



The Salute online



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

VOLUME XXXVI ISSUE X

thesalutel@gmail.com

pacmoaa.org

December 2017



FROM THE PRESIDENT'S DESK



I hope everyone had a good Thanksgiving with your family and friends. Thank all of you that participated in our annual business meeting. We tried to make it more interesting this year by having the Calvary Baptist Church Bell ringers and a speaker. Hal and Brenda Hostetler as well as Carol Rowe, wife of PAC-MOAA member, Portsmouth Mayor John Rowe, were among the bell ringers and they helped start the meeting with the National Anthem as well as performing for about 20 minutes after dinner with patriotic music. They even performed a special rendition for our new members!

Debbie Schwartz, Director of Development and Community Relations for Senior Services of Southeastern Virginia (SSSEVA) gave a short presentation on the variety of services available for senior veterans. Several meetings have been held this year by SSSEVA with a variety of veteran related organizations to facilitate coordination of services making resources more readily available to those in need. SSSEVA Board Member Lt. Col Sheila Mason, USA (Ret) also attended.



left and right are Director Debbie Schwartz, President Ferki, and SSSEVA Board Member, Lt. Col Sheila Mason, USA (Ret.)

I am very sorry for the disruption of the last half of the evening. Another group was having a rowdy party in the room next to our meeting, reportedly a change of command celebration. The music and revelry was deafening at times. In spite of numerous requests to have them turn down the sound, it gradually increased to the previous reverberating level. I really appreciate everyone's patience - this has never happened before. The hotel staff on duty were very apologetic and did the best they could. I spoke with the hotel management the next day and they will not charge us for the extra room we need for our Christmas Gala to make up for the "inconvenience". I wanted to make sure our new members do not think this is a regular occurrence and be assured they can look forward to more peaceful meetings.

HAPPY BIRTHDAY

Lawrence G Anderson

Ronald E Fritz

David H Hornaman

Harold R Hostetler Jr.

Matt C. Kaufman

Bruce G La Londe

Irene Wagner

I hope to see everyone at our Annual Christmas Gala. It is our R & R after a yearlong effort to meet our goals in community service and legislative endeavors. Hal's Band, also known as the

(Continued on page 4) President's Desk

[Click Here for
DIRECTORY](#)

Chapter Happenings

Dec 07 Pearl Harbour Day	Dec 21 Winter Solstice
Dec 13 National Guard Birthday	Dec 25 Christmas Day (Monday)
Dec 14 PACMOAA GALA	Dec 31 New Year's Eve (Sunday)

DECEMBER CHRISTMAS GALA

Our next dinner will be held on **Thursday, 14 December** at the Hilton Garden Inn Ballroom at 5921 Harbour View Boulevard in North Suffolk. [LINK](#) for map. Social hour will begin at 1800 with dinner at 1900.

MENU

Salad with variety of dressings

Request Your Choice of ENTRÉE when you make reservations!

1. Beef Tenderloin - Medium Temp

or

2. Fresh Flounder Stuffed with Chesapeake Bay Crabmeat and Old Bay Sauce

Chef's choice for Sides, Rolls and Desserts .

Ice, Tea, Coffee, Water at table with Coffee and Hot Water for Tea Station

Cost is **\$40.00** (includes tax and gratuity) Please make your reservation no later than **Sunday, 10 December** with Sherry Ferki at 686-4650 or by email at navmed1@cox.net. Come join us for good company, good food and a good time. **LATE RESERVATIONS CAN NOT BE ACCEPTED DUE TO SPECIAL ENTREES. REMEMBER A RESERVATION MADE IS A RESERVATION PAID.**

