



# WICMOAA NEWS

Whidbey Island Chapter MOAA

---- Since 1968 ----

MARCH 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

February was not one of our better months as we lost one of WICMOAA's strongest leaders and original member of WICMOAA, Colonel Lawrence Moses. Larry was a good friend to all of us.

In addition to the many years of Army service as a Ranger, Larry volunteered to help veterans every Tuesday at the Oak Harbor Disabled Veterans Administration (DVA) office.

If you missed Larry's WICMOAA brief last fall, how to get help from the DVA or VA, it is on our website. Excellent information for all veterans and includes the right numbers to call for help.

I am looking forward to this month's brief by Captain Althoff, *Medical Corps*,

U.S. Navy, Commanding Officer of the Oak Harbor Navy Medicine Readiness and Training



Command and Director, Naval Health Clinic. Even if you do not use the clinic for your health care, you will want to be at this briefing.

We have more great briefings on the horizon. On April 13<sup>th</sup> we will have a briefing by Cherie Wardlaw, NAS WI JAG. She will tell us what services are available to active and retired military.

Then on May 11<sup>th</sup> LT Goldsmith of the NAS Whidbey Search and Rescue team will brief us on the challenges they face during rescues on the water and in the surrounding mountains.

**\*\* Don't forget to ink in the WICMOAA July Steak BBQ set for July 15<sup>th</sup>. Always the best steaks and the best friends dining together.\*\***



## 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

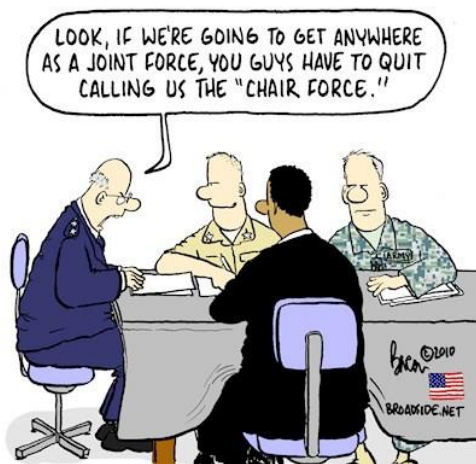
**Health Affairs:**  
Trish Rose, 257-9554  
MajGen, USAFR, Ret

**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.**



## Our New Newsletter Look!

You may notice a few changes in the look and feel of the WICMOAA Newsletter.

For those viewing on your computer or pad, there are links now installed to go directly where you want to look.

On the first page you can click on one of the three pictures of what we consider key WICMOAA areas and you will go directly to that location.

On the right are similar links in alphabetical order that work the same. **Click on what you want to read, and you are there.** **Return** here with a similar link at the **bottom of each section.**

Unfortunately, that will not help those that get the USPS copy of the newsletter, sorry!

## Chapter Lunch Menu

The Menu is set for the March 9<sup>th</sup> Chapter Meeting. The Chef's famous Chicken Marsala, Mashed potatoes, and a vegetable will be the Blue Ticket special this month. As always, the WGC Chili and Chicken Caesar salad are still available with the red and green tickets.

Order online or at least RSVP so we know you are coming at:

[WICMOAA WEB](#)

## This Month's Newsletter features.

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**Click** on the title above you want to read.

*"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent."*

— GEN Douglas MacArthur

## ADVOCACY FOCUS

We took a pole at the February meeting and about 70% of the members present have sent letters to our senators and representatives asking them not to start charging us for TriCare for life. If you have not sent in your letter, please send it in today.

Go to the MOAA site to send the canned letters at:

<https://moaa.quorum.us/campaign/44139/>

We are also in jeopardy of having cuts to the TRICARE Pharmacy Network. Another letter has been prepared for the Senators and our representative at the MOAA website.

<https://moaa.quorum.us/campaign/42988/>

The third and just as important letter to urge congress to Support Concurrent Receipt.

It's the start of a new Congress, and any legislation not signed into law during the previous Congress will need to be reintroduced.

