



WICMOAA NEWS

Whidbey Island Chapter MOAA

---- Since 1968 ----

APRIL 2023

This month's Top News



**ADVOCACY
FOCUS**
Federal and State



**RSVP for Lunch,
Pay Dues, & Donate
Scholarship /JROTC**



**THIS MONTH'S
MEETING INFO**
March 9th

President's Message

The first quarter of 2023 is in the past. The months go by fast when you are busy.

Looking up special days in April there are many. I found everything from Peanut Butter and Jelly Day to Easter on April 9th.

For a good chuckle, look at:
[APRIL HOLIDAYS.](#)

1st Aprils Fools Day
1st U.S. Air Force Academy Day.
5th Gold Star Spouses Day
6th Army Day
9th Former POW Recognition Day
14th Air Force Reserve Birthday
17th 2nd Amendment Day
23rd Army Reserves Birthday
27th National Patricia Day
30th National Military Brats Day

The Board has been working on revisions to our bylaws for the past 6 months. An electronic copy of the proposed changes was sent out on March 12th for your review. If you receive the newsletter by US mail, it is attached to this newsletter.

A membership vote on the changes will be held during the April chapter meeting.

I am looking forward to this month's program, a brief on what JAG

Corps services are available. Also, how to get started to get their help.

If you have a friend that was an Officer or the Surviving Spouse of an Officer, invite them to a chapter meeting. Be sure and introduce them to our recruiting chair, Patrick Fisher.

Please follow the Advocacy links on our website and spend a few minutes helping MOAA help us.
<https://wicmoaa.com/moaa-initiatives>

The Board has decided that the June meeting will be held in the evening to allow working members a chance to attend a chapter meeting.

June 1st will also be our evening at the Whidbey Playhouse.

WICMOAA day is April 13th.

That is when our next chapter meeting will be. Hope to see YOU!



2022 Officers:

President: (360 Area Code)
Terry Sparks 544-2817
CDR, USNR Ret.
1st VP
Marshall Bronson, 678-7097
CAPT, USN Ret.
2nd VP (Membership)
Patrick Fisher, 678-1402
CAPT, USAF Ret
Secretary
Mike Bobeck 703.314.0858
Brig. General, USA Ret
Treasurer:
Michael Morgan, 298-3097
CDR, USN, Ret

Directors:

JROTC/Scholarships:

William Goodman, 678-3888
CDR, USN, Ret

Publicity:

JR Russell, 682-6648
CAPT, USN, Ret

Directors at Large

David Sullivan, 240-0560
LtCol, USMCR, Ret

David Gruber, 588-4067
LT, USN Ret

Harry Turner, 679-3799
CDR, USN Ret.

WICMOAA Chaplain

David G. Lura 720-8398
LCDR USN Ret

Surviving Spouse Liaison:

Nancy Tull 675-6755

Health Affairs:

Trish Rose, 257-9554

Legislative Chair

Jesse Epp 805.407.9635
LCDR USN, ACT

WICMOAA Family

David Cohick
LCDR USNR Ret

ROWC President:

Pat Sparks 425-298-9319

**WICMOAA and MOAA are
non-partisan.**

**** Don't forget to ink in the WICMOAA Whidbey Playhouse buyout on June 1st. There is more info on our website ****



This Month's Newsletter features.



<https://moaa.estore.shop/>

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[USS Whidbey Island](#)
[WA State Legislative](#)
[WICMOAA Family](#)

Click on the title above you want to read.

Member Spotlight

David S. Sullivan

After Dave graduated from Harvard, David had a 25-year career in the US Government, from 1966 through 1993. He served on active duty in the USMC including a year in Viet Nam as a Vietnamese language, civil affairs, and intelligence officer. David retired from the USMCR at the rank of Lieutenant Colonel in 1993.

After receiving his master's degree in international affairs from Columbia, he joined the CIA as a CIA strategic analyst on Soviet military activities. After seven years, in 1978, David resigned from CIA and went to work for US senators of both parties as an expert on arms control.



For the following six years David served as Director of Military, Intelligence and Arms Control Treaty Analysis and a Senior Professional Staff Member of the US Senate Foreign Relations Committee.