DECEMBER GALA PROGRAM

Yes, it is time for us to relax and celebrate the season after another year's successful efforts. Our grand gala with live music, great food and great camaraderie is always enjoyable and rewarding. Our festivities



begin at 6PM with an hour of socializing, sharing, and picture taking. LTC Pratt's Marine Corp JROTC students from Churchland High School will be there collecting gifts for their **"Toys for Tots"** program. **Please bring new unwrapped gifts.** The age group most needed are for 7 to 12 years of age as most people

tend to bring gifts for younger children. The sad truth is when all is said and done, there is always a huge stack of fuzzy stuffed animals with no place to go at this time. Here are some suggestions and reminders. Toys must be **NEW** and **NOT** gift-wrapped. Toys most needed are for children 7 to 12 years of age. I do not recommend toys requiring batteries, particularly special or large numbers of batteries for obvious reasons. I favor traditional game packages, especially when several types of games are included. Games are generally not too expensive and can



be enjoyed by a wide range of ages. Remember when purchasing games and toys for older children that toddlers may also be in the family, so avoid extreme choking hazards. Do not become overwhelmed when facing the mountainous stacks of toys displayed this time of year, just think safe, easy to maintain, durable, serving a wide age range, and especially remember the older kids. Ensure your money is wisely spent by buying gifts for older children.

We will also be collecting donations for the Portsmouth Volunteers for the Homeless winter sheltering program. This has been done at every meeting since 2011. The last item to remember while enjoying our social hour is to turn your Pollyanna gift over to the official PACMOAA Christmas elf, Sherry Ferki, if you are participating in the gift exchange. A long time PACMOAA tradition at the annual



Christmas party is participating in the Pollyanna gift exchange. Always great fun to receive a small Pollyanna gift. Remember, gifts are not to exceed \$15 or so price range. Please mark the untagged gift with the designation "man" or "woman". If all the gentlemen bring a man's gift and the ladies bring woman's gift, the official Christmas elf will have no problems placing participant names on the gifts for distribution by Santa after he arrives. Dinner will be served at 7PM.

The Tidewater Concert Band, world famous in Hampton Roads, will be entertaining us during the evening with seasonal dinner music



and a show after dinner. Dancing depends on participation.

PERSONAL AFFAIRS UPDATE

PACMOAA, for many of us, is like a family and families help each other. Several of our members and some spouses have had a rather difficult year. Being a caregiver is a very stressful situation. Please keep them in your thoughts and prayers.

CAPT Bob Parker, USNR (Ret), is improving and making many friends. Bob brought much needed patriotism to the Veteran's Day events at his Assisted Living Facility! He is still very interested in PACMOAA and looks forward to hearing from members. Bob's address is:

Bob Parker, Apt. 231
Brightview Woodburn
3450 Gallows Road.
Annandale, VA 22003

Thank you.
Sherry Ferki, Personal Affairs Officer

(Continued from page 1) *President's Desk*

Tidewater Concert Band, will provide seasonal music and an always-entertaining show with Santa Claus arriving. Churchland HS Marine Corps JROTC cadets will attend to collect Toys for Tots. Do not forget, we need to be collecting items for the Portsmouth Volunteers for the Homeless. It is always a wonderful time to just visit with friends and enjoy the holiday music. Some members like to bring a small Pollyanna item (\$15.00 or so) to exchange - Santa's elves will distribute the gifts. This event is always a wonderful way to end the year. If you are not able to attend, I hope you and your families have a blessed Christmas and prosperous New Year. I am looking forward to seeing you next year.[]

PORTSMOUTH VOLUNTEERS for the HOMELESS

We opened our Winter Shelter in November while continuing to provide hot showers and laundry services at our Outreach Service Center. Our clients are in IMMEDIATE NEED of the following items:

Deodorant (Men and Women)
Hair Grease & skin lotion (any size)
Shampoo, Conditioner, & Razors
Hand Sanitizer and Laundry Detergent

Toothbrushes, Dentifrice & mouth wash
Men's underwear & T-shirts (M to 3X)
Women's T-shirts & Underwear (size S - XL)
Depends (men and women)
Sanitary napkins / tampons
Rain ponchos

If you can't attend PCMOAA meetings, we accept donations at 800 Williamsburg Ave in Portsmouth, 23704 from 8-2pm Monday - Friday. Please give us a call if you have any questions 399-0200.

Thank you PACMOAA for your help and support of the homeless!

