



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.

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November 2016

FROM THE PRESIDENT'S DESK



President Hal Hostetler (left) and LCDR Robert Wall USN (Ret) attaching our 2014 five star streamer to the PACMOAA flag.

We trust you have survived hurricane Matthew, “Jason” and Halloween. Perhaps you have enjoyed the “Cubs v. Indians” World Series. There are a number of good celebrations and times ahead between now and the New Year, but we must be ever-mindful of the hard world in which we live.

Every general election year is significant, but this one has certainly been unique to say the least. Doing our duty in choosing may not be easy, but often it has not been easy in the past – in war or peace. Do get out and vote.

Our November meeting, Thursday the tenth is one of those most important but less “snazzy” in which we will conduct hard business and choose our new leadership. We hope you will see that as important and be with us. The Marine Corps Birthday will be celebrated at the dinner. As our Lt Col Pratt is on leave, we have invited special Marine guests to represent the Corps. Come have some “Semper-Fi” cake. We will also unveil our sixth straight

“Five Star” streamer for our colors in an “Two Jima” style ceremony. Attempt to be there to applaud the member effort required to earn this status.

I hope to see many of us at the Portsmouth Veterans Day Celebration at 11:11 a.m. on 11 November at the foot of High Street (unless you will be at another similar event elsewhere). Come and wear your MOAA identity. I will be there with the Tidewater Concert Band.

Of course, our National Day of Thanksgiving will soon follow that event. I hope our nation will be thankful on that day for our Veterans who have served to protect us as a people.

Do not forget to bring some toiletry items for those in need to support “Portsmouth’s Volunteers for the Homeless.” Small hand carry items (soaps, shaving cream, deodorant, after-shave, toilet paper, etc.) are needed all the time. Set aside a bag of them from the “dollar store” or other .

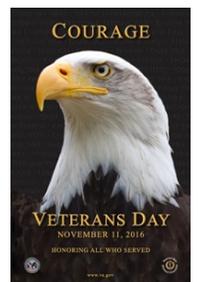
HAPPY BIRTHDAY

- Joseph P Barreca
- Frederick Cross
- Philip O Geib
- John J Lyons
- Anne Mallory

Finally, thanks to all of you who make PACMOAA a great little but hard hitting organization—still on the line for our active duty military, reserve, guard, veterans, and their families.

See you on the tenth. God bless you and Never Stop Serving.

Hal Hostetler
COL USA (Ret)



Chapter Happenings

Click Here for
[DIRECTORY](#)

Nov 06 Day light savings END	Nov 10 PACMOAA Dinner
Nov 08 USMC Birthday	Nov 11 Veteran's Day
Nov 08 Election Day!	Nov 24 Thanksgiving

NOVEMBER DINNER

Our annual business meeting dinner will be held on **Thursday, 10 November** at the Hilton Garden Inn (HGI) Ballroom at 5921 Harbour View Boulevard in Northern Suffolk. [LINK TO HGI](#) for an excellent map, GPS information and HGI contacts. Social hour will begin at 1800 with dinner at 1900.

MENU

Iceberg Tossed Salad with Ranch or Italian Dressing
Chicken Florentine – Spinach, Tomatoes and White Wine Sauce
Garlic Mashed Potatoes with Snap Green Beans and Rolls
Chef's Choice for Dessert
Coffee and Hot Water for Tea Station
Water and Ice Tea at the table

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

Come join us for good company, good food and a good time. REMEMBER A RESERVATION MADE IS A RESERVATION PAID. Please request any special diet requirements when making your reservation.

NOVEMBER PROGRAM

The main agenda items of our annual business meeting are the election of officers and review of current organization status, but first a review of our last meeting and update from Rick Titi and Sherry Ferki.

