



# WICMOAA NEWS

The Whidbey Island  
Chapter, MOAA  
---- Since 1968 ----  
Feb 2023

## President's Comments

I hope you have been reading my weekly notes. If not, please help. MOAA is looking for our help to get congress's attention on the proposed TriCare for Life (TFL) changes. It has been proposed that TFL should have a new enrollment fee and out of pocket requirements to help cut the deficit. These new fees could add up to almost \$5,000 per year per person.

Please send one of the canned letters in as soon as possible. For those of you that get your newsletter via USPS, a copy of the 3 letters have been included with your newsletter.

I am looking forward to the speaker this month. The CEO of Whidbey Health will be providing us with an update on the hospital.

*Scholarship 2024 program commitment:*

*\$3000.00 / Donated to date: \$147.00*

*JROTC 2024 program commitment:*

*\$1000.00 / Donated to date: \$72.98*

**Thank You for the Donations!**



## Officers:

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- 1st VP**  
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CAPT, USN Ret.
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Patrick Fisher, 678-1402  
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COL, USA, Ret

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William Goodman, 678-3888  
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- Publicity:**  
JR Russell, 682-6648  
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- David Gruber, 588-4067  
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- WICMOAA Chaplain**  
David G. Lura 720-8398  
LCDR USN Ret
- Surviving Spouse Liaison:**  
Nancy Tull 675-6755
- Health Affairs:**  
Trish Rose, 257-9554  
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- Legislative Chair**  
Jesse Epp 805.407.9635  
LCDR USN, ACT
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David Cohick  
LCDR USNR Ret
- ROWC President:**

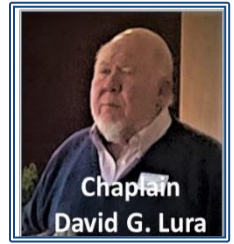


*"Dear Diary, Incredible news! Unfortunately, it's all classified."*

## Chaplain's Corner

WICMOAA Luncheon Prayer, Whidbey Golf Course - 12 January 2023

### Chaplain David G. Lura



Creator God of so many gifts, today I am reminded to be grateful for the invisible wonder of the wind, for the playful spirit of nature that causes flags to flutter, kites and balloons to be driven heavenward, windmills to twirl freely, and windchimes to tinkle joyfully.

I would submit that we can rejoice in this marvel of wind as a carrier of seeds of new growth and that we can be reminded of Your Spirit as a messenger of new life in this new year.

Today we gather to meet and greet and eat together but also to learn about what is "in the wind" . . . or more specifically . . . what is happening in other parts of the world that can or does impact our lives. Just as the wind has the capacity to topple trees and overturn semis and in tornado or hurricane levels to rip roofs off of buildings or drive two by fours through walls we know that the "winds of war" lie just around the next corner.

I call upon your presence, O God, to be with those in leadership positions today in the military, who have received the baton of responsibility passed along by those gathered in this very room, that they may be inspired by the Breath of Your Spirit to remain vigilant in the cause of freedom.

May we all remain steadfast and supportive in that cause. This I pray in the name of the Triune God. **AMEN**

## Treasure's Corner

**Just a reminder about Dues this month.** We have been collecting dues since the first of October. At the end of January, about 65% of the 2022 membership have already paid their dues for 2023.

Consider adding your 2023 dues to your RSVP / food order for the chapter meeting.



## Pay Dues Only Here



**MOAA**  
INSURANCE  
PLANS

**Standing with you  
at every stage.**

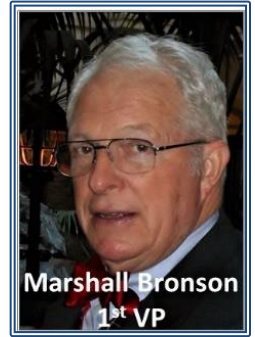
1-800-247-2192  
[www.moaainsurance.com/plans](http://www.moaainsurance.com/plans)

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## 1<sup>st</sup> VP Comments

Our Speaker for the February Chapter meeting is Mike Layfield, Interim CEO of Whidbey Health.