Shannon Riddick
PVH Outreach Service Center Coordinator

IN MEMORIAM



It is with sadness, we announce there will be one less member attending our gala this year with the passing last month of Mary Keith of Suffolk. Everyone will miss

Mary and her perpetual smile. Mary will be especially missed at *The Salute*, as she always expressed thanks for each issue, which she enjoyed and looked forward to each month.



The Calvary Baptist Church Bell Choir performed at our November dinner. From left to right are Collier Godfrey, Linda Lacy, Carol Rowe, Hal Hostetler, Brenda Hostetler, Lisa Cannaday, Ruth Brisbin, Tom Helfin and Director Freddy Cannaday.

PACMOAA 2017 ANNUAL BUSINESS MEETING MINUTES REPORTS:

President: MAJ Sherry Ferki

Thanks to all Leadership Team members for their hard work over the past 2 years, especially Mrs. Bettye Hussey, Board of Directors and Surviving Spouse Liaison who has traveled from northern Virginia to finish her elected term responsibilities after moving!

1st VicePresident/Programs: CDR Ken App

Dec: Christmas party with Hal's band, Toys for Tots, and collecting for Portsmouth Volunteers for the Homeless

Jan: Installation of officers: CAPT Brown, NNSY CO, currently scheduled to speak and perform installation of officers, but not confirmed

Feb: Speaker: ADM Doran, MOAA FOUNDATION, Board of Directors.

Suggestions for speakers discussed.

2nd Vice President/membership: LCDR Dolly Cherrington

As of 1 January 2011, 114 members

As of 31 December 2016, 77 members

Current membership numbers members: 83

New members this year: 11 (3 from Dolly's mailing, 5 from 1 Aug Joint Recruiting Event at Patriot's Colony)

Deaths this year: 2

MOAA program focusing on chapters

Suggestions: Bring an eligible member to a dinner meeting as your guest

Secretary: COL Hal Hostetler : No report

Treasurer: CDR Hans Sachse

Overall status : Stable

Dinner meetings: Usually deficit about \$100 but did better previous month as >30 attendees

Received USAA grant again to help defray costs of June Scholarship dinner

Audit for 2016 : Ken App working on it.

VCOC Rep.: Col Hal Hostetler for LCDR Dolly Cherrington: Next VCOC meeting will be on 21 Jan and Storming the Hill to be on 22 Jan.

Legislative Rep. CWO3 Karl Wilson:

National MOAA # 1 Issue - Sequestration

State legislature with many new players with 2 positions still contested as of 9 Nov.

VCOC sent out message that we will need to give new members a chance to settle in better before making requests of them.

Personal Affairs Report: MAJ Ferki - see article above on page 3.

Newsletter and website: no report.

BUSINESS ITEMS TO ADDRESS:

Election – Election committee (Bettye Hussey and Paul Pratt) counted the ballots and reported on outcome. Congratulations to the new Leadership Team members:

1st VP: CDR Ken App, USN (Ret)

2nd VP: LCDR Dolly Cherrington, USN (Ret)

Treasurer: CDR Hans Sachse, USN (Ret)

Board of Directors: CDR Scott Dickinson, USA (Ret) and CWO3 Karl Wilson, USA (Ret)



Election Committee members at work. LTC Paul Pratt, USMC (Ret.) and Mrs. Bettye Hussey counting and compiling ballots.

Updated Directory will come out via email and regular mail soon.

5 Star Level of Excellence for 7th year in a row! MOAA membership IMPORTANT. 98% MOAA membership required to maintain this level!

4. The BOD Suggested change to Bylaws: Per MOAA Council and Chapter Policies and Procedure Guide, 2015 was adopted by unanimous vote.

Current Life Members will retain their Life Member status but there will be no additional Life Members.

5. Scholarship awards

Recipient receives ½ of award 1st semester of school (money is sent to the school) if student is enrolled in ROTC program.

Recipient receives 2nd half of award (sent to the school) for the 2nd semester of school if student remains enrolled in an ROTC program

Continued support of scholarship program with donations allows PACMOAA to award 2 scholarships/year.

