



# WICMOAA NEWS

The Whidbey Island

Chapter, MOAA

---- Since 1968 ----

Dec 2022



## President's comments

A year has gone by and  
WICMOAA continues to grow.



We have ten new members and presently have three new potential members, which will bring the WICMOAA membership from the 2021 count of 64 to 78 members. We can always use more members so don't forget to ask your friends to join.

2022 a first in several areas for WICMOAA.

1. First year for 100% of past years members to pay 2022 dues
2. NAS Whidbey CO and XO have both taken note of WICMOAA and provided the support they can. XO is now a MOAA member.
3. First year that 100% of WICMOAA members now also belong to MOAA National.
4. First year to have a WICMOAA website where members can stay informed as well as buy food and items on-line. The website records over 300 hits every month.
5. WICMOAA.com now also provides an online form for scholarships that will help standardize the application process.
6. First year in the recent past we have had Active-Duty members join WICMOAA.
7. First year WICMOAA has won the MOAA five Star Level of Excellence award for being one of MOAA's top chapters.
8. First year we will have a Christmas party on Saturday to allow full-time workers to attend.
9. Chapter Meeting attendance has grown from 12-15 during the last part of 2021 to 39-50 each month.
10. We have held two recruiting sessions at NAS Whidbey. While WICMOAA is not seeing a tremendous influx of members, we are increasing MOAA members. I ran into a young Lieutenant the other day and he said "hey, I just got my first MOAA magazine".

I would appreciate one of our members stepping up and becoming the **Surviving Spouse Liaison**. This is an important position for MOAA and WICMOAA. You do not have to be a Surviving Spouse to be the Liaison. Just someone who cares and would like to help. **Merry Christmas**

*WICMOAA and MOAA are non-partisan organizations*

## 2022 Officers:

### President: (360 Area Code)

Terry Sparks 544-2817

### 1st VP

David Sullivan, 240-0560

LtCol, USMCR, Ret

### 2nd VP (Membership)

Patrick Fisher, 678-1402

CAPT, USAF Ret

### Secretary (Personal Affairs)

David Cohick, 675-5171

LCDR, USNR, Ret

### Treasurer:

Michael Morgan, 298-3097

CDR, USN, Ret

### Past President:

Laurence Moses, 678-1080

COL, USA, Ret

### 2022 Directors:

### JROTC/Scholarships:

William Goodman, 678-3888

CDR, USN, Ret

### Publicity:

JR Russell, 682-6648

CAPT, USN, Ret

### Health Affairs:

Trish Rose, 257-9554

MajGen, USAFR, Ret

### BBQ Planner

James Patton, 678-0983

CAPT, USN Ret.

### Programs

Marshall Bronson, 678-7097

CAPT, USN Ret.

### ROWC President:

Pat Sparks 425-298-9319

### Surviving Spouse Liaison:

Nancy Tull 675-6755

## **TREASURER'S CORNER**

**Annual Report.** Greetings to all my fellow chapter members! This month, instead of my usual dry talk about numbers, it will consist of a condensed version of the annual report that's required under our bylaws. I was prepared to do this at our November meeting, as usual, but in the moment decided it seemed wiser to put it off and take care of it this way, with the added benefit of having it reach out to the entire membership. All of the numbers reported below reflect our status as of 31 October of this year.



**MEMBERSHIP:** Membership now sits at 78 (66 regular, 12 auxiliary) or whom 75 are dues paying. The membership level continues to tick up, due mostly to the outreach efforts by Terry and Pat.

**TOTAL ASSETS:** Liquid assets owned or controlled by the chapter, all of which are held at NFCU, totaled \$36,008.47 and are broken down as follows:

**Checking** — As of July we had closed our long-standing checking account at Whidbey Bank/Heritage and transferred those funds over to our new checking account at NFCU. Current balance is \$6,916.41, of which roughly \$2,500 is earmarked for payment of this year's Harvey Lasell Scholarship award.