Mike started his health career in 1974 at Duke University Hospital, where he held the position of Assistant Administrator. During his forty-eight years in the healthcare space as Assistant Administrator and CEO, he has successfully led approximately eighteen hospitals.



Every hospital he was called to lead and serve had multiple challenges, including political, medical staff, clinical, community perception, culture, volume, financial, staffing, quality, or customer service.

Mike is battle-tested with a wealth of hospital turnaround experience. HealthTechS3 and Mike are well prepared to lead Whidbey Health back to prominence in all aspects of its operations, delivering excellent health

### **Mark your Calendars for the WICMOAA Meetings in 2023 at the WGC 11:30 AM**

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

**Feb. 9<sup>th</sup> Brief by Michael Layfield CEO Whidbey Medical Center "Whidbey Health 2023"**

**March 9<sup>th</sup> Brief by Captain Althoff, CO Navy Clinic Oak Harbor "New CO, new direction for Clinic and Virtual Appointments"**

**April 13<sup>th</sup> Brief by Cherie Wardlaw, NAS WI JAG "Services available and how to get started"**

**May 11<sup>th</sup> Brief by LT Goldsmith, NAS Whidbey Search and Rescue "Water and Mountain Challenges"**

**June 8<sup>th</sup> Brief by**

**July 15<sup>th</sup> Annual BBQ Event: VFW VDOME – No Brief, just good food, friends, and fun!**

**August: No Chapter Meeting**

**September 14<sup>th</sup> Brief by**

**September 23<sup>rd</sup> Member Appreciation Burger Burn at VFW VDOME**

**October 12<sup>th</sup> Brief by**

**November 9<sup>th</sup> Brief by**

**Saturday - December 16<sup>th</sup> Annual Christmas Party at the Whidbey Golf Club**

**Not a member? Join MOAA and/or WICMOAA at: <https://wicmoaa.com/links>**

**\* MOAA and WICMOAA are Non-Partisan organizations\***




care services to the citizens and visitors to Whidbey Island.

**RSVP and order your meal on WICMOAA Website**




**Order Food On-line here**

**OR use the QR Code ->**

 <p>Chicken Cesar Salad and a Roll Green Ticket</p>	 <p>Blue Ticket Special Spaghetti and Meatballs With Garlic Toast</p>	 <p>WGC Famous Chili and a roll Red Ticket</p>
Chicken Cesar Salad and a Roll \$19.25	Blue Ticket Special: spaghetti e polpette con toast all'aglio \$19.25	Chili and a Roll \$9.50

 <p>RSVP ONLY NO FOOD NO TICKET JUST A SEAT</p>
RSVP only for Chapter

**Note:** The difference in price for food on-line vs mailing in a check is because of the charge to process your credit card. The small fee is the same as the cost for a stamp and an envelope to mail in your check. Use the Coupon to send with your check.

**Upcoming ROWC Events**

ROWC will meet for lunch on Wednesday, February 15 at 11 am. Sonja Bovey has arranged for us to meet at Sweet Rice on Pioneer Way. Reservations are not required. Sonja, suggest we wear red as Valentine's Day is the 14th!

# WICMOAA Order Form

Name(s):  Date:

Chapter Meeting Meal Order for the Month of:

### Number

**Green Ticket:** Chicken Caesar Salad & Roll . . . . . \$18.50 ea. X  = \$

**Blue Ticket:** Dinner plate of the month . . . . . \$18.50 ea. X  = \$

**Red Ticket:** Bowl of Soup or Chili & roll . . . . . \$ 9.00 ea. X  = \$

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

\*\*\*\*\*

Scholarship Fund Donations . . . . . \$

\*\*\*\*\*

### 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

## WICMOAA Family

### Welcome aboard New WICMOAA Members



Jeff Neuberger is a retired USAF chaplain (Episcopal) with 34 years of combined service after a very versatile career. Jeff was enrolled in the Army ROTC for a year before enlisting in the Navy in 1969, assigned to an F-4 fighter squadron at NAS Oceana, VA, and service aboard the carrier USS Independence. He continued his enlisted service with the Air National Guard and Navy Reserve. In 1983 he received a commission as a chaplain in the Air Force Reserve followed by active duty in the Air Force from 1985 to 2008, retiring at the rank of Lt Col. His duty stations included: Sacramento, CA; Madrid, Spain; Minot, ND; Dover, DE; Ramstein, Germany; Warner Robins, GA; Fairchild, WA. And now the best part for last, Jeff is our newest WICMOAA member. Welcome aboard, Jeff.