So, contact your representative and senators and urge them to support the Major Richard Star Act, which would authorize combat-injured veterans to receive their full DoD retirement pay earned for years of service and their full VA disability compensation for lifelong injury. That letter may be found on the MOAA website at:

<https://moaa.quorum.us/campaign/43784/>



Jesse Epp  
Legislative Chair

**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 and ask for help.

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<p><b>U.S. Senator Maria Cantwell</b> <a href="https://www.cantwell.senate.gov/">https://www.cantwell.senate.gov/</a> WASHINGTON, DC 511 Hart Senate Office Building Washington, DC 20510 Phone: (202) 224-3441 Fax: (202) 228-0514 TDD: (202) 224-8273</p>	<p>SW WASHINGTON The Marshall House 1313 Officers Row Vancouver, WA 98661 Phone: (360) 696-7838 Fax: (360) 696-7844</p>	<p>SEATTLE, WASHINGTON 915 Second Avenue Suite 3206 Seattle, WA 98174. Phone: (206) 220-6400 Fax: (206) 220-6404 - FAX</p>
<p>Contact Senator Cantwell via email: <a href="https://www.cantwell.senate.gov/contact/email/form">https://www.cantwell.senate.gov/contact/email/form</a> <b>U.S. Senator Patty Murray</b> <a href="https://www.murray.senate.gov/">https://www.murray.senate.gov/</a> WASHINGTON, DC 154 Russell Senate Office Building Washington, D.C. 20510 Phone: (202) 224-2621 Fax: (202) 224-0238</p>	<p>SW WASHINGTON The Marshall House 1323 Officer's Row Vancouver, Washington 98661 Phone: (360) 696-7797 Fax: (360) 696-7798</p>	<p>SEATTLE, WASHINGTON 2988 Jackson Federal Building 915 Second Avenue Seattle, WA 98174 Phone: (206) 553-5545 Toll Free: (866) 481-9186 Fax: (206) 553-0891</p>
<p>Contact Senator Murray via email: <a href="https://www.murray.senate.gov/write-to-patty/">https://www.murray.senate.gov/write-to-patty/</a> <b>Congressman Rick Larson</b> <a href="https://larsen.house.gov/">https://larsen.house.gov/</a> 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</p>	<p>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.</p>	<p>Bellingham Office 119 North Commercial Street Suite 275 Bellingham, WA 98225 Phone: (360) 733-4500 Hours: By appointment only</p>
<p>Contact Congressman Rick Larson via email <a href="https://larsen.house.gov/contact/">https://larsen.house.gov/contact/</a></p>		<p><a href="#">Back to pager 2 Index - Links</a></p>

## WA State Legislative Update

Dave Casteel, WA State Council President

As I write this, we are in Day 28 of the 2023 105-day Regular Session. As you know, when the new biennium starts, all bills that did not pass the last session die and must be reintroduced to be considered.

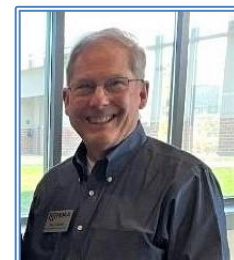
As of Friday, February 3<sup>rd</sup>, there were 31 veterans-related bills introduced—everything from extending: B&O tax credits for businesses hiring military, to spouse employment issues, to mental health issues, to recognizing schools that “show a commitment to students and families connected to our military,” to property tax exemptions for service-connected disabled veterans.

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

Or use this QR Code on with your smart phone:



We have one MOAA member, Col Bob Mead, USAF, Ret., on the Governor's Veterans Affairs Advisory Committee (VAAC).



The VAAC is hosted by the Washington Department of Veterans Affairs (WDVA) and presents four Townhalls around the state each year. The first of which was held in Vancouver on Feb 1.

David Puente Jr., who was recently appointed as WDVA Director after Alfie retired Jan 31, attended as did David Holt, newly appointed Director of the Portland Health Care System which also serves the SW WA area.

The WDVA staff gave several very informative presentations and one of the "leave behinds" was the WDVA 2022 in Review Flyer to the left.

One of the newest programs is the "Digital Navigator Program" which will be of interest to those of you who work with homeless or low-income veterans.

