associated with the passing of a retiree." From MOAA website.

MOAA Webinar: Preparing for the Loss of a Military Retiree (2025) Aug 2025
https://www.moaa.org/content/benefits-and-discounts/transition-and-careers/transition-center-webinars/loss-of-a-retiree-2025-webinar-archive/

What You Need to Know About the Survivor Benefit Plan from 25 Feb 2025 Available at https://www.moaa.org/content/benefits-and-discounts/transition-and-careers/transition-center-webinars/survivor-benefit-plan-webinar-archive/

Every Life Needs a Battle Plan: Preparing Yourself, and Your Family, for Survivorship Available at https://www.moaa.org/content/benefits-and-discounts/transition-and-careers/transition-center-webinars/survivor-benefit-plan-webinar-archive2/

Recent articles related to helping surviving spouses/preparation listed below:
***MOAA Joins Gold Star Families on Capitol Hill to Back the Take Care of America's Veterans Act:* 30 September 2026.** https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/advocacy/moaa-joins-taps-to-bring-key-survivor-priorities-to-capitol-hill/ **"**The veteran omnibus bill includes several provisions offering long-sought support for survivors. Reach out to your lawmakers today."

"***Survivor Support: Fellow Spouses and Veterans Join to Help a Grieving Family***" in May 2026 Military Office Magazine and online at https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/benefits/survivor-support-fellow-spouses-and-veterans-join-to-help-a-grieving-community/ "It's never an easy time … but the more you can smooth out the rough edges, the easier it is." Per MOAA website.

The MOAA Surviving Spouse Virtual Chapter is another great resource with monthly meetings. Topics vary from "Protecting Your Pet" to the "Office of Survivor Assistance with the VA". **Spouses as well as Surviving Spouses** are eligible for membership! I will be happy to provide you with more information about this chapter, it's programs and/or joining or you can contact mssvc02@gmail.com or find on MOAA.org.

Submitted by Sherry Ferki, MAJ, USA (Ret)
PACMOAA Personal Affairs and Surviving Spouse Liaison

MOAA & LEGISLATIVE

FEDVIP 2026 OPEN SEASON
9 November – 7 December 2026
FEDVIP Plans, Pricing Announced for 2027

By: Kevin Lilley October 21, 2026 MOAA - FEDVIP Plans, Pricing Announced for 2027

Beneficiaries will see a small average increase in their plan costs under the Federal Employees Dental and Vision Program (FEDVIP) in 2027 as more plan details are revealed before the Nov. 9 start of Open Season.

The average dental plan premium will rise 1.0% and the average vision plan premium will go up 1.6%, according to a fact sheet released by the Office of Personnel Management (OPM). Beneficiaries can choose plans from 11 dental and five vision carriers – the same numbers as 2026.

As with this year, all dental providers will offer "standard" and "high" plan options except for Triple-S Salud, which only offers a high plan. Standard plans have lower premiums (about half the level of corresponding high plan) but higher copayments. Dental plan costs also vary "dental rating areas," which are determined by ZIP Code.

[AT OPM.GOV: Download Plan Prices and Dental Rating Areas]

The average dental increase for a monthly Self Plus One plan is $1, with only one plan's cost increasing more than $10 a month (the monthly premium for Emblem Health Dental's high plan will rise $11.44).

All five vision providers offer standard and high plans. Standard premiums are about half the cost of high-plan premiums and generally include a smaller frame allowance and require more copays.

Vision-plan pricing will remain stable in the new year: No vision plan monthly premiums increased by more than $1 for Self Plus One coverage, with three of the 10 plans maintaining 2026 pricing (VSP Vision Care high and standard plans, and the Blue Cross Blue Shield FEP Vision standard plan). Some plans saw slight premium decreases, including all standard plan offerings by United Health Care.

Comparing Plans

The 2027 plan details will be added to the BENEFEDS plan comparison tool in the coming days, allowing beneficiaries to make informed coverage choices.

While costs and plan offerings remain key factors, it's also important to **make sure your preferred provider accepts the plan.**

You can learn more about FEDVIP coverage options at the OPM frequently asked questions site or at BENEFEDS.gov, where you'll find eligibility details.