At our October 13th dinner, aside from our hypnotist guest speaker, PACMOAA members were treated to a brief, but memorable, 241st Navy birthday celebration. The event was presided over by Rick Titi, who also provided the Navy-appropriate decorated cake and his officer's sword with which to cut it. Rick started off the event by reading statistics about the size of the Navy, by personnel and operational ships, aircraft, and submarines. He also read birthday messages from both the Chief of Naval Operations and the Commandant of the Marine Corps. When it came to the cake cutting, by tradition, the guest of honor, our hypnotist, was allowed to cut the cake, and accept the first piece. The second piece was presented to CAPT Robert Parker, USN (Ret.) as the oldest Sailor. The third piece was presented to CAPT Hugh Story, USN (Ret.) as the youngest sailor. Rick was actually the youngest, but couldn't, cut the cake and eat it too! Our President, Hal Hostetler, then closed the event with playing of "Anchors Away!"



Chapter Happenings

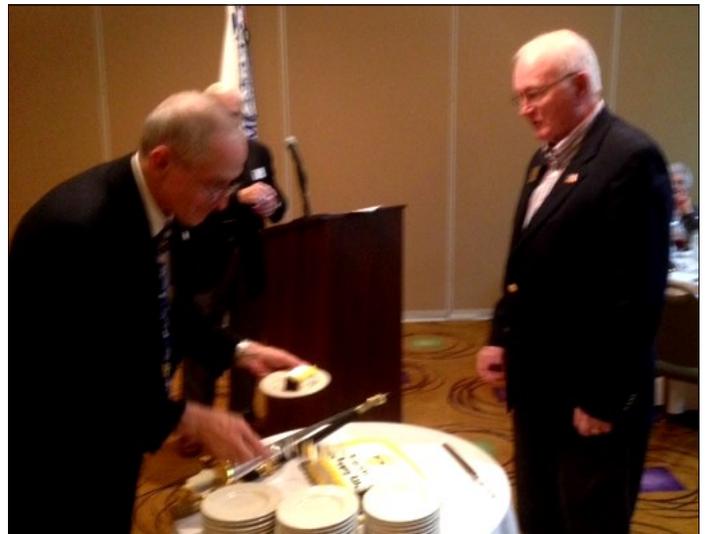
We look forward to celebrating the Marine Corps' Birthday, also 241 years young, at our November meeting. We have invited active duty officers from the Marine Corps Forces Command with whom to celebrate. Col Charles M. Dunne, USMC, Commanding Officer, Headquarters and Service Battalion and guests have been invited to celebrate with us.

This is the first time in recent memory when both the Navy and Marine Corps birthdays will have fallen on our consecutive PACMOAA dinner dates. CAPT Titi has made a great personal investment to present the Navy and Marine Corps celebration, which will occur during the evening some time before the business meeting. A big BZ to Rick for his dedication to preserving military Traditions.



Guest speaker Mary Curro and Capt. Rick Titi, USN (Ret) cutting Navy birthday cake.

We extend a special thanks to Mary Curro, a Portsmouth native and hypnotherapist, for her interesting and enlightening presentation about hypnosis and hypnotherapy at our October dinner. What we see on TV and in the movies is very different from true hypnosis and



Capt. Robert C. Parker Jr. receiving his piece of cake as the oldest Naval officer present.

hypnotherapy. Ms. Curro relates that, the definition of hypnosis that appeals most to her is "bringing people out of the trance in which they normally exist. Hypnotherapy is defined by her as "a therapeutic method of using an individual's natural suggestibility to replace inappropriate or obsolete behaviors with other healthier and more beneficial". She asked if any of us had ever driven somewhere and did not remember driving there. That is a form of self-hypnosis. Another example Mary gave was the act of reminiscing. Newer research shows almost **everyone** is suggestible. Hypnosis is not a state of unconsciousness. Physical sleep is an unconscious state. When a person is in hypnosis, they are aware of what is happening in the external world; they are **not** "under someone's spell. All hypnosis is some form of self hypnosis."