Through the “Digital Navigator” program WDVA has a limited number of initial 5G phones (and service) from T-Mobile available to veterans due to a \$2.5M grant (see WDVA 2022 In Review flyer) and is free of charge to veterans with IRS Form 1040 incomes of \$73,000 or less (contact presenter [jeff.powell@dva.wa.gov](mailto:jeff.powell@dva.wa.gov)). Go to <https://www.dva.wa.gov/> or 1-800-562-2308 [benefits@dva.wa.gov](mailto:benefits@dva.wa.gov) for complete information.

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WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS

"Serving Those Who Served"

2022

in Review

6	Nonprofit VSOs	<p><b>These partners work with the WDVA Field Services Network to submit VA claims to ensure quality claims are filed.</b></p>
21	County VSOs	
7	Indian Tribes	
9,999	VA Disability, Pension, and Survivor Claims filed	
\$83.5M	New funds received by Veterans and their families in 2022	
\$2.9B	Received by Veterans and families each year	
1,011	Veterans and family members received 3,811 hours of counseling	
111	Veterans served in Transitional Housing at Port Orchard and Orting	
1,963	Veteran-Owned Businesses certified by WDVA through 2022	
763	Interments at the State Veterans Cemetery. <b>\$630,000 raised through Armed Forces License Plate sales to support the cemetery and serve Veterans without homes.</b>	
127	NACs received Recruitment and Retention Incentives to counter the 24% vacancy rate at State Veterans Homes. <b>WDVA is also training our own NACs! We graduated 4 in 2022 and now have 17 new employees gaining certification through partnership education programs around the state.</b>	
Unique Funding Opportunities to Serve Veterans and Families		
\$693,550	Grant for Vets in Agriculture to train and connect Veterans with VA services	
\$142,500	Grant from the US Dept. of Agriculture to empower Women Veteran Farmers to conserve farms	
\$331,381	Grant from Eco-studies Institute to restore coastal lands and waters	
\$636,000	Grant from AmeriCorps to support Vet Corps serving in 37 locations across the state	
\$2.5M	Digital Navigator Grant received to connect low-income Veterans to broadband resources allowing them to access VA benefits and health care	
\$100,000	Funds received from CDC and DOH for Tobacco Cessation for Veterans	

Suicide Prevention

\$1.1 million from Legislature for Suicide Prevention Staff, Peer Specialists, and creating an online Resource Database.

\$750,000 grant to provide Suicide Prevention services to at least 680 Veterans in rural North Puget Sound and North Central Washington.

9 Governor's Challenge Team for Suicide Prevention Goals met to reduce suicide among Service Members, Veterans, and their Families.

Encouraging public participation by unveiling a Suicide Prevention License Plate Emblem to raise funds for Community-Based Suicide Prevention Efforts and generate awareness for the new 988 Lifeline.

Leadership Commitment:

to the principles of Change agility and capacity planning. Strategically focused on People, Process, and Technology, to be equipped to serve Veterans and their Families.

Contact

Alfie Alvarado-Ramos  
Director  
[Alfie@dva.wa.gov](mailto:Alfie@dva.wa.gov)

David Puente, Jr.  
Deputy Director  
[DavidP@dva.wa.gov](mailto:DavidP@dva.wa.gov)

## Treasurer's Report

Greetings to all and your treasurer will try to keep this portion relatively short and sweet this time. I'll be talking about monies (no surprise there!) in the following four broad areas:



Mike Morgan  
Treasurer

Website Utilization. Member's utilization of the website has been increasing monthly and now makes up well more than half of everything received. Looking at the most recent financial report, for example, total monies received came to about \$1,100; of that, \$400 came in via cash or checks and the \$700 balance was received via the web. For another example, of the 23 separate meal reservations made for the February meeting, 5 were by mail or phone call and the remaining 18 being orders via the website. I like it!

Scholarships. We got off to a bit of a rocky start in January, with only \$51 going into the scholarship savings account. It wasn't a record, we have done worse (but only in one year). Thankfully, the pace picked up quite a bit in February with \$398 flowing into the coffers. That doesn't quite make us totally healthy; we're still slightly behind the trend line towards our goal, but I don't see any great difficulty in catching up. Thanks for your generous contributions so far.