MOAA webinar ***What's New for the TRICARE, Medicare, and FEDVIP Open Season(2026)*** was held on 21 Oct 2026 but can be accessed by Premium and Life members at https://www.moaa.org/content/benefits-and-discounts/transition-and-careers/transition-center-webinars/webinar-archive-open-season-2026/

LEGISLATIVE UPDATE
November 2026

Featured MOAA Legislative Campaigns same as in September as of 28 October: 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)

What Does the Dec. 11 Budget Deadline Mean for Military Pay? 27 October 2026 https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/advocacy/what-does-the-dec.-11-budget-deadline-mean-for-military-pay/
Please ***TAKE ACTION*** and Ask Your Lawmakers to Support the Shutdown Fairness Act at https://moaa.quorum.us/campaign/142300/

Why the NDAA Matters to Your Health Care 21 October 2026. https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/benefits/why-the-ndaa-matters-to-your-health-care/ **.** Addresses 2 issues: Halt to MTF Restructuring, A Strong Pharmacy Benefit, and Breaking Access Barriers.

MOAA Urges Congress to Protect Pay Parity for All Uniformed Services. 14 October 2026 https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/advocacy/moaa-urges-congress-to-protect-pay-parity-for-all-uniformed-services/ Please ***TAKE ACTION*** to **Protect USPS and NOAA Retirees From Future Shutdowns** at https://moaa.quorum.us/campaign/162565/

State-Level Support: Pentagon Office Outlines 2027 Priorities for Military Families.
9 October 2026 https://www.moaa.org/content/publications-and-media/news-articles/2026-news-articles/family/state-level-support-pentagon-office-outlines-2027-priorities-for-military-families/ The Defense - State Liaison Office (DSLO) works with state lawmakers to share best practices and help craft legislation to address the needs of those who serve. In addition, they meet with shareholder groups like MOAA's State Legislative Forum (SLEF) to facilitate advocacy efforts and provide updates on priority issues. The DSLO grouped its 11 priorities into 3 categories: Ensuring Military Family Economic Stability, Supporting Military

Children, and Securing the Safety of Military Families.

Pay Our Troops Act of 2026 H.R. 5401 introduced in the House 9/16/2026**.** Sponsor Rep. Jen Kiggans, 210 co-sponsors with 4 from VA including Rep. Bobby Scott. "This bill provides continuing appropriations for military pay for any period during which interim or full-year appropriations for FY2026 are not in effect (i.e., a government shutdown). Specifically, the bill provides FY2026 continuing appropriations for the pay and allowances of (1) members of the Armed Forces, including reserve components, who perform active service during the period; and (2) civilian personnel and contractors of the Department of Defense (and the Department of Homeland Security in the case of the Coast Guard) who are providing support to such members of the Armed Forces. If a government shutdown occurs, the bill provides the continuing appropriations until the earlier of (1) the enactment into law of specified appropriations legislation, or (2) January 1, 2027." H.R.5401 - 119th Congress (2025-2026): Pay Our Troops Act of 2026 | Congress.gov | Library of Congress. Referred to Committee on Appropriations 9/16/2026.

NOTE: Rep. Kiggans introduced the same bill as Pay Our Troops Act of 2025 H.R. 1932 with 34 co-sponsors. Bobby Scott was not a co-sponsor of that bill. Bill referred to House Committee on Appropriations on 3/6/2025. **Also,** both bills addressed appropriations for the **Armed Forces** rather than **Uniformed Services,** so they **did not include** USPHS or NOAA!

Submitted by Sherry Ferki, MAJ, USA(Ret)
PACMOAA 2nd VP/Membership Chair/Assistant Legislative Representative

VCOC AND JLC

The October VCOC meeting was held in person at the Virginia War Memorial in Richmond on Oct 13th, at 1000 Hours. Present at the meeting were: CDR Ken App, PACMOAA VCOC Representative; CAPT Bruce LaLonde, PACMOAA President; CAPT Jim Hoffower, PACMOAA Secretary; Mrs Mary Snyder, PACMOAA Legislative Represntative; and virtually, MAJ Sherry Ferki, VCOC Treasurer,/Surviving Spouse Liaision & PACMOAA Asst Legislative Representative. Additionally, Mrs. Donna App, Mrs. DeeAnne Hoffower, and Teresa Wilfong were in attendance

