



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 XXXIII ISSUE V

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[pacmoaa.org](http://pacmoaa.org)

May 2014



## FROM THE PRESIDENT

Many of our members have had to deal with trying to help their parents as they get older. This is even more difficult if your parents live in another area. Tim Miner and Sophia Holland from The Citizens' Committee to Protect the Elderly (CCPE) addressed this issue for seniors that don't have any relatives or friends to assist them or individuals unsure of how to assist aging family members. The organization was founded in 1996 after the founder had to put his Mom in a nursing home and found many issues interfering with his Mom's receiving good care. Tim started volunteering after having similar issues with his Mom in a nursing home. Sophia started volunteering after her grandmother was in a nursing home. I was appalled at the care my Mom received when she broke her hip and was hospitalized for surgery and then

sent to rehab and spent one month in the nursing home until we could get her walking well enough to go back to her assisted living facility. I'm sure many of you have had similar experiences with family members or friends. Unfortunately, most nursing homes have less than minimal staffing and most of the care is provided by people with minimal training. "Most people who are exposed to the world of long-term care of the elderly are shocked to find a 'world' far different than they could ever imagine. Whether in nursing homes, other types of facilities or even private residences, basic systems for proper care are usually insufficient - people of conscience often discover that inadequate care, negligence, dangerous practices and insensitivity are routine - not exceptions" from information sheet put out by CCPE.

CCPE now has about 1200 members and about 700 volunteers dedicated to protecting the elderly in our community. They get a small grant from the Portsmouth General Hospital Fund and the rest of their income is from donations and membership. Membership has many levels of support and can be as little as \$19.00. This gives one access to all the resources of CCPE and

helps them provide the following services: the humanitarian visitor program, information and guidance program and community service programs. "Membership gives power to effect change" per Tim and Sophia. Volunteers visit the elderly in nursing homes, assisted living facilities and in their homes to provide companionship and are advocates for the individuals they visit. A facility is more likely to listen to an organization that has 1200 members than to an individual family member complaining about care. CCPE covers all of the 7 cities in our area and works with Adult Protective Services, Jewish Family Services, Catholic Charities, etc. I have extra brochures if anyone would like more information.

### HAPPY BIRTHDAY

Oran W Chenault Jr.

Richard Grigg

Ronald G Mace

Mary F McLain

James H Swint

Beth W Trimble

*(Continued on page 5)*

LEADERSHIP  
 DIRECTORY

[CLICK HERE](#)

## Chapter Happenings

May 8 PACMOAA Dinner      May 22 Board Meeting  
 May 20 Congressional Lunch      May 26 Memorial Day Parade

### MAY MEETING

Our dinner will be held on **Thursday May 8<sup>th</sup>** at the Hilton Garden Inn (HGI) Ballroom at 5921 Harbour View Boulevard in Northern Suffolk. [LINK TO HGI](#) for an excellent MapQuest type 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  
 Chopped Steak with Mushroom Gravy on the side  
 Garlic Mashed Potatoes  
 Seasonal Vegetable Medley  
 Rolls  
 Chef's Choice Dessert  
 Coffee and Hot Water for Tea Station  
 Water and Ice Tea

Cost is \$30.00 (includes tax and gratuity) Please make your reservation no later than **Sunday, May 4<sup>th</sup>** with Sherry Ferki. **Please remember that a reservation made is a reservation paid!**

### PROGRAM

Chaplain Charles Rowley is originally from Portsmouth, VA and now lives in Chesapeake with his wife, Denise. They have been married 31 years and have two adult children, Patrick and Megan. He earned a BA from VA Wesleyan College and a Master of Divinity from Southeastern Seminary at Wake Forest. CDR Rowley is an ordained Methodist minister of the VA Conference and served as a local church pastor before entering the Navy as an active duty chaplain in 1997. He served as Command Chaplain for Naval Mobile Construction Battalion-1 and was forward deployed three times while with the Seabees. His next tour took him to Charleston, SC as base chaplain at the Naval Weapons Station. He was then detailed to Carrier wing Seven at Oceana, where he deployed to the Persian Gulf with the George Washington Strike Group. Following that tour, Chaplain Rowley went to the reserve side, but was almost immediately recalled to assist Hurricane Katrina victims along the Gulf Coast and in New Orleans. During his 18 months along the coast, Chuck drew extensively upon his training in Critical Incident Stress Management, Crisis Intervention, Domestic Violence, and Suicide Awareness and Prevention as he helped