Dues receipts have slowed a bit lately and we are stuck at about 70% paid up on annual dues for 2023. Please look at the 'arrears list' at the bottom of this section: If your name appears there, then as far as I know your dues are not paid for the year.

Dues. The recruitment efforts being made by Terry and Pat continue to pay dividends, and our membership has just ticked up to 86 in total.



## Operation Homecoming, 50th Commemoration

Thursday, 16 March 2023  
Officers' Club, 1045 Midway St  
1130 Buffet Lunch and POW introductions  
1600 - 1730: Social Mixer  
1730: Dinner (cost per person \$30, Meat or Vegetable Lasagna)  
1900: Conclusion

If you think they are, get in touch with me and we'll resolve that together. If, on the other hand, that leads you into an "Oh, yeah ..." moment, then make a note to yourself to write out the check or get them paid on our website or, for that matter, at the MOAA chapter dues payment section as well.

Support and WIP Buy-out. As you know, we provide support in various ways to JROTC programs at two area high schools. A major part of that support is the direct cash grants we make to each program, in amounts which over the past 7 years have varied between \$250 and \$500 per unit per year. We hold an annual fundraiser, the performance buy-out at the Whidbey Is. Playhouse, to support that part of the program. Okay, now we are budgeting the support at the \$500 level for this year, that amount made possible by the very successful fundraiser we held last year; in that same vein, then, the support level for next year will be determined in large part by *this* year's buyout, which will be taking place in early June. JR has found an excellent comedy performance for us to enjoy and there's some chance that a magic show could be included in the evening somewhere as well, so - as soon as you can - get that date saved and make an effort to come out for a fun show, a fun evening, and a really good cause.

The Arrears List (1st names & last initial)

*Benjamin B., Robert B., Michael B., Therese B., Sonja B., Ruth B., John D., Jesse E., Jean F., Evelyn G., Michael H., Richard J., Brian M., Bruce M., Anne P., Richard R., Ralph R., Edward S., Barry S., Joel S., Marcus S., Charles T., Ilan W., David W., Daniel W., William Y.*

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## Join us at NAS Whidbey Island

**Make Reservations No later than 03MAR.**

1. Go to <https://www.navylifeepnw.com/myffr>
2. Select Activities from top gold banner.
3. In Activity Search Number box enter the code 992376 for the meal you would like to purchase.
4. Under Activity Search Results, a box labeled 992376 - 50th Operation Homecoming will appear with two options (one for lunch and one for dinner)



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## Chaplain's Corner

WICMOAA Luncheon Prayer  
Whidbey Golf Club 9 February 2023  
Chaplain David G. Lura

O, God of compassion and healing . . . I call upon your presence to give an extra portion of your comfort and peace to those overcome with distress and pain. As we gather today to learn about medical services offered locally to those of us in the comfort of our own Island . . . we lift up the people of Turkey and Syria . . . and of Ukraine . . . all of whom desperately are in need of similar services in their time of turmoil and grief.

We likely cannot comprehend the agony faced by those in the far away reaches of the globe unless we have served in combat on foreign soil. It is hard for us to imagine the grief of a Syrian family fleeing to

## JROTC/Scholarships Information

WICMOAA provides financial support to two JROTC units:

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



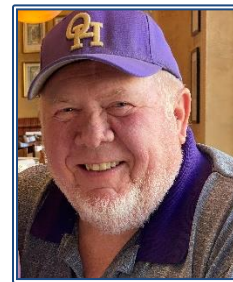
We also provide MOAA medals and certificates. This year we still have funding to award the HARVEY LASELL Scholarship for \$2500.00 to a member of the Oak Harbor High School Navy JROTC unit. This scholarship awarded in accordance with the wishes of the benefactor Harvey Lasell, a former member of WICMOAA.

Our main scholarship of \$3000.00 is funded mainly by the ticket drawing in which we participate during our monthly meetings.