**Be sure and say HI when you get a chance!**

### Playhouse Event

The Buy Out is still being planned. On another subject: We have at our fingertips an incredible array of communication tools with each other and the world! There are [Websites](#), Events, [Facebook](#), Email, Twitter, Instagram, Cell Phones and even landline phones! With all these avenues of communication, the WICMOAA family wants to let you know that you can reach out and let us know if you need help or assistance!



Also, if you KNOW of anybody who might need help or assistance, LET US KNOW! Keep your WICMOAA newsletter by your phone and feel free to use it!

Our WICMOAA Facebook page is useful for announcing events BUT we can also use it to share fun and photos from our meetings and events! CHECK OUT OUR FACEBOOK PAGE, LIKE IT, FOLLOW IT here with this link: [Whidbey Island Chapter MOAA](#)

#### WICMOAA on Facebook



#### WICMOAA on the Web



#### Join WICMOAA



## Health Affairs:

### From Lifespan to Health span

Our lifespan is defined as the number of years we're alive. In the U.S., the average is about 77 years. But living for longer is not the only goal you should focus on.

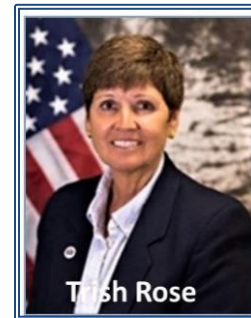
It's also vital to think about your health span as the period of life spent in good health.

That means we don't just live long; we live well. Of course, the term health is subjective, and many people live with chronic diseases but still feel well most days or ably manage

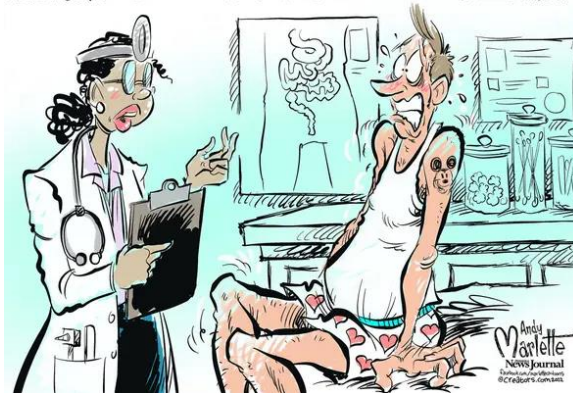
their conditions. As science and medicine make it possible for people to live longer, interest has grown in how to age well. That means preserving your physical and mental health now to maximize your quality of life as you age. Life expectancy has increased, but health span has not followed.

It's largely impeded by chronic diseases that affect older adults. The World Health Organization has developed an indicator called the Healthy Life Expectancy (HALE). It measures the average incidence and age when diagnosed with the most common serious diseases (diabetes, heart disease, etc.) and places it at 63 years old, which means we may live up to 20% of our lives unhealthy, since lifespan often outruns Health Span. What can you do to improve your health span? Many lifestyle changes, such as eating better,

more activity, less stress, and more sleep, could delay the onset of chronic diseases and help expand lifespan. Social and intellectual activities are also important determinants of your health span. Start by figuring out where you can make small improvements. For example, do you get at least 150 minutes of moderate-intensity physical activity each week, such as brisk walking? Do you eat vegetables daily? Do you choose water more often than sugary soda? Small changes can add up and help improve your health span.



