



# COLUMBIA RIVER CHAPTER

## NEWSLETTER

MILITARY OFFICERS ASSOCIATION of AMERICA

P.O. BOX 1872 VANCOUVER, WA 98668

ESTABLISHED 1970

website: [www.moaacolumbiariver.org](http://www.moaacolumbiariver.org)

November 2014

### PRESIDENT'S MESSAGE

**President:**

Dave Casteel  
360-834-2448

**1<sup>st</sup> Vice-President:**

Paul Crosby  
360-666-8871

**2<sup>nd</sup> Vice-President:**

**& Membership:**  
Evelyn Brady  
360-696-1592

**Secretary:**

**Treasurer:**

Ron Pastor  
360-882-1275

**Immediate Past**

**President:**

Rod Williams  
360-891-5605

**Army Rep:**

Jon Frederick  
360-576-9078

**Marine Rep:**

Terry Babin  
360-608-7789

**Navy Rep:**

Rich Wersinger  
360-901-1915

**Air Force Rep:**

Beth Brown  
360-260-9845

**Coast Guard Rep:**

**Public Health Rep:**

Roger DeRoos  
360-835-5450

**Auxiliary Rep:**

Marie Wolfe  
360-574-6675

**Legislative Affairs:**

Rod Williams  
360-891-5605

**Personal Affairs:**

Terry Babin  
360-608-7789

**Public Affairs:**

John Donnelly  
360-904-8966

**Scholarship:**

Paul Crosby  
360-666-8871

**Chaplain:**

Rev Max Metcalf  
541-961-0869



27 October 2014 Arlington, VA: MOAA Board Chair GEN John Tilelli, Jr, USA (Ret) presents Five Start Level of Excellence streamer to Chapter President Dave Casteel, COL USAF Ret)

It was my distinct privilege and honor to attend the MOAA Level of Excellence (LOE) Awards banquet on October 27th in Arlington, VA. I accepted the Five Star streamer on behalf of our chapter's accomplishments from outgoing chairman of the board, Gen **John Tilelli, Jr, USA (Ret)**. This is our ninth consecutive LOE streamer.

Our chapter earned this distinction due to being active legislatively, recruiting new members, participating in community events, our great scholarship program as well as frequent and interesting monthly events. It is your involvement and participation as a member that makes the difference. Our board works very hard to coordinate all these activities and make our chapter the best it can be.

resolved by a MOAA VSO in months that had lingered for over five years before MOAA got involved.

Another was a letter and tee-shirt Admiral Ryan displayed given to him

by **Traci Voelke**, a surviving spouse, after the passing of her husband. Ryan stormed the Hill with Voelke on repealing the SBP-DIC offset.

Also, at the Annual Meeting in Arlington, our national president, VADM **Norbert Ryan, Jr., USN, (Ret)** reported that MOAA is in great financial condition and is growing (unlike some national veterans organizations), is well thought of on The Hill, and is actively helping veterans and their families. I was moved by Admiral Ryan's compelling comments as he read some letters from families MOAA assisted. One was a VA case

### 7 Dec Christmas Scholarship Social

40e8 Chateau  
3:00 – 6:00 PM

\$15 per person

RSVP: Ron Pastor  
at 882-1275 or  
pastor2718@comcast.net  
NLT 01 December

**Details on page 8**

[Continued on page 2]

**PRESIDENT'S MESSAGE continued**

Admiral Ryan said he keeps the tee-shirt in his office as a reminder that our job of fighting for our military families is never done.

Admiral Ryan is a highly respected and tireless leader championing for our military, their families as well as veterans and retirees.

Ryan also reported that the MOAA Board of Directors approved a Vision Plan for 2015 with details coming soon. MOAA also started a new 501(c)3 called the Military Family Initiative to fund the following areas: Career Transition, VSO support, Military Family Reintegration Program, Spouse Programs, and Education Programs which are all currently funded out of operating income. I joined the MOAA Heritage Society as a silver member--you will see me sporting a distinctive new life member pin. In addition to member support, MOAA is also getting corporate financial commitments.