David has been a WICMOAA member since 1996. He served several times as WICMOAA president and 1st VP.

He oversaw the annual picnic for a number of years. His wife Anne, retired from the CIA, has been an officer and active member of ROWC and several other community organizations.

There have been at least ten books mentioning Dave's work, with a recent 2022 book *The Spy Who Knew Too Much* by Howard Blum, arguing that Dave was responsible for exposing the most damaging Soviet mole of the Cold War.

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ADVOCACY FOCUS

Legislative Items from MOAA

1. The Biden budget includes a 5.2% increase for active-duty personnel. Our servicemembers' pay is still 2.6% behind ECI after falling short of the index from 2014 to 2016.
2. The budget proposal supports many of MOAA's [legislative priorities for veterans](#) with the 118th Congress. The budget requests \$325 billion for the VA, a 5% increase over the previous year.
3. The February 2023 Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), released March 14, was 295.057, 1.1% above the FY 2023 baseline of 291.901. The next CPI-W release is set for April 12.
The CPI-W figures from the end of this fiscal year (July, August, and September 2023) will be compared to the FY 2023 COLA baseline to calculate the 2024 COLA (see "[How Your COLA Is Calculated](#)," below).
4. More than two months into a yearlong open season for the Survivor Benefit Plan (SBP), the Defense Finance and Accounting Service released instructions and a form for retirees seeking to sign up for the program. Eligible retirees interested in enrolling during the open season must follow a four-step process, as outlined [on the DFAS website](#):



Download a [Letter of Enrollment](#), fill out the appropriate section, and submit it to DFAS (submission instructions are included in the download).

5. Senior enlisted leaders from the Army, Marine Corps, Navy, Air Force, and Space Force didn't shy away from the problems facing servicemembers and families in recent testimony before two congressional subcommittees. And while offering solutions and updates on a series of quality-of-life issues, they all pointed to a larger concern: The need for a national dialogue on the value of military service.
6. The same day MOAA [presented testimony to a joint Congressional panel](#) on its legislative priorities for veterans in the 118th Congress, MOAA also took part in a "TRICARE 101" briefing held in the Russell Senate Office Building, bringing dozens of legislative staffers and fellow advocates up to speed on the latest changes and challenges within the military health care system.
7. The [Department of Veterans Affairs](#) has agreed to cover a new biologic treatment for some veteran patients with Alzheimer's disease, according to an announcement Monday from the manufacturer.

Details may be found on www.MOAA.org.

Contact your Congressional Representatives!

Switchboard: (866) 272 6622

Note: If you do not have a computer and/or internet access, feel free to contact anyone on the WICMOAA board of directors to ask for help.

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U.S. Senator Maria Cantwell
<https://www.cantwell.senate.gov/>
 WASHINGTON, DC
 511 Hart Senate Office Building
 Washington, DC 20510
 Phone: (202) 224-3441
 Fax: (202) 228-0514
 TDD: (202) 224-8273

Contact Senator Cantwell via email: <https://www.cantwell.senate.gov/contact/email/form>

U.S. Senator Patty Murray
<https://www.murray.senate.gov/>
 WASHINGTON, DC
 154 Russell Senate Office Building
 Washington, D.C. 20510
 Phone: (202) 224-2621
 Fax: (202) 224-0238

Contact Senator Murray via email: <https://www.murray.senate.gov/write-to-patty/>

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SEATTLE, WASHINGTON
 2988 Jackson Federal Building
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 Seattle, WA 98174
 Phone: (206) 553-5545
 Toll Free: (866) 481-9186
 Fax: (206) 553-0891

Congressman Rick Larson

<https://larsen.house.gov/>

Washington, DC Office 2163 Rayburn HOB

Washington, DC 20515

Phone: (202) 225-2605

Fax: (202) 225-4420

Hours: Monday-Friday

9 a.m. to 6 p.m. ET

Contact Congressman Rick Larson via email <https://larsen.house.gov/contact/>

Everett Office Wall Street Building

2930 Wetmore Avenue, Suite 9F

Everett, WA 98201

Phone: (425) 252-3188

Fax: (833) 696-6499

Hours:

Monday-Friday 8 a.m. to 5 p.m.