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

MOAA VCOC UPDATE FROM 4TH QUARTER MEETING ON 13 OCTOBER 2026

UPDATE FROM MONTI ZIMMERMAN, VCOC Leg Representative at meeting focused on MOAA's advocacy on passing TCAVA and pros & cons. Three controversial issues (cons) included proposed changes to the MAJ Richard Star Act (would not cover MAJ Richard Star as written in bill), VA Home Loans Program (changes after first use of loan), and Changes in disability ratings specifically for tinnitus and sleep apnea (decrease for future applicants) at this time. For more details, please contact MAJ Sherry Ferki

YouTube video on MOAA's Legislative Action Center page Gen Kelly "Why MOAA Supports the Take Care of America's Veterans Act." https://moaa.quorum.us/

November 2026 JLC UPDATE

The mission of the Joint Leadership Council of Veterans Service Organizations (the JLC) is to provide advice and assistance to the Governor, General Assembly and the Department of Veterans Services (DVS) on matters of concern to the veterans community and provides a conduit of information to and from the veterans service organizations on policy and legislation, pending and enacted, as well as information on existing services.

To review, the JLC is composed of one representative from qualifying veterans service organizations (VSOs), to be appointed by the Governor. The Commissioner of the Department of Veterans Services and the Chairs of the Board of Veterans Services and the Veterans Services Foundation or their designees, serve as nonvoting *ex officio*

members.

VSO representatives are nominated by their organization and appointed by the Governor**.**

At their September 19, 2026 meeting, the JLC discussed the potential 2027 Initiatives. No priority has been designated at this time. The list of proposed initiatives are listed below:

- **Proposed Initiative #1 Draft Legislation**

The Department of Health (the Department), in collaboration with the Department of Veterans Services, shall convene a work group to develop a statewide strategic plan (the Plan) to improve the identification, education, treatment, and long-term health outcomes of women veterans in midlife, with a specific focus on perimenopause, menopause, and associated chronic health conditions.

- **Proposed Initiative #1 Women Veterans Study (Cont)**

Women Veterans Midlife Health Initiative: Addressing Perimenopause, Menopause, and Chronic Disease Risk

Objective: To request a formal study by the Commonwealth of Virginia to assess the health impact of perimenopause and menopause on women veterans and to develop evidence-based recommendations to improve early identification, treatment, and long-term health outcomes.

- **Proposed Initiative #2 VMSDEP (Position Paper)**

Virginia Military Survivors and Dependents Education Program (VMSDEP) – Stabilization, Oversight, and Study

Objective: To stabilize and sustain VMSDEP by ensuring near-term funding continuity, establishing standardized data reporting, and enabling a structured, inclusive study to inform long-term program viability.

- **Proposed Initiative #3 Charitable Gaming Proceeds**

Allow Veterans to use Veterans Resources for Veterans

Objective: To amend the Code of Virginia to allow 501 (c)(19) Veterans Service Organizations (VSOs) – such as The American Legion, VFW, and AMVETS – to retain 100% of their generated revenue (including gaming) for their own missions and operational expenses, removing the state mandate to donate a percentage to outside organizations.

- **Proposed Initiative #4 PTSD Training (Position Paper)**

PTSD Training for First Responders and Public Safety Officers

Objective: To mandate fire departments, emergency medical service, public safety, law enforcement agencies, and conservators of the peace obtain and provide post-traumatic stress disorder (PTSD) specific training for their personnel.

- **Proposed Initiative #5 USPHS and NOAA Tax Relief 2027 (Position Paper)**

Inclusion of USPHS and NOAA in Income Tax Subtraction

Objective: To ensure the continued commitment of the Commonwealth of Virginia to amend and reenact State Statute 58.1-322.02 of the Code of Virginia to expand eligibility to all Uniformed Services, including the Commissioned Corps of the U. S. Public Health Service (USPHS) and the National Oceanic and Atmospheric Administration (NOAA) Commissioned Officer Corps.