A new look is coming for 2015 as MOAA is changing its shield logo. The new shield will have seven vertical strips (alternating red and white) for our seven commissioned services. The adjacent words will read, "MOAA Never Stop Serving." I learned that MOAA is also rolling out a Vision Plan in 2015. The details should be forthcoming soon.

Closer to home, the Vancouver Veterans Day ceremony emceed by COL **Larry Smith**, USA, (Ret) was a great event--probably the best I've attended. One of our chapter members, MG **Les Burger**, MD, FACP, USA, (Ret) was the keynote speaker. General Burger recounted our past conflicts as a nation starting with the Revolutionary War. He painted a poignant account of the tolls of war our nation has endured in past wars, including WWI, which was supposed to be the war to end all wars. He stated our nation is still not done fighting wars to defend our freedoms and said the nature of the threat is changing. He also stated our military forces are being cut although the threats increase.

Immediately after the Veterans Day ceremony, I met informally with members of Senator Murray's and Congresswoman's Herrera Beutler's staffs. I

took the opportunity to update them on DoD's false assertion that personnel costs are NOT 50% of the DOD budget

(historically averaging about 30% over recent decades)--a fact which was corroborated by the President's MCRMC's commission in their recent interim report. BG **Bob MacFarlin**, USA, (Ret) also took the opportunity to talk one-on-one with our Congresswoman about his views on Sequestration. It is great to see our members take active roles on defense issues regarding the impact on our troops and national security.

I recently wrote to the national Fisher House Foundation advising them that we were excited about the new facility coming to Vancouver and that we wanted to learn how we could help support the families/loved ones of veterans who are receiving care at the VA hospital in Portland. **Derek Donovan**, VP for Programs and Community Relations, quickly responded with some data and facts. The Vancouver House has appointed a manager; is projected to open sometime next summer; have 16 suites; and be under the oversight of the Chaplain Services Division of the Portland VAMC (where incidentally, our Chaplain COL **Max Metcalf** USAR (Ret) served as Chief of Chaplains). Our chapter point of contact, **Rod Williams**, will be keeping us apprised going forward.

The new MOAA logo: "Never Stop Serving" truly reflects the actions of the quality leaders in our chapter.

Newsletter Highlights	
President's Message .....	Page 1
Membership Update .....	Page 3
Health Info on the Internet .....	Page 4
Congressional Contacts .....	Page 6
Legislative Affairs .....	Page 7
Chapter Calendar .....	Page 8

[Continued on page 3]

**PRESIDENT'S MESSAGE continued**

I very much look forward to seeing you at our December 7th Scholarship Christmas social. This is your opportunity not only to meet our bright and talented scholarship recipients, but also to support our scholarship program with a freewill donation. For those of you not able to attend the social, I wish you a blessed holiday season with your family and loved ones. I also wish you good health and many blessings in 2015.



**Dave Casteel  
President**

**New Member Welcome by Dave Casteel**

We are pleased to introduce and welcome two new chapter members: Col **Holly Mangum**, USAF (Ret), and CDR **Yvette Brown-Wahler**, USN (Ret). Both were able to attend our October luncheon so many of you were able to meet them.

**Holly** just retired in 2012. She and her husband **Steve** live in Yacolt and enjoy horses. Holly also keeps busy with family activities. **Yvette** retired in 2005, lives in Vancouver, and loves to travel, cook and bake. Both are MOAA national members.

*BTW. We would love to have a photo of our new members to add to their newsletter welcome. If you have a camera and enjoy photography, we would like to have an "official" designated chapter photographer(s) take a photo of our new members and also photos at chapter events for our newsletters and web site.*

*If you are interested, please let me know at [MOAACRCpresident@comcast.net](mailto:MOAACRCpresident@comcast.net). I can bring a memory card to put into your camera at chapter events--you take the photos then hand me back the card and I will do the rest.*

**Membership Update by Evelyn Brady**

Recently a chapter member mentioned to me that he has trouble telling a prospective member about the benefits of MOAA membership. If you are not prepared, you may be in the same boat some time. I have some prepared lines to use, but of course, your personal take is better.