This year the scholarship activity has moved to the WICMOAA.com web site. The dead line for application submittal is 15 April 2023. The applications are gathered and a small grouping of WICMOAA board members will get together sometime in early May to decide the winners.

Last year Terry Sparks and I went to the Oak Harbor JROTC scholarship awards as well as the Oak Harbor High School scholarship awards. I expect we will attend again this year.

Turkey from the ravages of war in their homeland only to be snuffed out amid the rubble of collapsing buildings due to earthquakes in that country.



Today, we mourn the loss of one of our own, Colonel Larry Moses, who has not only served his country in uniform, but has also provided leadership to this association in numerous capacities with profound professionalism and pride as we might expect from an Army Ranger or even a gourmet chef. He exhibited compassion for all . . . especially and most recently with his presentation regarding information for surviving spouses.

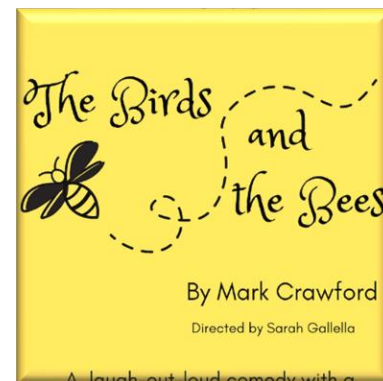
We are thankful, creator God, for this time of meeting, greeting, and eating together.

In your Holy Name, I pray. Amen

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## Playhouse Event

Mark your calendars now. The Whidbey playhouse WICMOAA buy out event will be held on the evening of June 1st. The play is a comedy, "The Birds and the Bees".



### About the Event

"The Birds and the Bees" How do you deal with your adult daughter moving back home, while your mother is a new single lady? And your prized bee colony is slacking in their sweet honey production! This comedy is about love and the relationships between neighbors, family, and lovers.

The profit WICMOAA gets from our playhouse event is used for our support for the two JROTC programs along with your donations.

Stay tuned, details to follow in our newsletters and website.

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## Member Spotlight



**Captain James Patton, USN Ret.**

Captain Patton is a retired submarine and surface warfare qualified officer with 30 years of active service. He commanded the submarine USS VOLADOR in the Pacific Fleet and the Navy's Research & Development Center in San Diego. He holds a Ph.D. in Law and Diplomacy from The Fletcher School and served on Henry Kissinger's Policy Planning Staff from 1974 to 1977. From 1977 to 1982 he served Admiral Thomas B. Hayward, first at CINCPACFLT in Pearl Harbor as Head, War Plans Branch, and later, in the Pentagon, as Executive Director of the Chief of Naval Operations Executive Panel.

After a 20-year second career in R & D with Lockheed Martin Corporation he and his wife, Wendy, built their home on Whidbey Island. Captain Patton served as Executive Director of the Port of Coupeville from 2004 to 2014 and has also served as the President of the Whidbey Island Chapter of the Military Officers Association and the President of the Whidbey Island Water Systems Association.



### Birthdays

If we missed your birthday, please let us know so we can let the WICMOAA family know.  
March ....

## ROWC Meetings and Events

The ROWC will have a special event for our March meeting. More information to follow through the ROWC announcements.



## WICMOAA Family

### TAPS

The board of and the members of WICMOAA SADLY BUT FONDLY REMEMBER OUR DEAR FRIEND AND DEDICATED LEADER OF OUR Chapter, Larry Moses, Col, USA, Retired.

Larry passed away from a heart attack on February 1, 2023. During Larry's 30 plus years living on Whidbey Island, he "never stopped serving" in The Retired Officers Association (TROA), and then the Whidbey Chapter of the Military Officers Association of America (WICMOAA). He was also very active helping veterans with support volunteering for the DAV at the VFW.

He served on the Board of Directors in a variety of leadership positions including 5 years as president and last year as the past president. Larry came from a long line of ancestors who served in the military from the Revolutionary War through the Civil War to Vietnam. Larry was a proud Army Ranger who served 2 tours in Vietnam (1966 & '71) and 3 tours in Germany. The family moved 31 times during Larry's 26 years in the Army.