- **Proposed Initiative #6 JLC New Report Requirement 2027**

2027 Position Paper Reporting Veterans' Contributions to Educate the Public and Virginia General Assembly on the Value of Supporting Veterans

Objective: To provide a semiannual JLC report that educates the public and members of the General Assembly (GA) about the value of Virginia's veterans and how supporting them advances the interests of the Commonwealth.

- **Proposed Initiative #7 Transportation Pilot (Position Paper)**

Virginia State Transportation & Care Coordination Grant Pilot Program

Objective: To ensure continued Commonwealth support for transportation and care coordination services that

improve healthcare access for elderly, disabled, low-income, and underserved veterans through a $500,000 state pilot grant program.

- **Proposed Initiative #8 State Annuity Tax Exempt (Position Paper)**

State Annuity Tax Exemption for Retired Members of the Virginia Militia and Virginia Defense Force (VDF)

Objective: To ensure Virginia National Guard and Virginia Defense Force (VDF) retired members who usually have a greater retirement than $40,000/year, and those serving a longer period or attaining a rank that garners a retirement greater than $40,000 keep the State Tax Exemption if the current law is amended or rescinded.

- **Update USPHS & NOAA One Page Definition of Service**

- **Proposed JLC SVA-12027**

Student Veterans of America- 1 2026 Expanding JLC Membership

Objective: To expand the definition of qualifying Veteran Service Organizations (VSOs) eligible for participation on the Join Leadership Council of Veterans Service Organizations (JLCVSO) to include nonprofit organizations specifically incorporated to advocate for military spouses and surviving spouses, thereby ensuring broader representation of the military-connected community and strengthening the Council's ability to identify and address issues affecting veterans and their families.

The JLC will be prioritizing these initiatives at the December Meeting and then presenting them to the Virginia legislature in the new year. Updates will continue to be shared when received. For more detailed information on each of the items discussed in this article, visit the Joint Leadership Council website.

https://www.dvs.virginia.gov/about-us/boards-foundations/joint-leadership-council-of-veterans-service-organizations

Mary L. Snyder, PACMOAA VCOC Legislative Representative

PROGRAMS

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

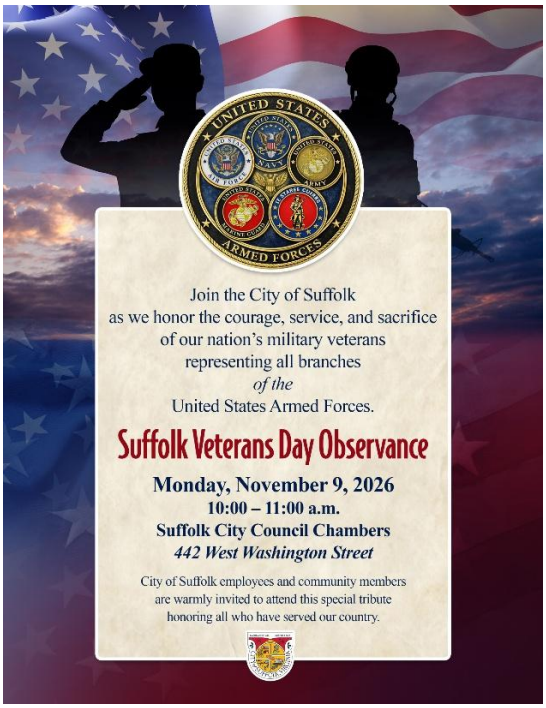
12 November 2026	**East Side Pizzeria; Annual Business Meeting**
10 December 2026	**Portsmouth Catholic; Annual Christmas Gala, Tentative Fundraiser-Silent Auction**
14 January 2026	**New Officer Induction (VCOC President CAPT Mary Lou Wassel, USN (Ret))**



LEFT: President CAPT Bruce LaLonde with new Member CWO3 Marianne Greene, and Mrs. Dena Cain, and LCDR Paul Stott



Right: Eggleston Services Director of Veteran Services Speaker, Ernest Quintana, speaking with MAJ Sherry Ferki.



VETERANS DAY ACTIVITIES IN HAMPTON ROADS 11 NOVEMBER 2026

Virginia Beach – Annual Veterans Day Parade: Parade begins at 9 a.m. at 16th Street & Atlantic Avenue and ceremony at the Tidewater Veterans Memorial at 1000 19th Street 11 a.m. in Virginia Beach. https://virginiabeach.gov/connect/blog/veterans-day-parade-and-ceremony.