I say that national MOAA represents military members, current, former, and retired and their families in Washington DC. As a lobbying group, our strength is in our number of members, more members, more clout. I also mention what our local chapter does in our community, including scholarships at Clark College and WSU Vancouver. We support the local Junior ROTC programs, and we are visible at community events honoring veterans and service members.

We are involved with providing support for the new Fisher House being built in Vancouver. I take back copies of my MOAA magazine to community events, and handing those out can be helpful. Keep your MOAA magazine handy, and it may just be an excellent recruiting tool.

So here are the bullets:

1. MOAA is a powerful voice for us in DC.
2. We support our local community with scholarships and volunteerism.
3. Use your MOAA magazine to help you articulate our great organization.

And last but not least, mention that our chapter is also a social organization. As General Burger mentioned on Veteran's Day, the differences between us seem to fade away as our military service brings us together. It is a pleasure to socialize with military family.

You can reach me at [evelynbrady@rocketmail.com](mailto:evelynbrady@rocketmail.com) or 360 696-1592.

**Evelyn Brady  
Membership Recruitment Committee**

## Accessing Health Information On The Internet: by Roger DeRoos, Ret. USPHS

It is easy to become overwhelmed with the amount of information about health and safety related matters accessible via the Internet. On the other hand, there is much useful information which can be very beneficial for preventing, treating and moderating the impacts of injuries and acute and chronic diseases. The strategy you use may vary depending upon our individual needs, and the needs of others in your circle of family and friends who may also impact our desire for health related information.



For some, the strategy may be to just use a search engine (such as Google or Bing) to research a question. This can work, as long as there is a way for you to apply some informed judgment regarding the reliability and accuracy of the information which is being provided. Another strategy might be to bookmark a few sites which are known to provide reliable health and safety related information, going to one or more of these sites for answers to your questions on an as-needed basis. Often these sites will have categories of information to begin your search, or a search box which will bring you to the subject matter via key word searches.

A variation of this approach is to join one or more subscriber update services from reliable sources. Periodically they will provide you with contemporary information for the topics you selected when you subscribed, sent directly to your email inbox. Personally, I find this approach to be very helpful because I am prompted to take action. For example, I do not have to remember to go to a site in late summer that advises about the latest reminders and developments related to flu immunizations. Because I checked some items related to immunizations and vaccines when subscribing, the Center for Disease Control and Prevention (CDC) prompts me to act and informs me about what may have changed since last year.

And I am confident the information is from a reliable source. Just follow the prompts from this link <http://www.cdc.gov/other/emailupdates/>. Enter your email and select "submit". Then you make selections from a list of topics for which you want email updates. This is called establishing your profile.

The National Institutes of Health (NIH) Medline Plus is another free subscription service which provides email updates on a variety of health topics. Similarly to CDC, when you set up your profile you will select topics for updates. For example, I checked "NIH Senior Health," which provides links to one or two relevant topics per email. Each email update has the appearance of a brief newsletter. Your email address will only be used to deliver requested information or to give you access to your user profile. The link to this service is: <http://www.nlm.nih.gov/medlineplus/listserv.html>.

The Mayo Clinic offers subscriptions to several topical newsletters. Their general purpose newsletter is "Housecall." It provides a variety of information for all ages. Also this newsletter supplies the reader with a very useful tool called "symptom checker," which can be helpful to gain a better understanding of what ails you. Quoting from the Housecall Newsletter, "Use our [Symptom Checker](#) to explore possible causes of your symptoms based upon Mayo Clinic's patient care experience." To subscribe to Housecall and other Mayo Clinic newsletters, use the following link: <https://newslettersignup.mayoclinic.com/>.