**Savings** — The NFCU savings account, the repository for all scholarship funds, now sits at \$5,231.80. After the \$3,000 is withdrawn and transferred to this year's awardee, the remaining balance plus all donations received will be applied towards next year's scholarship.

**Reserve CD** — The balance in our reserve now sits at \$21,702.24, not too far from the balance that existed when I took over this job, many years ago. Many years. In that period we've dipped into the reserve only three times: Once in 2017 to support increased scholarship awards, and then in 2021 & -22 to cover budgetary shortfalls due to decreases in membership coupled with costs increasing and donations dwindling during the heart of the COVID years.

**Lasell CD** — We administer this CD on behalf of the Lasell family, with the current balance of \$2,158.02 representing what will be the last scholarship to be awarded on their behalf to a deserving recipient coming out of the Oak Harbor HS NJROTC program.

**INCOME:** The monies that flow into our accounts are of four basic types:

**Dues** — Dues provide the primary operating capital for chapter operations. Dues levels used in 2022 (\$20 regular, \$5 aux) will be continuing unchanged into 2023. We entered the '2023 Dues Year' as of 1 October, with \$1,335 the established target for the year at 100% payment. Receipts to date total \$452.

**Directed** — Scholarship donations would be an example of directed, where all monies received earmarked for that purpose go onto that account and are used nowhere else. Dues could also be viewed as directed monies, as would be such things as donations to support the JROTC programs, to purchase new memorial flags, and so forth.

**Pass-Thru** — These are more fungible and generally speaking involve monies flowing through chapter accounts before being disbursed to pay for other things. These include the purchase of meals, purchases of tickets for various events, the purchase of materiel being sold by the chapter (books, clothing, mugs, etc.), and so forth.

**Fundraiser** — We only have one per year, that being the Whidbey Is. Playhouse buyout, with net

income from those events dedicated to funding the chapter's JROTC support programs. Net income from this year's event was \$1,194.04.

**LIABILITIES:** The chapter has no financial liabilities per se. We do obligate chapter funds in support of various needs and programs, and of course have the routine operating expenses to accommodate as well. Let's take a really brief look at the major examples of those next.

Scholarships — \$3,000 obligated but not yet disbursed for this year, with the same amount projected looking forward into 2023.

JROTC Grants — We granted each of the two high schools \$300 this year, and anticipate raising that amount to \$500 apiece in 2023 (Note: Probably that year only.)

Deposits/Venue Rental Fees — Paid to WGC for the meals and events there, to MWR for the July picnic, to Whidbey Playhouse for the event there, and so forth. Total for the year will be \$5-600.

Post Office Box Rental — To be paid in December, budgeted at \$150 but might be higher (Note: more than doubled since 2016.)

Printing and Mailing Charges — These have totaled \$89.78 to date, even after having brought printing of newsletters back in-house.

If you have any questions about any part of this, or about anything else please feel free to call or text me at 360.298.3097 and I will try to get a good answer for you. Thank you for your attention.

### **Mark your Calendars for the WICMOAA Meetings in 2022 at the WGC 11:30 AM**

**~~June 9<sup>th</sup>~~** Brief by **Captain Kewish: "Naval Health Clinic Oak Harbor, today and looking forward"**

**July 14<sup>th</sup> Annual BBQ Event:** Rocky Point Recreational Area – No Brief, just good food, friends, and fun!

**~~August: No Chapter Meeting—~~** Music by the stylings of Bobby O' Neil

**~~September 8<sup>th</sup>~~** Brief by **Colonel Lawrence Moses, DAV Representative: "VA Services and Benefits"**

Brief by **Patricia Sparks ROWC President: "Retirement and Piece of Mind"**

Brief by **State Representative District 10 Greg Gilday: "Planned Legislation impacting Veterans"**