Mary stressed that you cannot make someone do something under hypnosis that they would not do when fully awake. She has worked with PTSD patients as well as many other conditions. Some examples of conditions that have been improved or alleviated by hypnotherapy are pain, grief, stuttering, and stress. Ms. Curro is a Certified Emotional Freedom Techniques Practitioner and sees clients at her home by appointment. Her email address is

REMEMBERING ALICE TAVES

Alice Taves was a very active member of PACTROA/PACMOAA for over 30 years. She called members for each meeting to see if they could attend as well as signing them in and collecting money at each dinner meeting. Alice



was a member of the Board of Directors many times and often hosted the board meeting at her home .

Alice usually attended the annual Congressional Luncheon and frequently attended the Legislative Day in January. She always participated in the annual Portsmouth Memorial Day parade with Sherry Ferki and Shirley Barker and the summer brunch.

Alice recruited for PACTROA/PACMOAA at the Naval Medical Center, Portsmouth in the pharmacy where she volunteered with REVIMS (Retired Volunteers in Medical Service) for 1000s of hours. That is how I attended my first PACTROA meeting as my husband was a pharmacist for the Navy!

Alice worked tirelessly for PACTROA/PACMOAA and could not understand why it was not a priority for everyone! She was relocated to Northern VA in November 2013 by her

children just after our November business meeting. She continued her interest in PACMOAA and was made an Honorary Life Member at the November 2014 business meeting. She was a very special lady and will be missed.

From the Virginian Pilot:

Alice Dorothy Taves of Portsmouth, Virginia died and went to heaven on October 2, 2016. She was born Alice Joseph on July 23, 1922 to William and Martha Joseph, the proprietors of Joseph's Store in Island Pond, VT for many years. After marrying Alfred Carl Taves in 1948 at Camp Pendleton in Oceanside, CA, she traveled across the United States as she supported her husband's 33 year career in the United States Marine Corps that spanned 3 wars. Alice was married for 35 years and is predeceased by her devoted husband, Al, who died in 1983. She was the loving mother of 5 children, ten grandchildren, six great-grandchildren, four siblings and many wonderful friends.

Alice was an avid Washington Redskins fan for over 60 years, wore Redskins gear every day for the last 30 years and attended games into her nineties. She loved her Catholic faith, her military family and very hot coffee. She worked for many years at Portsmouth Catholic schools and as a volunteer at the Portsmouth Naval Hospital. Alice was a lifetime member of the Portsmouth Area Chapter of the Military Officers Association of America (PACMOAA). A Mass of Christian Burial will be celebrated at Our Lady of Good Counsel Catholic Church, 8601 Wolf Trap Road, Vienna, VA, on Tuesday, October 25 at 10:30am, with a reception to follow. Interment at Arlington National Cemetery will be at a later date. Online condolences and fond memories of Alice may be offered at www.moneyandking.com. In lieu of flowers, donations may be made in her name to Portsmouth Catholic Schools (2301 Oregon Ave., Portsmouth, VA 23701) or the Alzheimers Foundation of America.

THE SLATE OF CANDIDATES FOR OUR 2016 ELECTION IS AS FOLLOWS:

PRESIDENT:

MAJ Sherry D. Ferki, USA (Ret.)

Sherry is from Norfolk and graduated from Norview High School. She graduated from an Army Nursing Scholarship program (WRAIN) with a BSN and from Catholic University of America with an MSN. Sherry retired after 20 years service as an Army Nurse in a variety of positions, the last 12 as a pediatric nurse. After retirement, she started working for EDMARC Hospice for Children for 12 years. Sherry also started teaching pediatric nursing in 1994 and has taught with the nursing programs at Norfolk State University, Louise Obici School of Nursing, the College of the Albemarle in Elizabeth City, Old Dominion University and Hampton University (the Virginia Beach Campus). She is currently working with ODU nursing students at CHKD. She has been very active in the local Virginia Nurses Assn. serving in a variety of positions over the past 25 years including President and Treasurer as well as Program Chair. Sherry joined PACMOAA in 2000, was elected as 1st Vice President a year later and served as PACTROA / PACMOAA President from Jan 2003 to Dec 2006. Since then she served as Immediate Past President and 1st Vice President. When President Dave Davis relocated due to a new job in May 2010, she assumed the Presidency and was elected for an additional two terms for a total of over 9 years as President. Sherry is currently serving as the Secretary, Immediate Past President, and Nominating Committee Chair for the past 2 years. She has also been the chair of the PACMOAA Scholarship committee and coordinates the annual JROTC MOAA medal / certificate awards.