One 2017 scholarship winner had to withdraw from ROTC and the first half of her scholarship was refunded by the school

6. Community Outreach Grant program with MOAA to pay for chapter involvement --- in direct services to local military and veterans families - no interest voiced.

7. Other Business? Hal mentioned Thanksgiving and Christmas services/concerts at Calvary Baptist Church.

Date of next board meeting: 16 November. All members are welcome to attend.

PORTSMOUTH 2017 VETERANS' DAY CEREMONY

The 2017 Veterans' day commemoration ceremony program did take place in spite of miserable cold windy weather. The event moved at the last minute from the Medal of Honor mon-

ument in Riverfront Park on the waterfront at the end of High street to the main lobby of City Hall. It was a bit cozy, but comfortable being out of the wind. President Ferki, Secretary Hostetler and Hospitality Chair Shirley Barker attended representing PACMOAA.



Portsmouth Councilwoman (above), the Honorable Elizabeth M. Psimas, opened the ceremony at eleven AM with welcoming remarks and presentation of the Colors. First to speak was Portsmouth Mayor and PACMOAA mem-



ber, the Honorable John L. Rowe, Jr (above). Following the mayor's remarks there was the ceremonial laying of a wreath honoring the service and sacrifice of all military veterans.





The next speaker was CAPT Scott Brown USN, Commander of the Norfolk Naval Shipyard. CAPT Brown is scheduled to be our January Speaker and will install PACMOAA's newly elected officers.



Following CAPT Scott's remarks, COL Hostetler, representing the Tidewater Concert Band, introduced a musical medley of our armed services' songs. Service veterans of



each branch were asked to stand as they played their service song: "Anchors Aweigh" for the U.S. Navy, "The Caissons Go Rolling Along" for the U.S. Army, "The Wild Blue Yonder" for the U.S. Air Force, "The Marines' Hymn" for the U.S. Marine Corps and

"Semper Paratus" for the U.S. Coast Guard. This of course elevated the mood of the assembly with the jovial cheers and a sociable degree of service rivalry. This was an excellent conclusion to an otherwise solemn ceremony.

NEWS FROM MOAA

Unless current law is changed, sequestration will return next year and automatically trigger deep cuts to the Defense Department. These severe cuts will exhaust our resources and capabilities in immeasurable ways—the toll on our military and their families will likewise be incalculable.

The defense bill carries many of MOAA's most pressing priorities every year, so this is likely the last chance to draw the line in the sand on these big issues until next year. As we continue to put the pressure on the conferees over a long list of issues, we remain steadfast in our positions on a handful of key issues like pay, TRICARE and more.

The above bullets from MOAA are reminders to ensure you have made your elected legislators aware of your concerns, either by using the MOAA [TakeAction](#) web link or personal communication. Members not on the internet may contact *The Salute* for assistance in verifying your legislators' addresses and assistance in preparation of letters.

PHISHING REMINDER AGAIN

By: Reid Goldsborough

The online phenomenon of phishing - getting tricked through email into revealing your personal information to a scammer - has been around since the mid-1990s. But people still are getting caught, and phishers still are sending out their bait.

The word "phishing" is a relatively new coinage, deliberately meant to sound like "fishing" because bait is used to try to catch victims.

Here's how to avoid getting caught.

Phishing emails try to excite you or scare you

into doing stupid things such as opening an attachment that loads malware onto your computer or clicking on a link that takes you to a fake website. The malware might spy on you, capturing your keystrokes to steal your login and password to your bank. The fake site might look just like your real credit card site, prompting you to type in your login and password.

If you see a message, "You've won a prize!" and you never entered that contest, chances are extremely high you're being preyed upon. If you see a message that your information has been stolen and you should "click here," chances are extremely high that you're being preyed upon. If you see a message that Microsoft has remotely detected a virus on your PC, chances are extremely high that you're being preyed upon.

Instead of clicking on a link or opening an attachment, use your web browser to go to the company's website, log in as you normally would, and check if you have any messages there.