Bellingham Office 119 North Commercial Street

Suite 275

Bellingham, WA 98225

Phone: (360) 733-4500

Hours: By appointment only

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Chaplain's Corner

WICMOAA Lunch Prayer 9 March 2023

by Chaplain David G. Lura

Whether we are Christian or not, Catholic, or not it seems as if most all of us are aware of St. Patrick's Day which is now just a week away. I thought it fitting when we are reminded of the wee little people and the wearing of the green to lift up a sampling of the traditional Irish blessings: Please pause with me as I pray: May we . . .

Count our blessings instead of our crosses;

Count our gains instead of our losses.

Count our joys instead of our woes;

Count our friends instead of our foes.

Count our smiles instead of our tears;

Count our courage instead of our fears.

Count our full years instead of our lean;

Count our kind deeds instead of our mean.

Count our health instead of our wealth; Love our neighbor as much as oneself. And . . . May there always be work for our hands to do, May our pockets always hold a coin or two.

May the sun always shine warm on each windowpane,

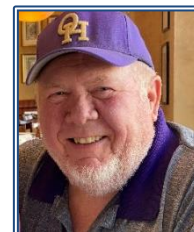
May a rainbow be certain to follow each rain.

May the hand of a friend be always so near,

And may God fill our hearts with bountiful cheer.

Oh, and as for this meal: May this food restore our strength, giving new energy to tired limbs, and new thoughts to weary minds. May this drink restore our souls, giving new vision to dry spirits, and new warmth to cold hearts. And once nourished and refreshed, May we give thanks to (God) who grants us these blessings. AMEN

Adapted from an old Irish blessing.



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ROWC Meetings and Events

The regular ROWC luncheon will be held April 19 at

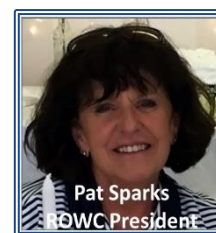
China City restaurant, 33185 State Rt 20. NOTE:

Time will be 11:30.

Thank you, Therese Boissonneault for making the arrangements.

In March we lost our long - time member Irene Ruiz.

She will be missed. The family will have a memorial in July.



WA Legislative Update

You can find Friday's list [here \(WDVA Legislative Updates\)](#) (updates weekly on Fridays).



Dave Casteel, WA State Council President



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Get Free Tax Help

Service members as well as some retirees, veterans, family members, and survivors qualify for tax assistance through Military OneSource designed to meet the specific needs of those who serve or have served.

All retirees and Service members qualify for free in-person assistance via a separate, DoD-run program.

[MilTax software](#) offers no-cost tax help and filing for eligible beneficiaries, with special attention to service-specific filing situations such as combat pay, living overseas, and filing in multiple states.

Military OneSource also can connect taxpayers with tax experts via phone (800-342-9647) or [chat](#) for one-on-one guidance.

In addition to Service members, other MilTax-eligible beneficiaries include:

- Spouses and dependents of Service members.
- Retirees and honorably discharged veterans, to include Coast Guard members, within 365 days of separation.
- Family members managing the affairs of deployed Service members or designated to manage the finances of a severely injured servicemember.
- Non remarried surviving spouses and children of deceased Service members.

Get full details on eligibility, as well as answers to other frequently asked questions, [at this link](#).



The Volunteer Income Tax Assistance (VITA) -

In-person assistance is available for Service members, retirees (regardless of how long they've been out of uniform), and families through the Volunteer Income Tax Assistance (VITA) program, available at [many military installations](#).

Click [this link](#) to find out what materials you should bring to your appointment.