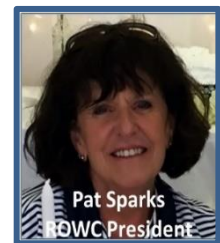
Larry married his soul mate Lyn 63 years ago. They have 2 daughters, Lynn and Judith. Lynn lives in Spain with her husband and 2 sons and a daughter. Judith lives in Portland, Oregon.

There will be a celebration of Larry's life March 11<sup>th</sup> at the Oak Harbor Yacht Club at 1400.

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### Anniversaries

If we missed your Anniversary, please let us know so we can let the WICMOAA family know.  
March ....



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## DOD Program Changes

Congress provided for a Survivor Benefit Plan (SBP) Open Season in the 2023 National Defense Authorization Act (NDAA). The SBP Open Season began on December 23, 2022 and ends on January 1, 2024.

As part of the SBP Open Season, eligible members and former members who are currently enrolled in either SBP or RCSBP may choose to permanently discontinue their SBP coverage.

Previously paid premiums will NOT be refunded. For Reserve Component Retirees: If you previously elected reserve component coverage and are already receiving retired pay, the Reserve Component Premium deductions (for the coverage already provided to you while you awaited the requisite age of entitlement to retired pay), sometimes referred to as "add-on" cost, will continue. Reserve Component Premium deductions generally continue until your retired pay has been reduced for a total of 360 months, or until the death of the RCSBP beneficiary.

The law generally requires that any currently covered spouse, former spouse or child aged 18-22 must concur under the 2023 NDAA Open Season. The covered party's signature must either be notarized or witnessed by an SBP counselor. Discontinuance requests will not be considered valid without these signatures.

### What you need to do:

Before submitting a request to discontinue SBP coverage, we recommend you and your adult beneficiaries review the DFAS webpage on the advantages and disadvantages of the Plan at <https://www.dfas.mil/sbpadvantages>.

The SBP Open Season 2023 Discontinuance Form - Provisional is available for download from the DFAS SBP Open Season special focus webpage at <https://www.dfas.mil/sbpopenseason23>. Once downloaded, fill out the form, sign and date, and ensure all adult covered beneficiaries have their signature signed, dated and notarized or witnessed by an SBP counselor.

Completed and signed forms can be submitted either by uploading through our askDFAS online upload tool, via fax or through the mail. Specific instructions are on the 2023 SBP Open Season special focus webpage.

### If you have questions:

Please see the information and FAQs on our special focus webpage: <https://www.dfas.mil/sbpopenseason23>.

It is important to note, any valid request to discontinue coverage generally cannot be reversed - you will not be allowed to reenroll in the Plan once you submit the Discontinuance Form.

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## Pictures of Famous 2023 People

 <p>Amazing Leader 1936 - 2023</p>	 <p>January Speaker CDR Oswald NAS Whidbey</p>	 <p>February Michael Layfield CEO Whidbey Medical Center "Whidbey Health"</p>
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## This month's Meeting Info

### March 9<sup>th</sup> at Whidbey Golf Club.

Lunch starts at 11:30

- Food Options are Chili, Chicken Caesar Salad and the WGC Blue Ticket Special for the month.
- Please RSVP no later than the morning of the 8<sup>th</sup>.
- Mail the coupon in with a check or go to the website: <https://wicmoaa.com/orders>

Chapter Meeting starts at 12:00 noon.

### Brief for the Chapter Meeting

**Captain Althoff, Captain Juliann Althoff Medical Corps, U.S. Navy**

*Commanding Officer, Navy Medicine Readiness and Training Command Oak Harbor*  
*Director, Naval Health Clinic Oak Harbor*

### “2023 Direction for the Clinic and Virtual Appointments”

Captain Althoff has served in a variety of leadership positions across the Navy, Marine Corps and the joint operating force. After flight surgeon training in Pensacola, FL in 1997, she served as flight surgeon for Carrier Air Wing NINE, deploying on an “around the world cruise” aboard the USS NIMITZ (CVN 68). Her next assignments were with the Helicopter Anti-Submarine Squadron 10 (HS-10) training squadron in San Diego, CA, and the Presidential Helicopter Squadron (Marine One) in Quantico, VA, where she oversaw a large flight-line clinic and traveled extensively in support of overseas Presidential missions.