"THE UPSIDE OF OMICRON'S MILDNESS IS YOU CAN STOP FREAKING OUT ABOUT COVID & GET BACK TO FREAKING OUT ABOUT YOUR COLONOSCOPY."



## MOAA ADVOCACY

### IMPORTANT

I hope everyone has already sent a letter to your Senators and Representative

**RE: Not to create new costs for TriCare for Life.** If not, please take 5 minutes and send the MOAA canned letters to them by going to:

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



Or send the letters here->

Here are other writing campaigns for MOAA.

- [Help MOAA Fight Cuts to Tricare Pharmacy Network](#)
- [Urge Your Legislators to Support Concurrent Receipt](#)
- [Active MOAA Legislative Campaigns](#)
- [MOAA's Legislative Priorities](#)
- [Washington State Bills](#)





For many years, spouses of MOAA members were referred to as "auxiliary members" when their spouse member died.

When MOAA established the Auxiliary Member Advisory Committee (AMAC), a focus group of auxiliary members to advise the association's president on matters of importance to those who had lost their military spouse, the committee suggested it might be time to move away from the term "auxiliary."

The military was starting to refer to family members who had lost a military member as "survivors." The definition of "auxiliary" -- giving help or support, especially to a more important person or thing -- was not how spouses felt. They were the ones who had managed the household, made frequent moves, gave up careers, and raised families while the military member served. They were "survivors."

Therefore, in 2013, MOAA's board of directors voted to change the name "auxiliary member" to "surviving spouse" and declared them full members with all the rights and privileges of membership, including a position on the board of directors.

Since then, two surviving spouses have served on the board of directors: Joyce Hart, who was succeeded by [Gail Joyce](#). In addition, [Capt. Kathy Thorp, USN \(Ret\)](#), is a surviving spouse on the board of directors.

The AMAC became the [Surviving Spouse Advisory Council](#) and remains at the forefront of leadership in MOAA for all surviving spouses. Through their dedication and hard work, they implemented the training module for surviving spouse liaisons for MOAA's regional leadership conferences, contribute monthly columns to *The MOAA Newsletter*, chartered the [Surviving Spouse Virtual Chapter](#), advocated for the successful elimination the SBP/DIC offset, established the annual [Surviving Spouse Liaison Excellence Award](#), and conducted the first Spouses and Surviving Spouse Summit at MOAA's 2021 annual meeting.

The Surviving Spouse Advisory Council also has expanded focus from advocacy only to a comprehensive development of services benefiting the spouse and surviving spouse community within MOAA.

The Surviving Spouse Advisory Council looks forward to continued support to educate, encourage, and engage spouses and surviving spouses of MOAA.

### **About the Author [Lt. Col. Suzanne Walker, USA \(Ret\)](#)**



Walker joined the MOAA staff in 2004 as the executive assistant to the president and the association's meeting and conference director. Among her current duties, she serves as staff adviser to MOAA's [Surviving Spouse Advisory Council](#). Connect With Lt. Col. Suzanne Walker, USA (Ret)



## NEW Addition

### Member News

#### February Anniversaries

- **Dick and Marlene Malone** celebrated their 70th wedding anniversary January 24th. CONGRATULATIONS! Thank you for your long-term and dedicated leadership in WICMOAA through the decades of your membership.
- **Pat and Vicki Fisher** celebrating their 50<sup>th</sup> wedding anniversary February 17<sup>th</sup>.



#### February Birthdays

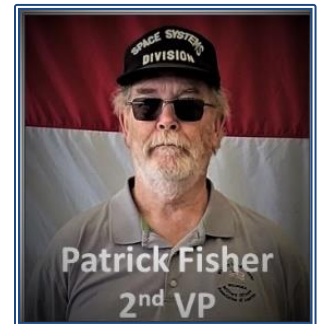
- Vicki Fisher
- Terry Sparks



#### Member Spotlight:

Since this section was my idea, I was selected as the first volunteer.