Chesapeake – Annual Veterans Day Ceremony from 11 a.m. to 1 p.m. at Chesapeake Veterans memorial at Chesapeake City Hall, 306 Cedar Road, Chesapeake 23322. https://www.visitchesapeake.com/event/2026-veterans-day-ceremony/10091/

Portsmouth – Veterans Day Ceremony at High Street landing (downtown Portsmouth) at 11a.m.

Suffolk – Veterans Day Observance on **Monday 9 November** at 10 a.m. to 11 a.m. at Suffolk City Chambers, 442 West Washington Street. https://www.visitsuffolkva.com/events/suffolk-veterans-day-observance/

Submitted by Sherry Ferki, MAJ, USA (Ret)
PACMOAA 2nd VP/Membership Chair



Thank You Lake Prince Woods for being a PACMOAA Sponsor

CHAPLAIN'S CORNER

God, help me notice the little things and be grateful for them. All too often, we rush through life and don't notice the blessing all around us. I am grateful for the chance to see beauty in the smallest details. Help me remember to slow down and look. I am grateful for the little bits of beauty scattered through my day.

You have turned my morning into dancing; and clothed me with gladness,
that my soul may praise you and not be silent.
O Lord my God, I will give thanks to you forever.

Psalm 30:11-12



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

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



HAPPY 251ST USMC BIRTHDAY





Above: PACMOAA Members before the Dinner Meeting



Right: CDR Dave Von Rump gives a brief Statement on Fisher House Requirements. Please bring paper goods to the November Meeting (plates, towels, napkins, & cups).



LEFT: CDR Ken App with Wife Donna and Daughter Julie at the USAA National Military Monument (USAA NMM) in front of the Lincoln Memorial on October 28, 2026, with CDR App's name displayed. *The Monument will remain there until Nov 12, 2026.*

That's a Wrap for NOVEMBER

Please Memorize the VETERAN CRISIS HOTLINE Dial 988 then press 1

POSITIONS OPEN FOR NOVEMBER 2026 BALLOT

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

Please consider becoming a member of the Leadership Team as an elected officer or in an appointed position. PACMOAA needs as many different perspectives as possible to help us represent all our members and their interests! *Spouses can run for office and will have full voting rights while serving as an officer!*

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. Leadership Team members are expected to attend quarterly board meetings as well as additional meetings as necessary. The board has primarily conducted virtual meetings since May 2020.

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

PRESIDENT

CAPT James Hoffower, NC USN (RET)



Jim is a native of Port Allegany, PA. He attended Slippery Rock State College graduating with a B.S in Health and Physical Education; Boston University School of Nursing attaining a BSN in Nursing; and The Naval War College in Newport, RI attaining a MS Degree in Strategic Studies and Military Planning. He retired Honorably following the completion of 33 years of Active Duty in the United States Navy. It was his distinct Honor and pleasure to have served his Country in a variety of capacities. His personal and professional Career goals included being actively involved in the professional development of both his peers and subordinates. Through his unique Leadership qualities, he has continued to seek service opportunities which enhance his community by actively participating in Professional Organizations and working on meaningful projects.

Jim was initially drafted into the military and entered the Navy in 1972 as an E-3 and trained to be a Hospital Corpsman. Following his first tour of duty at Naval Hospital Chelsea, MA, he returned to college and attained his BSN in Nursing. He was commissioned as Ensign in the Navy Nurse Corps in 1978. His initial Staff positions at Naval Hospitals Memphis and Beaufort, SC included clinical exposure and professional development in the Emergency Room, ICU, and General Medical-Surgical settings.

In 1982, Jim received Orders to Recruiting Duty at NRD Buffalo. He was the Department Head of the Medical Recruiting Section actively seeking Officers in the Medical Corps, Medical Service Corps, Dental Corps and Nurse Corps. His follow on assignment was to Naval Hospital Naples, IT. There, he assumed duties as Department Head of Inpatient Care Areas and the Operating Rooms.

