



# The Salute express



Monthly newsletter of the Portsmouth Area Chapter, an affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield & Franklin, Virginia, since 1983. Dinner meetings are held the 2nd Thursday of each month, July and August excepted, at Portside on the Coast Guard Base, Portsmouth, VA

**Volume XXVIII Issue 8**

Gordon Nelson, Editor

**October 2009**

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MAJ Sherry Ferki, USA (ret.)

**Personal Affairs**  
LCDR D A Cherrington USN (ret.)

## **FROM THE PRESIDENT'S DESK**

I trust this note finds you all well and enjoying your early fall days!

I hope you enjoyed our September dinner meeting and our new caterer. There were a couple of "bumps in the road" with dinner, but the caterer ensures me that there will be improvement at our October dinner. I also thought the guest presentations were most interesting and informative. I encourage you to seriously consider attending one of the Tricare for Life classes described by Mr. Coryell that are presented at the Navy Hospital. Please also consider assistance to the "Honor Flight" organization, by spreading the word, volunteering or sponsor a selected veteran.

I want to remind everyone that we will be accepting nominations and volunteers for several leadership positions at the October meeting. A slate of officers needs to be completed at that time in order to prepare ballots for general membership voting at our November dinner meeting. If you are unable to attend the October meeting and would like to be part of our leadership, please contact Lynn Terry prior to the meeting. The most prominent elected openings are: 2<sup>nd</sup> Vice President, Treasurer, and two Board Member positions. Votes may be cast by email, USPS or by placing your vote into the ballot box at our November dinner meeting. The main points here are to please consider being nominated for one of these great positions and vote.

The VCOC Representative and Legislative Representative positions are also open for volunteers. These positions are filled by presidential appointment.

I would like to encourage our Auxiliary members to please think about assuming one of the elected or appointed positions. We need everyone's help to make our Chapter a "Five Star Chapter"!

I will provide a summary of the Board meeting held on 3 September at the next dinner meeting. There were no significant changes or recommendations made, other than an update by the committee working on the scholarship process.

Sherry and I, along with our spouses, attended the MOAA Chapter Presidents training symposium in Hershey, PA 11-13 September 2009. We both felt the training was spectacular and we came away with many new ideas. I will ask Sherry to give an overview at the October dinner meeting.

See you at dinner on the 8<sup>th</sup> of October! In the meantime, please stay well!

Warmest Regards, Dave

## OCTOBER DINNER MEETING

Our dinner meeting will be 8 September 2009 at Portside on the Coast Guard Base. Social hour will be at 1800. Dinner will be served at 1900. The bar will be open. The cost is \$22.50

### MENU

Seasonal Salad  
Whole wheat rolls w/honey butter  
Roasted pork loin  
Roasted root vegetables  
Mashed potatoes  
White chocolate cheesecake  
with strawberries  
coffee and water

Please call your reservations to Alice Taves (393-0982) or email to Karl Wilson at: marbles08121954@yahoo.com **before 2 October.**

## OCTOBER GUEST SPEAKER

Robin Dunbar, Public Outreach Manager for the Elizabeth River Project will be the speaker at our October dinner meeting. She will be dressed as "Princess Elizabeth", the British royalty for whom the river was named.

The Elizabeth River was one of the nation's most beautiful and productive regions until well in to the 19<sup>th</sup> century. Now it is more polluted than the Chesapeake Bay. From Great Bridge Lock to the Naval Base, you can see the importance of the Elizabeth River every day in Hampton roads. She gives us our work and our play. The Elizabeth River Project's goal is to help restore the health of this great harbor while affirming her value to our port economy. Robin will discuss what the project is doing including describing "The Learning Barge", the world's first floating wetland classroom. It was recently chris-

tened in downtown Portsmouth and will traverse the Elizabeth river to teach all ages how to make the Elizabeth River "swimable and fishable" by 2020, which is the new goal of the non-profit Elizabeth River Project.

## NOTHING SUCCEEDS LIKE FAILURE

Sam was in Hawaii on shore leave. He stopped in a sports bar to watch the Bears on Monday Night football. Steve, a Chicago native, was frustrated because the Bears began the game poorly, fumbling the ball several times and were down at half time. During the break, Steve noticed a fellow next to him with a Bears jersey on and asked him why he didn't seem too upset. "I keep things in perspective," the fellow explained. "The game was actually played three hours ago. What you are seeing is simply a delayed televised replay! The Bears won 31 - 17!" (Steve Klipowicz)

Has life been getting you down? Don't let your failures undermine your attitude while waiting on God's winning plays. So get out and play the second half with confidence. Your fumbles in life won't seem as bad when you know the final score.

## AVOID DEET TOXICITY

**Neem seed oil** extracted from a plant in India contains an ingredient found by the Malaria Institute in India to be more effective than DEET in repelling mosquitoes. Both the US National Research Council and the Journal of the American Mosquito Control Association have confirmed this finding.

**Soy oil:** The *New England Journal of Medicine* reported that natural repellents made of soybean oil are just as effective as DEET-containing repellents. Soy oil is inexpensive and easy to find, making it an excellent choice. Plus, it is an excellent body moisturizer. As an aside, research shows that an ingredient in soy can slow the growth of body hair when applied topically.