**~~October 13<sup>th</sup>~~** Brief by **LT Dutton Washington National Guard Structure, purpose, and function.**

**~~October 22<sup>nd</sup>~~** **Member** Appreciation BBQ at the VFW – Be sure and sign up

**~~November 10<sup>th</sup>~~** Presentation by **Barbara Bennett: "Island County Marine Resources"**

**Saturday - December 10<sup>th</sup> Annual Christmas Party** at the Whidbey Golf Club

Key Visitor: Frank Michael MOAA Council and Chapters Affairs

**Jan. 12<sup>th</sup>** Brief by **Commander Tim Oswald, XO NAS Whidbey Island "China's Economic World War"**

**Feb. 9<sup>th</sup>** In Process Scheduling for Brief by New COO Whidbey General Hospital on Status

**March 9<sup>th</sup>** In Process Scheduling for Brief by Captain Althoff, CO Navy Clinic Oak Harbor "Update on Clinic"

**April 13<sup>th</sup>** Brief by

**May 11<sup>th</sup>** Brief by





## **Health Affairs:**

Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks. While not everyone has diabetes, per se, the following tips can be helpful to all of us who are trying to not put on too many pounds during the holiday season.



ALSO - Remember to protect yourself at gatherings: Vaccinate (COVID Booster and Flu) and wear a mask when indicated by your own health situation.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

### **1. Holiday-Proof Your Plan**

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

### **2. Outsmart the Buffet**

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.
- Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

### **3. Fit in Favorites**

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

### **4. Keep Moving**

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce

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stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

#### 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

**Good News: The NAS-OH clinic is opening up/adding some limited spots for retirees. They do a great job out there and do everything: Doctors, X-rays, labs, drugs, shots, etc.**

## **MOAA ADVOCACY**

[MOAA-Supported Priorities](#)

[Legislative Action Center](#)

[MOAA IN ACTION: MAJOR LEGISLATIVE ACCOMPLISHMENTS](#)



## **CHRISTMAS PARTY Information**

Please RSVP for our December Christmas Party on December 10th. The party will be a buffet style meal held at the Whidbey Golf Club. The party will start at 11:30 AM. Feel free to bring family and/or guests, just let us know early how many are coming. We should be able to accommodate at least 50 people.

The menu will be a buffet like last year's, but with an upgraded beef this year we can chew. The cost per person will be \$ 25.00



At our party we will have a guest from MOAA National, Mr. Frank (Tank) J. Michael Captain USN retired. Frank is a MOAA Program Director responsible for Chapters and Councils. Frank has helped me many times with issues, and he is a great guy. I am sure Frank will have a few words for us from MOAA. If you have questions for Frank, please send the questions to me in advance. I will get them to Frank so he has a chance to have the best answer for you.

Frank is responsible for direct support of MOAA's robust nationwide network of more than 400 active and engaged affiliates as they influence legislation, serve their local communities in impactful ways, grow membership at the local and national levels, and increase MOAA brand awareness nationwide. He coordinates with senior headquarters staff, as well as the national oversight committee and board leadership, to improve and support the vibrancy and effectiveness of MOAA's affiliate network. Michael also provides in-person support to council and chapter activities and events

and plans and organizes quarterly council and chapter leader in-person workshops and other training opportunities.

### While active-duty Navy

- Commanded Helicopter Anti-Submarine Squadron Light 47 (HSL 47). Led Navy helicopter relief efforts following the 2004 Indonesian tsunami and Hurricane Katrina.
- Commanded *USS Boxer* (LHD 4). Participated in the 2011 Captain Phillips rescue operation in the Indian Ocean.
- Extensive experience in nonprofit program and volunteer member support.

Since MOAA will have a representative at our meeting, they are sending out email invitations to all MOAA members in our area for the Party. MOAA is hoping we will pick up one or two new members because of the event.

Send in the coupon below or go to the website to RSVP [\(Click Here\)](#)

### Preparation for the Christmas Party

1. Bring an **unwrapped Toy for Tots** gift and we will get them to the right location.
2. Bring a \$10 to \$20 **wrapped gift for exchange** at the party.