I signed up for the Air Force in Oct. 1972. I had auditioned for a spot with the 523<sup>rd</sup> AF Band at March AFB in Hollywood, CA at the Musicians Union. I was awarded a position as a trumpet player and reported to Lackland AFB, TX on Jan 3, 1973, for basic training. After basic training I reported to the 523<sup>rd</sup> AFB Band, 13<sup>th</sup> Air Force on March 1<sup>st</sup>.



After several very exciting jobs: flying to every SAC base west of the Mississippi, playing the 1812 Overture with the Israeli Philharmonic at the Aladdin Hotel in Las Vegas and the Hollywood Bowl directed by Zubin Meta, the rollout for the Space Shuttle Enterprise and the B1 Bomber, playing for Air Force Balls and Military Balls in Beverly Hills; In December 1977 we were transferred to the 600<sup>th</sup> Air Force Band, 13<sup>th</sup> Air Force at Clark AFB, Philippines. The Clark Band travelled all over the Pacific and Far East, including Hong Kong, South Korea, Hawaii, Guam, Taiwan, .... One of our most exciting and interesting locations was Burma. We were the first western performance group to perform in Burma in 20+ years.

I loved my music but traveling at least 2 weeks a month or more was difficult. At the end of my PI tour, I cross-trained into Computer Programming. I requested a base on the East Coast or the West Coast. So, the Air Force sent me to Offutt Air Force Base, Omaha, NE in January 1980. However, before I was to go, I had to fill out paperwork for a security clearance. When I arrived at Offutt, I had a Technical School Date in March. I was assigned as a Target Intelligence Programmer. I could tell you more but I'd; well, you know the rest. One of the databases I supported was the SIOP, the Signal Integrated Operational Plan. I also worked on the Intel and Recon Databases.

My next assignment was to Hickam AFB, Hawaii. My new assignment was at PACAF Headquarters for Constant Watch. Another high-level clearance working on programming for intelligence in Korea. We were programming a PDP-11/70 computer system and loading intelligence on a 18" CD. It was the first use of CD and only made in Los Angeles factory for our use.

During my Offutt and Hickam tours, I was taking computer science classes towards a BS degree. I applied for the Airmen Education Commissioning Program (AECPP). Instead of a Computer Science Degree, they told me I was selected for an Electrical Engineering Degree. I spent three years at Cal State, Sacramento working on a Electrical and Electronic Engineering Degree.

After receiving my degree, I proceeded to Officer Training School at Lackland AFB, Medina Annex. Being the oldest member of our flight, I was known as Papa Smurf. Three months later, I was commissioned a new 2<sup>nd</sup> LT.

Now assigned to the Ballistic Missile Office (BMO) as a Logistics Project Engineer on the Peacekeeper Missile System, my responsibility was for the Reentry System (RS) and Reentry Vehicles (RV). I spent a lot of time on the road to contractors, Kelly AFB, F.E. Warren AFB (Peacekeepers installation base) and Vandenburg AFB (Peacekeeper test launch site). We had several issues and one of our test systems had the 2<sup>nd</sup> highest number of incident reports after the flight guidance system; not the visibility you want as a new 2<sup>nd</sup> LT. After 4 years and a promotion to Captain, I received orders to Los Angeles AFB.

At LA AFB (now LA SFB) I was assigned to the Space System Division, Consolidated Space Operations Center (CSOC) for procurement on satellite communications for the CSOC at Falcon AFS in Colorado; Falcon AFB was renamed to Schriever SFB. My assignments included SATCOM communication from Falcon AFS to each of the AF Satellite Control Network (AFSCN) stations.

After spending a lot of time at Falcon and working with remote satellite sites we had completed most of our installations and a small group were required to review contractor claims against requirements on the CSOC contract. During the next year we spent time offsite. In the end, the government paid the contractor 14cents on the dollar. During the contract review, I retired as the Engineering Director and Program Manager.



**WICMOAA**  
**P.O. Box 255**  
**Oak Harbor, WA 98277-0255**

**Whidbey Island Chapter, MOAA**  
— Since 1968 —

**WICMOAA Never Stops Serving**