Finally, I want to mention the Veterans Administration (VA) also has an email subscription service. In addition to general health information, the VA site is a little different because it also has some choices which focus on benefits, such as pharmacy and vision services. To make your information choices, go to the following link:

<https://public.govdelivery.com/accounts/USVHA/subscribers/new?preferences=true>

***When Will Your Form 1099R Become Available?: by John Donnelly***

The IRS Forms 1099R for the 2014 tax year will become available online in mid-December 2014. You will be able to access yours on *myPay*.

DFAS will also mail hard copy versions of the 1099R to those of you who have chosen that option. Please keep in mind that hard copy versions of the 1099R are issued later and will take a while to reach you. If you have elected hard copy, you may not receive it until mid-January 2015.

Please note that 1099R's are not automatically issued for deceased members. If you want to receive a 1099R on the behalf of a member who passed away, a certificate of death must be on file, and you must request that a 1099R be issued. If you would like to make this request, or have questions regarding a 1099R for a deceased member, please contact DFAS using one of the methods described in this link

<http://www.dfas.mil/dfas/retiredmilitary/about/aboutus/customer-service.html>

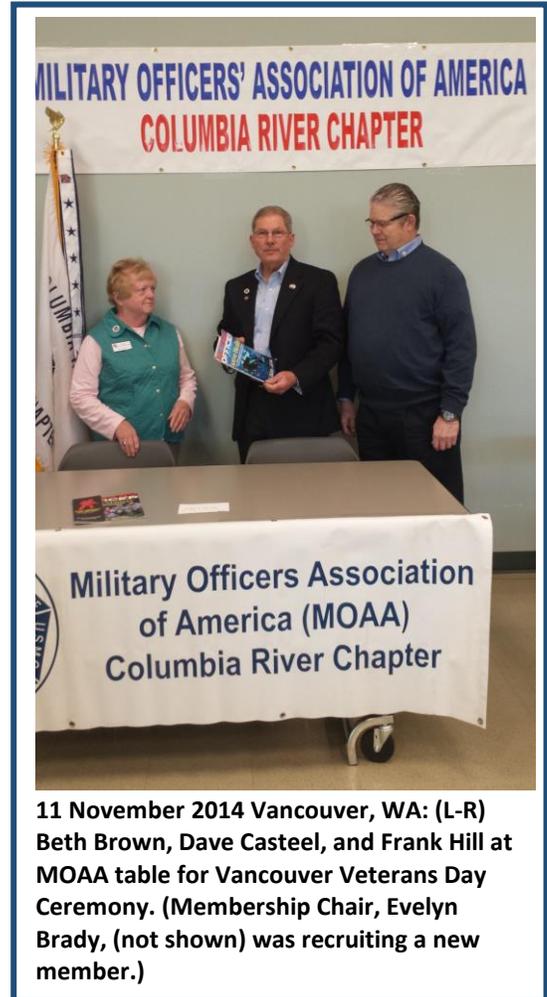
***Newsletter Editor***

Newsletter Editor: Rich Wersinger. You can contact him at 360-901-1915 or e-mail him at rich@rjwconsulting.org.

Our Chapter Secretary coordinates calendar inputs and newsletter distribution.

***Newsletter Distribution***

We continue to distribute our newsletter by e-mail, so if you are receiving this via postal service and would prefer e-mail please notify our Chapter Secretary,



11 November 2014 Vancouver, WA: (L-R) Beth Brown, Dave Casteel, and Frank Hill at MOAA table for Vancouver Veterans Day Ceremony. (Membership Chair, Evelyn Brady, (not shown) was recruiting a new member.)





**Legislative Contacts**

**MOAA Legislative Action Center**

<http://www.moaa.org/Legislative/>

**MOAA Capitol toll free hotline** at 1-866-272-6622

**White House**

Comments: 202-456-1111 Switchboard: 202-456-1414  
FAX: 202-456-2461 E-mail: [comments@whitehouse.gov](mailto:comments@whitehouse.gov)

**Congresswoman Jaime Herrera Beutler  
Washington's 3<sup>rd</sup> Congressional District**

<http://herrerabeutler.house.gov/>

The U.S. Government's Portal: <http://www.usa.gov/>  
U.S. Senate: <http://www.senate.gov/>  
U.S. House of Representatives: <http://www.house.gov/>