#### For WICMOAA Members and Guests!

- Sliced Choice Beef (*Carving station*)
- Veggies
- Penne Alfredo
- Mashed potatoes with brown gravy
- Garden salad with assorted dressings
- Rolls
- and Cookies for dessert
- Plus+++++
- MOAA celebration Christmas cake



## Upcoming ROWC Events

ROWC December Christmas get together.

We are very fortunate that Patty Cohick will be hosting our traditional Christmas party this year. Members watch your email for further information.

Happy Holidays to all.



## WICMOAA Family

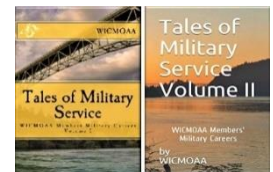
Joel Shaw LCT USA Ret. is in the ICU at Harborview Hospital. Joel fell on the 25<sup>th</sup>, broke his neck, and is paralyzed. The hospital does not allow us to send flowers to the ICU but you can send a card. Joel's son flew in from the east coast and is with Joel's wife Leilani. Please keep Joel and Leilani in your prayers.

## Sounding Taps

The BOD of WICMOAA has been notified of the passing of long-time member, Willida Elm.. Willida's husband of over 63, years, Lt. Cmd. Joe Lee Elm, USNR, Ret., died in 2008. On behalf of the members of WICMOAA we send our sincere condolences to Willida's family.

## “Tales of Military Service” – Volume III

WICMOAA is looking to create a volume III of our amazing selection of stories by our members. We all served and have stories of happy times, sad times, and funny times while serving in the military.



**We really need some additional stories to create a new book.** Send your stories to [WIC.MOAA@gmail.com](mailto:WIC.MOAA@gmail.com)

## I Bond

Within the past year the Federal Government has offered a CD style savings bond called an I Bond. The I Bond can only be purchased online at [treasurydirect.gov](https://treasurydirect.gov). Its purpose is to help purchasers combat inflation by offering this security at an attractive interest rate. There is no risk to the principal. The fixed interest rate is zero, but the variable interest rate is recalculated every 6 months (May 1 and November 1) based on the effect of inflation as determined by the Consumer Price Index, CPI. The current rate is 9.62%. Everything is easily explained at [treasurydirect.gov](https://treasurydirect.gov). It is for real. Check it out. Ref: The April issue of Military Officer magazine, page 28.

## Events Honoring our Veterans

Thank you to the WICMOAA members who participated in the annual Veterans Day Flag Project. Almost 1,500 American flags were placed on the graves of deceased veterans at 5 cemeteries on Whidbey Island. Bob Blakley coordinated the distribution of flags at Bayview. Dennis Bullock and Boy Scout Troop 4,058 from Coupeville placed the 560 flags at Sunny Side. Oak Harbor High School NJROTC students, led by teacher, Bill Thiel, assisted David Cohick at Maple Leaf and the 2 Heritage Cemeteries by placing almost 600 flags honoring deceased veterans.

Thank you, everyone,  
David Cohick





## PICTURES (Nov Meeting)

Barbara Bennett presented some great information on the “Island County Marine Resources”



**Merry Christmas and Hanukkah Sameach**





# WICMOAA Order Form

Name(s):

Date:

Chapter Meeting Meal Order for the Month of:



Number

Christmas Party..... \$25.00 ea. X  = \$

*Include coffee or iced tea with the meal. Includes Tax, and a 20% Tip.*

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Scholarship Fund Donations .....

\$

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From the WICMOAA Store (Checks or Cash)

2022 Dues \$20.00 for Members and \$5.00 for Auxiliary Members ..... \$

WICMOAA Shirts  Gray +  White =  X \$25 each ..... \$

Size(s)

WICMOAA Grey Caps .....  X \$25 each ..... \$

Tales of Military Service Vol 1 .....  X \$17.50 each .. \$

Tales of Military Service Vol 2 .....  X \$15.00 each .. \$

“Total Purchases” \$

Please print this page and include it with your check for “Total Purchases” to be mailed to

WICMOAA

P.O. Box 255

Oak Harbor, WA 98277



The Whidbey Island Chapter, MOAA

— Since 1968 —

**WICMOAA**

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