SECRETARY

COL Harold "Hal" Hostetler, USA (Ret.)

Hal was born in South Dakota but grew up in Portsmouth. He graduated from Cradock High, Moody Bible Inst. in Chicago, VMI, and holds

Master and Doctorate degrees from The Southern Baptist Theological Seminary, Louisville.

Hal's Military background include Active, Guard, and Reserve Army Duty having served with the 82nd Airborne, 4th Infantry in Vietnam, the 101st Airborne at Fort Campbell, and The Army School of the Americas, Panama. He was tactics instructor with the KY Army National Guard OCS for 3 years at Fort Knox, and served Army Reserve tours with SOUTHCOM Panama, and 5th Corps Germany before retiring COL INF in 1998. Hal is a graduate of Army Airborne and Ranger schools, as well as Command and General Staff College, and the Army FAO course. His military life has been interspersed with service to God as a church minister and missionary having served as a lay leader, ordained minister, and Missionary in Latin America and the Caribbean. Currently he is the pastor at Calvary Baptist Church in Portsmouth. Hal has been with PACMOAA since his return to the US in 2003 has served as Secretary, Legislative Representative and is currently serving as President.

BOARD OF DIRECTORS

COL Robert Steorts, USAF (Ret.)

Bob attended Marshall University and West Virginia University, and joined the Air Force through the Aviation Cadet program in December 1958. After flight training and commissioning as a 2 LT in 1959, he was assigned to Strategic Air Command (SAC) in B52's. He has over 5000 flight hours in the B-52, including 1000 hours combat time from four deployments to Southeast Asia (1968-1972). He was then selected for SAC's flight evaluation team, the 1st Combat Evaluation Group (ICEG). After War College, he was assigned to CINCLANT (Atlantic Command) in Norfolk, under the command of ADM Isaac Kidd, then five years on the staff at McClellan AFB, Sacramento, CA. He retired in 1985 with over 26 years of service. In 1987, he settled in the Western Branch section of Chesapeake, VA. He joined

PACTROA in March 1988, and has been active in both our chapter and the Virginia Council of Chapters (VCOC). He has held most offices in PACMOAA, except for secretary, and was our President when we won the OUTSTANDING Chapter Award in 1990 from TROA (The Retired Officers Association), now MOAA. Bob was our chapter representative to the VCOC for years, going on to become Vice President and then President for VCOC (1997- 1999). He has been our chapter historian since joining in 1988, and is currently our Chaplain also. As Chaplain, he has a monthly column in our newsletter. He is active in his civic league, has held many positions of responsibility in his church, is Chaplain of two groups, teaches Sunday school, and finds time to travel throughout the USA and Europe with his loving wife, Gladys.

LTC James Stephan, USAF (Ret.)

Lt Col Stephan, USAF (Ret) was raised an Air Force dependent attending DOD Dependent Schools in Madrid, Spain, Greece and graduated from George C. Marshall High School in Ankara, Turkey in 1967. He matriculated Middle Eastern Technical University in Ankara and eventually graduated Arizona State University with a BS degree in Political Science. As an Air Force ROTC member, he received a commission as Second Lieutenant upon graduation. He subsequently completed training as an Air Weapons Controller and Intercept Director assigned to the 678th Air Defense Group at Tyndall AFB, FL. His next assignment was as Operations Officer and Vice Commander at Bar Main DEW Line Station, Alaska, where he supported both NORAD and SAC operations. He next served as a Bomb Directing Officer in Tactical Air Command's Air Support Radar Teams, and was assigned to the 75th Tactical Control Flight at Hurlburt Air Base, Florida. As Operations Officer and Bomb Directing Officer, in small, highly mobile units whose function was guiding air strikes or stand off weapons at night or in heavy weather. He is a Graduate of USAF Special Operations School, Combat Operations Specialist course, USAF