More Resources - If you're not eligible for the above services, or if you're too far from a military VITA location, consider other online and in-person assistance, such as:

- IRS Free File: [Guided tax preparation](#) is available online via the IRS for those with less than \$73,000 in adjusted gross income.
- AARP: The AARP Foundation Tax-Aide Program offers in-person and virtual help to filers over 50 who fall below certain income limits. [Learn more here](#), or [find a location](#) near you.
- Military Legal Aid: Service branches provide legal services, including tax advice, to Service members, retirees, and family members. These vary by location and staffing; start your research with this [Legal Services Locator](#), provided by the Air Force.
- MOAA: MOAA does not provide individual tax preparation services, but our [financial resources page](#) includes links to recent news on taxes, and our [Webinar Archive](#) (exclusive to Life and Premium members) offers a variety of financial tools that may inform tax decisions. By: Kevin Lilley

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USS Whidbey Island (LSD-41)

[Whidbey Island-class](#) dock landing ship (LSD) of the United States Navy. She was named for Whidbey Island, in Puget Sound, Washington, the location of NAS Whidbey Island; the name ultimately derives from the sailor, explorer and engineer Joseph Whidbey.

Whidbey Island was laid down on 4 August 1981, by the Lockheed Shipbuilding, Seattle, Washington;

launched on 10 June 1983, sponsored by Mrs. Sally Gorton, (wife of Senator Slade Gorton) commissioned on 9 February 1985 and she was homeported at NAB Little Creek, Virginia. Decommissioned last year on 22 July 2022.



Do you know what the USS Puget Sound was?

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Treasurer's Report

Greetings to my fellow chapter members, and isn't it nice to see Spring finally starting to peek in around the corner? I'm looking forward to a spell of really nice weather for a while, even if it means I have to get out and finally face that overdue yard work.

You'll all have already received a package of proposed changes to the Chapter By-laws for your review prior to discussion and voting about them at the upcoming April meeting. As you'll see, a lot is being either added or modified and what you have in front of you is the result of close to a year of effort and attention and discussions and disagreements within the Board of Directors as we worked to get the package into its final shape. Please do spend some time with it and do share your thoughts with us at the meeting and, if you've liked what you've seen and heard, join me in voting to approve it all as well.

Dues are going really well again this year, so far. As you recall we ended up last year with 100% paid up by the end of the 'dues year' and, as of today, we're sitting at 89% paid up, also way better than our historical average for this stage of the year. As always, the somewhat anonymized list of those who still haven't gotten around to it or keep forgetting about it or whose



Mike Morgan
Treasurer

".. checks are in the mail .." Is provided below as a reminder. If you're thinking you have in fact paid but your name is there, get in touch with me and we will get it resolved. If you know you haven't paid but your names are not there, well - eventually I'll catch my mistake and it will appear. Hope to see all nine of you getting your checks in soonest!

Now, if dues were good news, scholarship donations will have to serve as this month's bad news. Total income into the scholarship fund as of the end of the March reporting period comes to \$454. Now this is not an inconsiderable amount of money, but it is \$150-200+ below what we've historically been doing in the past, even in the past two years and those with smaller membership numbers than we now have.

We aren't in serious trouble, not yet, but it needs to be addressed now. If everyone would just do things like tack a few bucks on to the end of web orders for meals or whatever or add a bit onto the size of your check if you're mailing meal orders in, or even just spend a bit (or a bit more) on raffles at the meetings you attend, we will be healthy again fairly quickly. Of course, if you want to write out a big check as a more serious and focused donation, that's obviously going to be welcomed as well!

The Dues Arrears Gang: *Benjamin B., Sonja B., Ruth B., John D., Richard R., Edward S., Clyde S., Marcus S., Charles T.*

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JROTC/Scholarships Information Playhouse Event

WICMOAA provides financial support to two JROTC units:

- The Arlington High School Air Force JROTC Unit
- The Oak Harbor Navy JROTC Unit



Bill Goodman
JROTC & Scholarships

We also provide MOAA medals and certificates.

This year we still have funding to award the HARVEY LASELL Scholarship for \$2000.00 to a member of the Oak Harbor High School Navy JROTC unit. This scholarship awarded in accordance with the wishes of the benefactor Harvey Lasell, a former member of WICMOAA.

The WICMOAA scholarship is \$3000.00.