several thousand military members, active and retired, during the recovery effort. As he left the coast to return home to his family in VA Beach, he was offered orders to Naval Medical Center, Portsmouth to launch the Navy's new program, Safe Harbor, to assist critically and severely injured sailors and their families returning from the war. In June of 2009, Chaplain Rowley joined Combat Logistics Battalion 46 in preparation for a seven month deployment to Iraq. Upon returning from Iraq in February 2010, Chuck was hand selected to serve as Special Project Officer - Dover Dignified Transfer, working for the Chief of Chaplains and Commandant of the Marine Corps. While at Dover, Chuck was the Navy's senior person responsible for coordinating the Dignified Transfer of over 750 Marines and Sailors. This task included helping to arrange for the Fallen Heroes' families to travel to Dover in order to be at the plane side when their loved ones returned to US soil, providing pastoral care for the families, assisting them in making funeral arrangements, being with the remains of the fallen from the time the body bag was unsealed until all Mortuary preparations had been completed. Chaplain Rowley was then selected for the Navy's Funded Post-Grad Advanced Pastoral Care Residency Program and was assigned to Naval Medical Center San Diego. His next assignment was at NMCP, where his primary responsibilities include working with service members who have been diagnosed with PTSD and survivors/victims of Military Sexual Trauma. In this role, he offers the much needed Spiritual and pastoral care support needed for these individuals. Chuck enjoys volunteer work and has led several teams to assist in the construction of churches in Mexico and the complete renovation of a 6,000 sq. ft. shelter for battered and abused children in Guam. Chaplain Rowley was promoted to commander on 1 May 2014.

CDR Rowley will discuss his experiences at Dover as the Special Project Officer - Dover Dignified Transfer.

## UPCOMING EVENTS

**JROTC AWARD CEREMONIES:** The 14 High Schools covered by PACMOAA will be visited by Leadership members from April thru May to present MOAA medals to cadets selected by high school JROTC leadership.

### MAY CONGRESSIONAL LUNCHEON

The PACMOAA delegation to the luncheon will leave about 5:30 AM on Tuesday 20 May with breakfast on the way to D.C. and return the same day after the luncheon. (see enclosed reservation request for details) Call Hal Hostetler if you want to meet your congressman or have questions. (483-8943)

### BOARD MEETING

Our next board meeting will be on 22 May 2014 at Hal and Brenda's.

### 26 MAY MEMORIAL DAY PARADE

WE STILL NEED PARTICIPANTS!!!

**JUNE 12<sup>TH</sup> DINNER MEETING** will include presentation of the 2014 PACMOAA JROTC Scholarship. Scholarship application process and winner selection is currently in progress.

**JULY ANNUAL SUMMER BRUNCH** with Hampton Roads and Peninsula Chapters will be on the 13<sup>TH</sup> at the Virginia Beach Resort Hotel and Conference Center.

### MEMBERSHIP RENEWAL REMINDER

Regular members pay \$25.00/year  
Auxiliary members pay \$20.00/year

You can pay your dues at the next PACMOAA meeting or mail it to: PACMOAA, P.O. Box 5353, Portsmouth, VA 23703.

Please pay your dues as soon as possible. Only 81 of 99 members have renewed as of 28 April. If you are not sure if you've paid yet, check with Dolly Cherrington. Thank you. Sherry

# CONGRESSIONAL APPRECIATION LUNCHEON

20 MAY 2014, 1100-1400 HOURS

SENATE BUILDING ROOM SR 325, WASHINGTON D.C.

ATTENDEE NAME AND RANK: \_\_\_\_\_

EMAIL ADDRESS AND PHONE #: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CHAPTER AFFILIATION: \_\_\_\_\_

CONGRESSIONAL DISTRICT: \_\_\_\_\_

NOTE: This completed reservation form, along with a \$35 check (\$45 for non-Chapter MOAA members/guests) payable to "VCOC-MOAA" must be received NLT 15 May 2014. Spouses of chapter members will pay \$35.

Send to the VCOC Treasurer at:

LTC Joseph M. Tarantino USA (ret)  
4310 Allworthy Lane  
Chesterfield, VA 23832-7781

PHONE: (804) 276-5485 EMAIL: [upayup@comcast.net](mailto:upayup@comcast.net)

Refund requests (to Joe) will be honored through 14 May at which time your reservation becomes non-refundable.

If you are unsure of your congressional district, see:

<http://conview.state.va.us/whosmy.nsf/VGAMain?openform> or

<http://www.govtrack.us/congress/findyourreps.xpd?state=VA>.

**WE WILL BE MAKING EVERY EFFORT TO SEAT YOU WITH YOUR CONGRESSMAN.**

*(Continued from page 1)*

It was obvious from their passion and dedication to this organization, that Tim and Sophia both are strong advocates to help protect the vulnerable elderly in our community. They are both volunteers with other jobs and have used the negative experiences they had with loved ones to lead them to try to prevent other people from having the same experiences. It was a pleasure meeting and listening to them speak and to see their dedication to this cause.

It was wonderful to see a long time former member, Chuck Kuehn. He was the VCOC representative when I joined PACMOAA. We hope to see him again soon. It was also a pleasure to meet the AJROTC leader from Franklin High School, LTC Linwood Wright, USA (Ret.).