In 1987, Jim was reassigned to National Naval Medical Center, Bethesda, MD. There, his role included Department Head of Neurosurgical Services in the Operating Room. Following this assignment, in 1988, he assumed the role of Department Head, Surgical Services aboard the USNS Comfort (T-AH 20). During this tour of duty, he saw active wartime experiences in the Persian Gulf in support of Operation Desert Shield/Storm.

Upon his return to CONUS following Desert Storm, he was assigned to the Personnel Command in Washington, DC as a Nurse Corps Detailer. At the end of this tour of duty, he assumed responsibilities as the Director of Nursing at Naval Hospital, Yokosuka, Japan. Additionally, his responsibilities included acting in the capacity as Co-Director of Medical Services.

In 1999, Jim reported to NH Pensacola as the Executive Officer. Along with these responsibilities, he was additionally assigned as the Commanding Officer of Fleet Hospital Seven located at Pensacola.

Jim's culminating assignment was as the Commanding Officer of NH Beaufort, SC from 2002-2005. He very proudly retired following this assignment in February 2005.

Following his Naval Career, he has enjoyed professional leadership opportunities afforded in varied roles as the Senior Instructor in the NJROTC program at Princess Anne High School; Security Clearance Investigator;

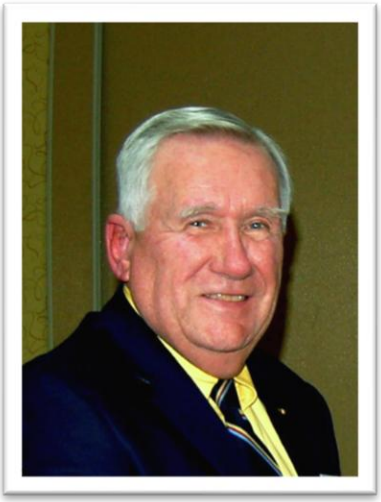
President of the Norfolk Sports Club; Church Council Chair at Community United Methodist Church; and President of the United Methodist Men's group at the same church. While in the Sports Club, he realized the immensely rewarding experiences of participating in the selection and awarding process for highly qualified Student Athletes for scholarships worth $3000.

Jim has been exceedingly fortunate to have been involved with teams of people involved in leadership and success for various causes. It has been a lifetime reward to be able to work with successful people in providing direction to younger professionals and in helping to shape their visions and capabilities in becoming future leaders. None of his successes would have been possible without the deep Love and positive support of my family.

Jim is presently serving as: PACMOAA SECRETARY; represents PACMOAA at the Portsmouth Mayor's Military Affairs Committee; Involved in representing PACMOAA in Community Affairs.

THIRD VICE-PRESIDENT COMMUNICATIONS

CDR Kenneth G. App USN (RET)



A native of Brooklyn, NY, CDR APP attended Public Schools and graduated from Brooklyn Technical HS in 1963. At The University of Virginia, he earned a BS in Electrical Engineering in 1969. A Naval ROTC student, he was selected as the Midshipmen Battalion Commander his senior year. Upon graduation and commissioning, he attended Naval Flight Training and designated a Naval Aviator May 1st, 1970.

CDR App had two Operational flying tours flying the P-3C aircraft, first with Anti-Submarine Warfare (ASW) Patrol Squadron Twenty-Four (VP-24) and second with VP-45. During this time, he deployed three times each to NS Keflavik, Iceland and NAF Sigonella, Italy. His Second Sea Tour was as the ASW Officer on the USS John F Kennedy, CV-67, where he deployed twice to the Mediterranean, and was designated Officer of the Deck Underway. After each Operational flying tour he was at the Naval Air Development Center (NADC), Warminster, PA, flying Research & Development Projects in P-3 A/B/and C aircraft. During the 2nd tour at NADC he was the program director of the Navy GPS Program Office in 1984 and was also the Aircraft Carrier Anti-Submarine Program Director from 1985-1987, where he was responsible for developing new hardware and Software for the Aircraft Carrier Anti-Submarine Modules. He has over 4,000 Hours in the P-3 Aircraft, and over 4,600 in all Naval Aircraft.