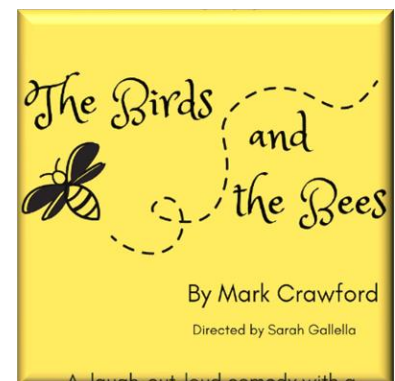
The Whidbey playhouse WICMOAA buy out event will be held on the evening of June 1st.

More information on our website and the

Tickets are on sale \$25/person and you can bring guests for only \$10 each with two member tickets.

<https://wicmoaa.com/special-events>

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Health Corner

What do salmon, berries, leafy greens, and nuts have in common?

They are all heart-smart foods that ably nourish the body and help combat unhealthy cholesterol, hypertension, and heart disease. But it's not just a single food in isolation that can help protect your heart. Rather, it's a combination of nourishing foods and a consistent pattern of healthy eating that has the greatest impact.

Studies show that two dietary patterns are particularly helpful for heart health: the Mediterranean Diet and the Dietary Approaches to Stop Hypertension (DASH) Diet.

Both are chock-full of vegetables, fruit, whole grains,



beans, nuts, seeds, fish, poultry and low-fat dairy, and recommend reducing the consumption of red meat, sweets and salty snacks.

Both emphasize whole, unprocessed foods instead of ultra-processed foods, such as processed meats and cheeses, as well as refined breads and other carbs (e.g., white bread and pasta). So, choose apples and carrots often and save the apple pie and carrot cake for occasional treats.

Why are these food plans so powerful for heart health? Together, they provide:

- Fiber, which helps regulate blood pressure and cholesterol levels.
- Antioxidants, which reduce inflammation.
- A host of cardio-protective vitamins and minerals essential for good health. They are lower in sodium, sugars and saturated fat, which may raise your risk of heart disease when eaten in excess.

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WICMOAA Family

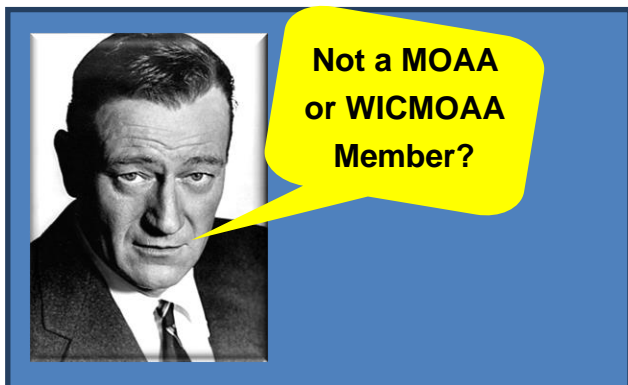
TAPS

Joel Shaw, LTC, USA, Ret,
Lifetime MOAA member, passed away on March 11th after an extended period in the VA hospital in Seattle.



WICMOAA BOD and members offer their sincere condolences to the Shaw family.

Joel's wife, Leilani's email address is: jshaw@comcast.net. and address are: 915 Karen Ann Drive, Camano Island, WA 98282.



If you are or were part of the uniformed services, it is important that congress hear your voice.

The numbers count when MOAA representatives go to Congress or Olympia to advocate for you.

We are Watching Out for Your Pay, Benefits, Retirement

Join MOAA's Free Basic Membership and/or WICMOAA using one of the links below.

<https://wicmoaa.com/links>



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This month's Meeting Info

"JAG Services available and how to get started."

Cherie Wardlaw, NAS WI JAG Corp.

Ms. Wardlaw has been a legal assistant for over 6 years now. She started working in the legal field in 2012 for a local attorney. In 2017 she had to leave beautiful Whidbey Island when her husband got orders to go to Central California.

In 2020, we were able to return to Whidbey and I started working at the Superior Court in Coupeville. After several months, she returned to work for the same Attorney she worked for back in 2012.

After her husband retired, we were contemplating moving until I started working for Navy Legal in June of last year. I love what I do and being able to help military members are their families.

After her husband retired, we were contemplating moving until I started working for Navy Legal in June of last year. I love what I do and being able to help military members are their families.