If you're using a laptop or desktop PC, you can "mouse over" a questionable link to see what web address it will take you to. Phishers often use the correct web address as the name of the link but code the link to take you to the bogus address. If the two aren't the same, chances are extremely high you're being directed to a phishing site. *Note: mouse over is difficult.*

Be especially wary of web addresses that include the @ symbol or email messages that ask you to click on an image. You also should be careful when typing web addresses into your browser so a typo doesn't land you at a phishing site by mistake. Using a "bookmark" or "favorite" to navigate to the site will prevent this. Alternately, you can call and talk to customer support. Look up the company's phone number yourself rather than using a number provided in an email message.

Be careful on Facebook and other social networking sites. Scammers troll these waters looking for innocents to bait, tricking them in-

to revealing financial information, Social Security numbers, mother's maiden names, and so on.

Keep your web browser up-to-date, whether you use Google Chrome, Microsoft Internet Explorer, Mozilla Firefox, or any other. Modern browsers include some phishing protection.

Use security software that provides additional phishing safeguards, such as Norton Security (www.symantec.com). Alternately, you can use a free browser add-on such as McAfee SiteAdvisor (www.mcafee.com/siteadvisor). Though these protections aren't foolproof, they can warn you if a site you're about to visit is suspected of malicious activity.

Some tip-offs are more obvious. If a questionable email includes incorrect spelling and grammar, chances are it is from a scammer from abroad whose native language isn't English. If the email's "To" field is blank or if the salutation reads something like, "Hello, [blank]," chances are it's part of a mass emailing from someone more malicious than sophisticated.

You might be savvy enough to avoid the above mistakes. Make sure family members, friends, and coworkers are as well. Nobody wants to spend tedious hours trying to straighten out the mess after a scammer has stolen their identity

SURVIVING SPOUSE CORNER

By Patricia Farnsworth, Surviving Spouse Advisory Committee member.

Planning for the retirement years is a really important task. The options are numerous, and because the retired population is growing, the choices are becoming more numerous every year. This is wonderful in some ways but can make the decisions more complicated.

Making these decisions — and perhaps moving into a retirement community — can be accomplished more easily when a retiree is in good health and still able to make wise deci-

sions. Choosing which belongings should be moved and which should be given away can be a hard task. Selecting the new residence and downsizing take careful consideration and sometimes-difficult decisions.

Older adults who choose an independent-living community often do so for reasons of convenience and socialization. Active, independent seniors who can safely manage their personal-care needs and their medications are candidates for the independent-living units of the facilities. They might also want to maintain an active lifestyle, including travel and other activities.

There is so much to consider when making this decision. Climate, cost, amenities offered, volunteer opportunities, church activities, whether it's pet-friendly, and any special needs are only a few. Perhaps the decision should be influenced by proximity to family members, particularly children. Having children within easy visiting distance can be a great advantage, especially when their help is needed. Selecting a retirement facility that offers the opportunity to lead an active, independent lifestyle is important for those who have participated in many activities before moving to their new home.

A continuing-care retirement community (CCRC) offers a full continuum of senior care, from independent living to assisted living and skilled nursing. Many also offer home care, memory care, and hospice services. Typically CCRCs are the choice of seniors eager to remain independent and active while lining up a plan for their future, too. A life plan community can be a good long-term solution for seniors who want a comprehensive senior-care community with a variety of options for now and for the future.

Many communities offer a large number of amenities: fitness and aquatic centers, wellness clinics, various dining venues, activity programs, housekeeping services, maintenance and landscaping, transportation to scheduled events, and spiritual services.

One should seek a community that has a reputation for delivering excellent service and performance while making sure each resident's life is touched in a meaningful way. Finding the best match is a challenge to be undertaken as early as possible.