After his second tour at NADC he attended the U.S. Army War College, at Carlisle Barracks, PA, as a 1988 Resident student. From July 1988 to July 1991, he was on the Staff of the Commander, U. S. Naval Forces Europe, in London, England, as the N41 (Logistics Plans Officer), participating in response to the Lebanon Crisis, the evacuation of civilians from Monrovia, Liberia, and setting up the Forward Logistics Sites supporting Operation Desert Shield/Storm. Ken also served on the Staff of Commander, Naval Air Force Atlantic, as the Plans and Exercise Officer. He earned two Navy Meritorious Service Medals, a Navy Commendation Medal and Achievement medal, plus others. He retired from the Navy on August 1, 1992. After retirement, he attended ODU, received an MS in Education and worked for Suffolk Public Schools for 15 years teaching Math and Science.

He was the 1st VP of PACMOAA from 2016-2020, has served as the Webmaster and Facebook Manager since January 2020, and Editor of the Salute newsletter since September 2020. He has also been maintaining the membership roster since January 2020 and updated and maintained the PACMOAA Directory since November 2020. He also Developed, Published, and Maintains the PACMOAA Recruiting Brochure since February 2021.

He is a life Member of two Naval Associations (Association of Naval Aviation and Patrol Squadron 45) and MOAA. CDR App is married and lives with his wife Donna in Suffolk.

SECRETARY

CDR C. Duane Close II, USN (RET)



Duane retired from the U.S. Navy in 2020 as a Commander after 20 years of service. A Naval Flight Officer, he flew the S-3B Viking and the F/A-18F Super Hornet, made five carrier deployments, and completed a ground deployment to Iraq as a forward air controller with a task force. He served as executive officer of a non-aviation command before returning to the fleet as a squadron department head, and served as officer in charge in several capacities.

After retiring, Duane attended Regent University School of Law. There he served on the Alternative Dispute Resolution Board and the Phi Alpha Delta chapter board and was president of the Black Law Students Association during his 3L year. He joined the Office of the Commonwealth's Attorney for the City of Norfolk as an intern during law school, then as a full-time prosecutor after graduation and bar passage. Today he is an attorney with Reynolds Law Group, PLLC. His practice covers elder law, estate planning, probate, trust administration, and business planning, with particular attention to small businesses, churches, and nonprofits. Much of that work involves the same questions MOAA members and surviving spouses face: protecting a spouse, planning for long-term care, and getting affairs in order before someone else has to. He is currently pursuing an LL.M. in Wealth Management at Texas A&M University School of Law.

Duane stays close to the veteran community. He serves on the Advisory Board of The Headstrong Project, a nonprofit providing mental health care to veterans, and occasionally coaches transitioning service members through The Honor Foundation. He also sits on the International Executive Board of Phi Alpha Delta Law Fraternity for the 2026–2028 biennium.

Duane has been a PACMOAA member for several years and lives in Virginia Beach. Board minutes, notices, and correspondence are a lawyer's daily bread, and he would like to put those skills to work for the chapter.

BOARD OF DIRECTORS

CDR David C Von Rump, NC, USN (RET)



Born and raised in Webster Groves, MO, Dave graduated from Missouri Military Academy (JROTC) and enlisted in the US Navy Reserve as a Hospital Corpsman. Following selection and graduation from St. Louis University with a Bachelor of Science Nursing, he was commissioned in the US Navy Nurse Corps. During his first tour as a Nurse Corps officer, he was selected for the US Navy Nurse Corps Anesthesia Program and became a Certified Registered Nurse Anesthetist. He has served as an anesthesia instructor at Portsmouth Naval Medical Center, Senior Anesthetist; US Naval Hospital, MCAS, Cherry Point, NC; US Naval Hospital, NAS Jacksonville, FL; Chief Anesthetist, US Naval Hospital, Rota, Spain, and deployments with Aircraft Carriers and Amphibious Groups. After 28 years of Naval Service, Dave continued his career in civilian practice.

Dave is interested in community service, active in his church and a current member of the board of directors of his HOA. As a current pilot, he is a volunteer at the Military Aviation Museum, Virginia Beach and an airshow performer, flying his World War II observation/artillery spotter airplane. He is a current Board of Director member and the current Fisher House Liaison.