As a public health and preventive medicine specialist, she served with III MEF in Okinawa, Japan as the Force Health Protection Officer and 3rd Marine Expeditionary Brigade Surgeon, where she planned, conducted and oversaw numerous HA/DR missions as both a member of the Humanitarian Assistance Survey Team (HAST) and as JTF/CJTF Surgeon.

After graduating from the U.S. Naval War College, Althoff was assigned to U.S. Pacific Command as the Preventive Medicine and Force Health Protection Officer, playing a key role in the coordinated medical response to Operation Tomodachi, the unprecedented earthquake, tsunami and low-level radiological emergency in Japan.



In 2013, Althoff stood up the Navy Environmental and Preventive Medicine Unit SEVEN (NEPMU-7) in Rota, Spain as OIC, establishing critical public health and preventive medicine support to deployed and expeditionary forces throughout the European and African theaters.

Additionally, Althoff served in key headquarters positions including Executive Assistant for the Deputy Surgeon General of the Navy, and Executive Director for the Defense Health Board, the DoD's only Federal Advisory Committee on health, leading a team of civilian healthcare leaders and experts in providing the Military Health System with strategic, independent findings and recommendations.

In 2019, Althoff was selected as Chief Medical Officer and Director for Quality at Naval Medical Center San Diego, where she played an essential role in maintaining Joint Commission accreditation and leading the initial COVID pandemic response. Her last assignment was as Executive Officer, Naval Medical Research Unit Dayton, Wright-Patterson Air Force Base, Ohio.

Althoff is board certified in Public Health and Preventive Medicine. Her awards include the Defense Superior Service Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal (5 awards), the Joint Commendation Medal (2 awards) and various additional service and unit awards.

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Not a MOAA  
or WICMOAA  
Member?

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 our:

- **Pay,**
- **Benefits,**
- **Retirement**

**Join MOAA and/or  
WICMOAA using one of the  
links below.**

<https://wicmoaa.com/links>



## WICMOAA Membership

WICMOAA welcomes aboard two more new WICMOAA Chapter Members. They put in applications in February and who have been approved for membership by the WICMOAA Board of Directors.

## Murphy's Laws of Combat Operations

1. Friendly fire – isn't.
2. Recoilless rifles – aren't.
3. Suppressive fires – won't.
4. You are not Superman; Marines and fighter pilots take note.
5. A sucking chest wound is Nature's way of telling you to slow down.
6. If it's stupid but it works, it isn't stupid.
7. Try to look unimportant; the enemy may be low on ammo and not want to waste a bullet on you.
8. If at first you don't succeed, call in an airstrike.
9. If you are forward of your position, your artillery will fall short.
10. Never share a foxhole with anyone braver than yourself.
11. Never go to bed with anyone crazier than yourself.
12. Never forget that your weapon was made by the lowest bidder.
13. If your attack is going really well, it's an ambush.
14. The enemy diversion you're ignoring is their main attack.

1. **LCDR John Schalde USN Ret and his wife Terrie Schalde.**
2. **Major Ron Edge, USAF Ret.** Ron Enlisted in June 1961 and became a Morse Intercept Operations for two years, then went to Air Operations for 10 years. He was commissioned in June 1973 and worked in Transportation for six years then on to engineering management for four years and finally Weapons System Acquisition his last seven years. Ron retired 01Sep90.

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

Paying for 2023 dues started in October. At this time, we have 70% of our membership that has paid.