## CHAPLAIN'S CORNER

### A SOLDIER DIED TODAY

He was getting old and paunchy and his hair  
was falling fast  
And he sat around the VFW telling stories of  
the past.  
Of a war that he once fought in and the deeds  
that he had done,  
In his exploits with his buddies; they were heroes,  
every one.  
And 'tho sometimes to his neighbors his tales  
became a joke,  
All his buddies listened quietly for they knew  
whereof he spoke.  
But we'll hear his tales no longer, for ol' Bob  
has passed away,  
And the world's a little poorer for a Soldier  
died today.  
He won't be mourned by many just his children  
and his wife.  
For he lived an ordinary, very quiet sort of life.  
He held a job and raised a family going quietly  
on his way;  
And the world won't note his passing, 'tho a  
Soldier died today.

When politicians leave this earth, their bodies  
lie in state,  
While thousands note their passing, and proclaim  
that they were great.  
Papers tell of their life stories from the time  
that they were young,  
But the passing of a Soldier goes unnoticed,  
and unsung.  
Is the greatest contribution to the welfare of  
our land,  
Some jerk who breaks his promises and cons  
his fellow man?  
Or the ordinary fellow who in times of war and  
strife,  
Goes off to serve his Country and offers up his  
life?  
The politician's stipend and the style in which  
he lives,  
Are often disproportionate to the services that  
he gives.  
While the ordinary Soldier, who offered up his  
all,  
Is paid off with a medal and perhaps a pension,  
small.  
It's so easy to forget them, for it is so many  
times,  
That our Bobs and Jims went to battle, but we  
still pine.  
It is not the politicians with their compromise  
and ploys,  
Who won for us the freedom that our country  
now enjoys.  
Should you find yourself in danger, with your  
enemies at hand,  
Would you really want some cop-out, with his  
ever waffling stand,  
Or would you want a Soldier, his home, his  
country, his kin,  
Just a common Soldier, who would fight until  
the end?  
He was just a common Soldier, and his ranks  
are growing thin.  
But his presence should remind us we may

need his like again.  
 For when countries are in conflict , we find the  
 Soldier's part  
 Is to clean up all the troubles that the politi-  
 cians start.  
 If we cannot do him honor while he's here to  
 hear the praise,  
 Then at least let's give him homage at the end-  
 ing of his days.  
 Perhaps just a simple headline in the paper  
 that might say:

"OUR COUNTRY IS IN MOURNING,  
 A SOLDIER DIED TODAY."

I hope you enjoyed this poem and don't forget  
 to pray for our soldiers, wherever they may be!

## NEWS FROM MOAA

Excerpts from MOAA article by Col. Mike Hayden, USAF (Ret)

"This year's budget submission includes a Pentagon proposal to cut commissary subsidy funding. It is a backdoor way to slowly kill the commissary...Currently, the Defense Commissary Agency (DeCA) operates 243 stores worldwide, with 178 stateside, and provides to servicemembers and retirees and their families groceries at-cost plus a 5-percent surcharge...Commissaries provide a significant benefit to military families. The average family of four who shops exclusively at the commissary saves up to \$4,500 annually and sees savings of up to 30 percent when compared to private grocery stores....DoD reports that eliminating the subsidy will reduce the savings commissary shoppers enjoy from 30% to 10% over the "high-priced private" grocery stores and shoppers will see only "modest" savings over discount grocery stores.....Cutting the subsidy itself would significantly hit a family of four's pocketbook - they would lose approximately \$3,000 in purchasing power annually....Oh, and commissaries and exchanges employ family members and retirees to the tune of 40%, placing their jobs at risk....Sen. Lindsey Gra-

ham (R-S.C.), ranking member of the Senate Armed Services Subcommittee on Personnel, voiced a similar concern saying, "Structural changes do have a ripple effect, and if the shopping becomes less at the commissary, eventually people will be less likely to shop at the base or post exchange."....We couldn't agree more. This fundamental change will have a serious ripple effect on other family support programs on the installation: base exchanges and especially morale, welfare, and recreation programs....The bottom line: MOAA believes cutting the commissary subsidy is a backdoor way to slowly kill the commissary benefit. DoD, true to their word, said they are not directing any commissary to be closed. Yet without patrons, commissaries will face the ultimate "business decision" and will shutter and close.

H.R. 4217 and S. 2075 – The Military Commissary Sustainment Act. Rep. J. Randy Forbes' (D-VA) and Sen. Mark Warner's (D-VA) respective House and Senate bills would prohibit a reduction in funding for the defense commissary system pending the report of the Military Compensation and Retirement Modernization Commission.

See entire article at: <http://www.moaa.org/MainArticleMB.aspx?id=14088#sthash.oognvtC1.dpuf>. "

See your PACMOAA Legislative Representatives in action [HERE](#). Attend the May 20 Congressional Luncheon. Make sure your congressman knows your face.

## PACMOAA WINS AGAIN!

We won a \$500 award for 90% retention in 2013! Good news! Thanks for all of your support! We were one of only 54 MOAA Chapters to do so in the United States! It was a great achievement! Renew your membership now so we can do the same again this year!

## THAT'S A WRAP FOR MAY