CAPT Robert Brewer, USN MC (RET)



PROFESSIONAL HISTORY: Served 25 years military being trained in General and Plastic Sugary and a serve along career until military retirement in 1992. This was followed by 10 years civilian plastic surgeon, hospital-based practice at Bon Secours for 8 years and 15 years as wound care specialist at the Hampton Veterans Medical Center. During 50 years he served in various capacities as Director, Chief, Chairman, Navy Specialty Advisor, Consultant, Surgeon at both government and civilian hospitals. Retired Medical practice December 2021.

LEADERSHIP EXPERIENCE: Dr. Brewer's medical experience includes: 12 years Chief and Specialty Adviser to Navy Surgeon General for Plastic Surgery, and over 15 plus years Chief, Division of Plastic Surgery civilian hospitals in addition to par-time reconstructive surgeon at the Hampton VA Medical Center. Volunteer leadership positions include 30 years leadership with Boy Scouts of America and over 20 years in Rotary International were he service as director and President of the Churchland Rotary Club. In addition, he has served on the PACMOAA BOD for 2 terms and served as Chaplain for the past 5 years. Bob is currently serving as the PACMOAA Chaplain. He has also served in multiple leadership roles in both local Catholic Community and the Rotary Club of Churchland. Other past volunteer positions include board member of Oasis Social Ministry and Portsmouth Volunteers for the Homeless. His current leadership positions with PACMOAA include Chaplain and Board of Directors' member.

PERSONAL LIFE: Married in 1993 to Cynthia, father of three boys and now has three grandchildren. Lived in Western Branch Chesapeake for the last 40 years.

TEACHING: 12 years Assistant Professor of Plastic Surgery Eastern Virginia Medical School. Comp Extensive military/civilian Instructing, Training, Supervision and Evaluation experiences.

PROFFESONAL MEMBERSHIP: Diplomat, American Board Plastic Surgery
Virginia Board of Medicine
American College of Surgeons
American Society of Plastic and Reconstructive Surgeons

PACMOAA 12 November 2026 Election Ballot

Download your ballot. Select **an enabled edit** mode. Mark your ballot by typing an "X" in the box next to your choices. To vote for the entire slate 'as is' use **only** the bottom voting line item. To vote for a Write-in Nominee: mark the box as above then type the name of your nominee in the next box to the right. **Please get permission from the nominee before submitting name**. Change Ballot entries by placing cursor in the box then use delete or backspace keys.

Be sure to save completed ballot. Use "**REPLY" email ONLY with saved ballot attached. DO NOT USE "REPLY TO ALL."** You may also email your completed ballot to *thesalute1@gmail.com* to arrive **NLT November 10, 2026**. If you do not use **reply email,** make sure to return your ballot using your email address on file with PACMOAA (The email at which you receive your copy of *The Salute express.*) **You may also print and mark a ballot and bring it to the November 12th Dinner Meeting**, or mail it to: **PACMOAA, PO Box 5353, Portsmouth, VA 23703. Mail it early** so it gets to PACMOAA by **NOV 10, 2025.**

If you experience serious difficulties, download or request another blank ballot and try again, contact Ken App at 757-630-0886 or thesalute1@gmail.com, if you have questions or continue having trouble. After membership verification at PACMOAA and the attached ballot saved, no additional ballots from that email address will be processed. You will receive confirmation of the ballot receipt.

Mark your ballot by typing an X in the selection box

TO VOTE FOR THE ENTIRE SLATE OF CANDIDATES LISTED BELOW, PLACE X HERE.> ☐

Positions Open

President (vote for one) ☐ **CAPT James Hoffower, USN (Ret)**

Write in Nominee ☐

3rd VP (Communications Chair)

(Vote for one only) ☐ **CDR Ken App, USN (Ret)**

Write in Nominee ☐

Secretary ☐ **CDR Duane Close, USN (Ret)**

(vote for one only -for remainder of one year **)** ☐

Write in Nominee

Board of Directors positions (Vote for 2)

1. ☐ **CAPT Bob Brewer, MC, USN (Ret)**

2. ☐ **CDR Dave Von Rump, NC, USN (Ret)**

Write in Nominee ☐

Write in Nominee ☐