Food Options are Chili, Chicken Caesar Salad and the WGC Blue Ticket Special for the month.

April 13th at Whidbey Golf Club.

Lunch starts at 11:30 and our chapter meeting will start at 12:00 noon.

Please RSVP no later than the morning of the 12th.

Mail the coupon in with a check or go to the website:
<https://wicmoaa.com/orders>

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Food Choices for April – Mail in the coupon on the next page or go to our website at:

<https://wicmoaa.com/orders> to order your food, donate or buy WICMOAA books, hats, and shirts.



Blue Ticket Special: Grilled Salmon topped with a mango salsa on a bed of rice with asparagus
\$19.25



Chicken Ceasar Salad and a Roll
\$19.25



Chili and a Roll
\$9.50

RSVP for Lunch, Pay 2023 dues and/or Donate to Scholarship/JROTC

At this time, we have 90% of our membership have paid their dues.

Use the attached coupon to pay WICMOAA dues, donate to the scholarship and/or the JROTC program, order your meal for the next chapter meeting, buy WICMOAA logo items or go online at Our website and do it all there with a credit card. <https://wicmoaa.com/orders>

<u>Scholarship 2024 program</u>	<u>JROTC 2024 program</u>
Commitment – \$3,000.00 Now: ~\$454.00	Commitment \$1,000.00 Now: ~\$100.00

Name(s):			Date:	
<u>Chapter Meeting Meal Order for the Month for:</u> <input type="text"/>				
		<u>Number</u>		
Green Ticket: Chicken Caesar Salad & Roll	\$18.50 ea.	X <input type="text"/>	= \$ <input type="text"/>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>Include coffee or iced tea with the meal. Includes Tax and a 20% Tip.</i> </div>
Blue Ticket: Diner plate of the month	\$18.50 ea.	X <input type="text"/>	= \$ <input type="text"/>	
Red Ticket: Bowl of Soup or Chili & roll	\$ 9.00 ea.	X <input type="text"/>	= \$ <input type="text"/>	

<input type="checkbox"/> Scholarship	<input type="checkbox"/> JROTC	Fund(s) Donations	\$ <input type="text"/>	
2022 Dues \$20.00 for Members and \$5.00 for Surviving Spouse <u>Members</u>			\$ <input type="text"/>	
WICMOAA Shirts <input type="text"/> Gray + <input type="text"/> White = <input type="text"/>	X \$25 each	\$ <input type="text"/>		
Size(s) <input type="text"/>				
WICMOAA Grey Caps	<input type="text"/> X \$25 each	\$ <input type="text"/>		
Tales of Military Service Vol 1	<input type="text"/> X \$17.50 <u>each</u>	\$ <input type="text"/>		
Tales of Military Service Vol 2	<input type="text"/> X \$15.00 <u>each</u>	\$ <input type="text"/>		
"Total Purchases" \$			<input type="text"/>	

Please print this page & include it with your check for "Total Purchases" to be mailed to:

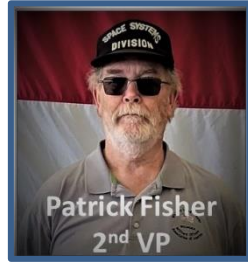
WICMOAA P.O. Box 255

Oak Harbor, WA 98277

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Newsletter Editor's Comments

Well spring is here. At least on the calendar. Now we have another week of winter weather. The birds are here, and the plants and the trees are sprouting; so all we need is the weather we were teased with yesterday.



Spring, the sweet spring

By [Thomas Nashe](#)

Spring, the sweet spring, is the year's pleasant king,
Then blooms each thing, then maids dance in a ring,
Cold doth not sting, the pretty birds do sing:

Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country houses gay,
Lambs frisk and play, the shepherds pipe all day,
And we hear aye birds tune this merry lay:

Cuckoo, jug-jug, pu-we, to-witta-woo!

The fields breathe sweet, the daisies kiss our feet,
Young lovers meet, old wives a-sunning sit,
In every street these tunes our ears do greet:

Cuckoo, jug-jug, pu-we, to witta-woo!

Spring, the sweet spring!

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