Ground Operations School, and USAF and US Marine Corps Weapons and Tactics Schools. In 1978 he graduated from the USAFE Air Ground and served with NATO units throughout Europe. Between 1975 and 1981 he served in three Air Support Radar Team's in the US and Europe. He also served on the CINCLANT Airborne Command Post based at Langley AFB, VA as a war planner and in AWACS as Air Weapons Controller. From 1984 to 1985, he was on a SECDEF directed special assignment to Operation Poker Buff, Honduras, where he served as USAF Battle Commander for a combined force of US Air Force, US Army Special Forces, and Honduran Air Force elements and acted as principle advisor to the Commander of the Honduran Air Force. From 1986 to 1989 he was assigned to HQ USAF Directorate of Operations as a primary member of the USAF Contingency Support Staff and the focal point for developing USAF operations in Latin America. He was responsible for planning and initiation of USAF support for counter narcotics operations in Latin America. In 1990 He was assigned to the Office of the Joint Chiefs of J-5 Staff, as the Desk Officer for Honduras, El Salvador and Guatemala during General Powell's tenure as Chairman. While assigned to JCS he completed anti-terrorism/personal protection training programs and subsequently accompanied General Powell and his wife on all their tours of Latin America. Upon completion of his JCS tour in 1993 he was selected to serve as Director Special Activities Division for the Armed Forces Inaugural Committee during President Bill Clinton's Inauguration. Upon retirement in 1993 he worked as a Senior Program Manager and Area Manager for TASC and Northrop Grumman retiring in 2014.

He is an active member of MOAA, a member of the Portsmouth Chapter and is currently serving as State Treasurer for the Virginia Council of Chapters (VCOC) of the Military Officers Association of America. He also appears in the MOAA video featured on the home page of our PACMOAA website, PACMOAA TODAY.

2016 BUSINESS MEETING AGENDA**REPORTS:**

- President: COL Hal Hostetler
 - ⇒ Report from MOAA Annual meeting
 - ⇒ Other items
- 1st Vice President/Programs: CDR Ken App
 - ⇒ Dec: Christmas party
 - ⇒ Jan: Installation of officers
 - ⇒ Suggestions for speakers
- 2nd Vice President: LCDR Dolly Cherrington
 - ⇒ As of 1 January 2011, 114 members
 - ⇒ As of 31 December 2015, 84 members
 - ⇒ Current membership numbers
 - ⇒ New members this year:
 - ⇒ Deaths this year:
 - ⇒ MOAA program focusing on chapters
 - ⇒ Recruitment event in the spring
 - ⇒ Suggestions
- Secretary: MAJ Sherry Ferki
- Treasurer: CDR Hans Sachse
 - ⇒ Overall status
 - ⇒ Balance in operating fund
 - ⇒ Balance in scholarship fund
 - ⇒ Audit for 2015 ; Ken App
- VCOC Rep.: LCDR Dolly Cherrington
- Legislative Rep.: CWO4 Karl Wilson

BUSINESS ITEMS TO ADDRESS:

- Election committee to count ballots and report.
- New Directory issue and regular updates
- 5 Star Level of Excellence 6th year in a row!! MOAA membership IMPORTANT for 98% of membership to maintain this!!
- Updated bylaws voted on last November to be issued via email and regular mail
- Scholarship awards
 - ⇒ Recipient receives ½ of award 1st semester of school if in ROTC program.
 - ⇒ Recipient receives 2nd half of for 2nd semester of school if still enrolled
 - ⇒ Continued support of scholarship program with donations allows PACMOAA to award 2 scholarships/year.
- Reminders concerning Portsmouth Volunteers for the Homeless
- Any other business to address

NEWS FROM MOAA

October 28, 2016

If you had to guess, what location in the country would you say has the most military retirees?