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>

<b>Scholarship 2024 program</b> Our commitment – \$3,000.00 Now: \$398.00	<b>JROTC 2024 program</b> Our commitment \$1,000.00 Now: \$72.98
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Name(s): <input style="width: 90%;" type="text"/>	Date: <input style="width: 80%;" type="text"/>
<b>Chapter Meeting Meal Order for the Month for:</b> <input style="width: 150px;" type="text"/>	
	<b>Number</b>
<b>Green Ticket:</b> Chicken Caesar Salad & Roll . . . . . \$18.50 ea. X <input style="width: 40px;" type="text"/>	= \$ <input style="width: 60px;" type="text"/>
<b>Blue Ticket:</b> Dimer plate of the month . . . . . \$18.50 ea. X <input style="width: 40px;" type="text"/>	= \$ <input style="width: 60px;" type="text"/>
<b>Red Ticket:</b> Bowl of Soup or Chili & roll . . . . . \$ 9.00 ea. X <input style="width: 40px;" type="text"/>	= \$ <input style="width: 60px;" type="text"/>
Include coffee or iced tea with the meal. Includes Tax and a 20% Tip.	
*****	
<input type="checkbox"/> Scholarship <input type="checkbox"/> JROTC    Fund(s) Donations . . . . .	\$ <input style="width: 80px;" type="text"/>
2022 Dues \$20.00 for Members and \$5.00 for Surviving Spouse Members . . . . .	\$ <input style="width: 80px;" type="text"/>
WICMOAA Shirts <input style="width: 40px;" type="text"/> Gray + <input style="width: 40px;" type="text"/> White = <input style="width: 40px;" type="text"/> X \$25 each . . . . .	\$ <input style="width: 80px;" type="text"/>
Size(s) <input style="width: 200px;" type="text"/>	
WICMOAA Grey Caps . . . . . <input style="width: 40px;" type="text"/> X \$25 each . . . . .	\$ <input style="width: 80px;" type="text"/>
Tales of Military Service Vol 1 . . . . . <input style="width: 40px;" type="text"/> X \$17.50 each . . . . .	\$ <input style="width: 80px;" type="text"/>
Tales of Military Service Vol 2 . . . . . <input style="width: 40px;" type="text"/> X \$15.00 each . . . . .	\$ <input style="width: 80px;" type="text"/>
"Total Purchases" \$	<input style="width: 150px;" type="text"/>

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

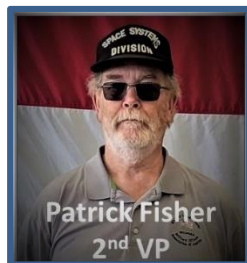
WICMOAA P.O. Box 255

Oak Harbor, WA 98277

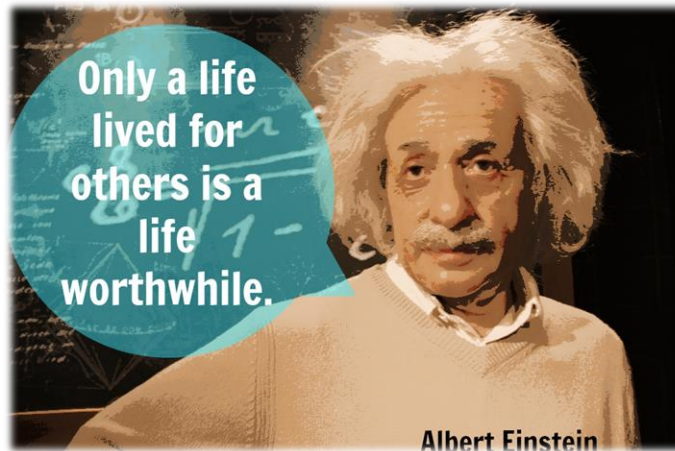
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## Newsletter Editor's Comments

First. I hope you all enjoy the new newsletter format. I'd like to thank Terry for all his work putting the format together. I'd also like to ask for your help. If you have any comments, I want to hear them; negative or positive. Is there something you'd like included or too much of anything we've provided, if so please let me know. Second. As the 2<sup>nd</sup> VP my real job is recruitment for WICMOAA and MOAA. I'm hoping to set up a table in the exchange in March for recruiting. If you happen to drop by while I'm there, please stop by and pass on some war stories to new recruits.



Third. Our mission is "We Never Stop Serving". We support those who continue to serve, those who have served and those who were our support all those years we did serve.



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