GRIEF

By Anne Hartline, Surviving Spouse Advisory Committee member

Grief is a highly complex, personal emotional process. Every person is unique, so there will be many individual differences in the grief process, including personal characteristics and circumstances of the death. The way in which an individual grieves also depends on the personality of the grieving person and his or her relationship with the person who died. In addition, evidence-based research suggests most people do not go through progressive stages. Other research indicates grief is a series of symptoms that come and go and possibly eventually diminish. Also, cultural and religious beliefs, coping skills, and socioeconomic status will affect how a person will cope with the death of a loved one. Proven clinical data documents grief following a sudden death differs from a death following a lengthy illness. Elizabeth Kubler-Ross, a pioneer in the field, developed a theory of the stages of grief that has received questionable support from research. A more recent model of grief names the psychological responses of numbness-disbelief, separation distress, depression-mourning, and recovery. This recent model emphasizes the theory that grief unfolds in stages is an oversimplification of a highly complex process. Researchers now have identified specific patterns to grief's intensity and duration. They found the worst usually is over in about six months; however, there is no set timeline for the grief process. While loss is forever, acute grief is not. Some people who have developed a personal resiliency might be able to get through loss on their own. Others will have a much harder time and will need outside clinical intervention based on a recent evidence-based model.

GENERAL MATTIS: A CHRISTMAS STORY

Did you ever wonder about what constitutes real 'leadership'? Read this Story as told by Dr. Albert C. Pierce, the Director of the Center for the Study of Professional Military Ethics at The United States Naval Academy. He was introducing General James Mattis who gave a lecture on Ethical Challenges in Contemporary Conflict in the spring of 2006. It was taken from the transcript of that lecture. 12/20/10

"A couple of months ago, when I told General Krulak, the former Commandant of the Marine Corps, now the chair of the Naval Academy Board of Visitors, that we were having General Mattis speak this evening, he said, "Let me tell you a Jim Mattis story."

General Krulak said, when he was Commandant of the Marine Corps, every year, starting about a week before Christmas, he and his wife would bake hundreds and hundreds and hundreds of Christmas cookies. They would package them in small bundles.

Then on Christmas day, he would load his vehicle. At about 4 a.m., General Krulak would drive himself to every Marine guard post in the Washington-Annapolis-Baltimore area and deliver a small package of Christmas cookies to whatever Marines were pulling guard duty that day. He said that one year, he had gone down to Quantico as one of his stops to deliver Christmas cookies to the Marines on guard duty. He went to the command center and gave a package to the lance corporal who was on duty.

He asked, "Who's the officer of the day?" The lance corporal said, "Sir, it's Brigadier General Mattis."

And General Krulak said, "No, no, no. I know who General Mattis is. I mean, who's the officer of the day today, Christmas day?"

The lance corporal, feeling a little anxious, said, "Sir, it is Brigadier General Mattis."

General Krulak said that, about that time, he spotted in the back room a cot, or a daybed. He said, "No, Lance Corporal. Who slept in

that bed last night?"

The lance corporal said, "Sir, it was Brigadier General Mattis."

About that time, General Krulak said that General Mattis came in, in a duty uniform with sword, and General Krulak said, "Jim, what are you doing here on Christmas day? Why do you have duty?" General Mattis told him that the young officer who was scheduled to have duty on Christmas day had a family, and General Mattis decided it was better for the young officer to spend Christmas Day with his family, and so he chose to have duty on Christmas Day.

General Krulak said, "That's the kind of officer that Jim Mattis is."

This actually says something about both Generals.

FROM THE TRUTH BOOK

With the holidays upon us, I would like to share this second hand story with you about drinking and driving. I normally don't preach to others.

'As you may know some people have been known to have brushes with the authorities from time to time on the way home after a "social session" out with friends.

Well, two days ago I was out for an evening with friends and had several cocktails followed by some rather nice red wine. Feeling jolly, I still had the sense to know that I may be slightly over the limit. That's when I did something that I've never done before - I took a cab home.

Sure enough on the way home there was a police road block, but since it was a cab they waved it past and I arrived home safely without incident.

This was a real surprise as I had never driven a cab before. I don't know where I got it and now that it's in my garage, I don't know what to do with it!

THAT'S A WRAP FOR DECEMBER