At MOAA headquarters, we're well aware Virginia, Florida, California, and Texas have the heaviest concentration of MOAA members among states.

When we ran across an analysis by the DoD Actuary sorting military data by congressional district ...[we looked at the top five districts where military retirees live, SBP-eligible survivors, disabled retirees.]

As it happens, Florida's 1st congressional district is the record-holder in all three categories. In fact, one of every five residents of that district is a military retiree. The top three districts are the same for all three categories, in varying order. The fourth and fifth spots have some differentiation. The following data identifies states by congressional districts.

Top 5 congressional districts with people drawing DoD retired pay:

Florida 1st - 33,947
 Virginia 2nd - 30,981
 Colorado 5th - 26,724
 Virginia 1st - 25,852
 Virginia 4th - 19,166

Districts with the most service-connected disabled retirees in America:

Florida's 1st - 16,935
 Colorado 5th - 15,062
 Virginia 2nd - 13,577
 Virginia 1st - 12,420
 Texas 31st - 17,640

Districts with the most SBP-eligible military survivors in the country:

Florida 1st - 4,327
 Virginia 2nd - 3,577
 Colorado 5th - 2,873
 Alabama 2nd - 2,631
 Florida 8th - 2,594

top five congressional districts with the most retired officers are located in Virginia:

Virginia 1st- 12,211

Virginia 11th - 10,328

Colorado 5th - 9,788

Virginia 8th- 9,326

Florida 1st - 7,741

CHAPLAIN'S CORNER

by Bob Steorts, Chaplain

A GOOD REPUTATION MORE VALUABLE THAN MONEY

A young lay preacher was invited at the last minute to preach a sermon at a church in his city. On impulse he used as his text one of the Ten Commandments: "Thou shalt not steal." The next morning, he stepped on a bus and handed the driver a dollar bill. The driver handed him back his change and he moved to the rear of the bus. Glancing down to count the change before he pocketed it, the man noticed that the driver had given him a dime too much. His first thought was, *The bus company will never miss a dime.*

He quickly changed his mind, however, feeling conviction in his conscience that the dime didn't belong to him and he needed to return it to the driver. He made his way to the front and said, "You gave me too much change," and handed the man the dime.

To his surprise the driver said, "Yes, I gave you a dime too much. I did it purposely. I heard your sermon yesterday, and I was watching you in my mirror as you counted your change."

The young preacher passed the test set up for him by the driver... and gave a witness to his faith in the process.

May all of our deeds so match our words, and may we listen to our heart and know what is right and good!

A GOOD name is rather to be chosen than great riches

Proverbs 22:1

NOTE CONCERNING FLOOD CONTROL

Sherry Ferki submitted the following item as a result of hurricane Matthew. 'I hope none of you had any issues with flooding. If you did or think you could have this problem in the future, Bruce found a most helpful product. Sandbags are very heavy and did not keep our neighbors garage from flooding. We used *Quick Dam* flood barriers that prevented flooding in our garage. They are lightweight, easy to move and store, and expand to 3 1/2 inches high after being submersed in fresh water or sitting in the rain for 10 to 15 minutes. They can be stacked, if you need more height. This product is not effective in salt water! Barriers deflate in salt water. You can obtain more information at quickdams.com or call Sherry '

NOT TO WORRY?

With all the recent unsettling news concerning the pay and benefits of military personnel, we should consider what our future might be. Where would you be with drastic reductions in military medical benefits and the ridiculous increases in medical care costs?



The average cost of hip replacement in the USA is \$40,364; in Spain it costs \$7,371. That means you can fly to Spain, replace your hip, live in Madrid for 2 years, learn Spanish, run with the bulls, get trampled, replace your hip again and fly back home for the same price. Think about it and fight cuts through MOAA.

THAT'S A WRAP FOR NOVEMBER