Washington, DC Office: U.S. House of Representatives 1130 Longworth House Office Building Washington, DC 20515 Phone: (202) 225-3536 Fax: (202) 225-3478	Vancouver, WA Office: O.O. Howard House 750 Anderson Street, Suite B Vancouver, WA 98661 Phone: (360) 695-6292 Fax: (360) 695-6197
---	---

Contact Congresswoman Herrera Beutler via email:  
<https://herrerabeutler.house.gov/contact-me/email-me>

**U.S. Senator Maria Cantwell** <http://cantwell.senate.gov/>

<b>WASHINGTON, DC</b> 511 Dirksen Senate Office Building Washington, DC 20510 202-224-3441 202-228-0514 - FAX 202-224-8273 - TDD	<b>SW WASHINGTON</b> The Marshall House 1313 Officers Row Vancouver, WA 98661 360-696-7838 360-696-7844 – FAX	<b>SEATTLE, WASHINGTON</b> 915 Second Avenue Suite 3206 Seattle, WA 98174. 206-220-6400 206-220-6404 - FAX
---	--	---

Contact Senator Cantwell via email: <http://cantwell.senate.gov/contact/>

**U.S. Senator Patty Murray** <http://murray.senate.gov/>

<b>WASHINGTON, DC</b> 173 Russell Senate Office Building Washington, D.C. 20510 Phone: (202) 224-2621 Fax: (202) 224-0238	<b>SW WASHINGTON</b> The Marshall House 1323 Officer's Row Vancouver, Washington 98661 Phone: (360) 696-7797 Fax: (360) 696-7798	<b>SEATTLE, WASHINGTON</b> 2988 Jackson Federal Building 915 Second Avenue Seattle, WA 98174 Phone: (206) 553-5545 Toll Free: (866) 481-9186 Fax: (206) 553-0891
---	---	--

Contact Senator Murray via email: <http://murray.senate.gov/email/index.cfm>

**Vancouver Area Washington State Legislative Districts and Representatives**

Legislator	District 49	District 17	District 18	District 14	District 20
<b>Senator</b>	Annette Cleveland 786-7696	Don Benton 786-7632	Ann Rivers 786-7634	Curtis King 786-7626	John Braun 786-7638
<b>Representative, Position 1</b>	Sharon Wylie 786-7924	Monica Stonier 786-7994	Brandon Vick 786-7850	Norm Johnson (509) 454-7210	Ed Orcutt 786-7990
<b>Representative, Position 2</b>	Jim Moeller 786-7872	Paul Harris 786-7976	Liz Pike 786-7812	Charles Ross 786-7856	Richard DeBolt 786-7896

Note: All phone numbers are 360 area code, except where otherwise noted. Toll free **1-800-562-6000**  
\* Party Caucus Phone Number until Official Swearing-in. More info at [www.leg.wa.gov/legislature](http://www.leg.wa.gov/legislature)

***Legislative Affairs: by Rod Williams***

Yes, it is that time of year again – a lame duck Congress wrangling at the last minute over the Defense budget. At the time of this writing, Defense bill negotiations had stalled in the Senate over whether to include TRICARE pharmacy fee increases and cuts to the Basic Allowance for Housing. The power of MOAA to lead our battle for us in Congress was clearly evident on November 18<sup>th</sup>, when a special call to action from MOAA President Vice Admiral Norb Ryan, USN (Ret) to membership generated nearly 45,000 grassroots messages to the Senate on the issue.

In the latest Defense budget alert, MOAA asks legislators to support several critical amendments to the Senate defense authorization bill which have been introduced for consideration.

1. Sen. Marco Rubio's amendment (#3906) to sustain the 1.8 percent active duty pay raise established in law
2. Sen. Mark Begich's amendment (#3714) to block cuts to the Basic Allowance for Housing
3. Sen. Kay Hagan's amendment (#3789) to block proposed TRICARE pharmacy copay increases

If you have not already done so, it is not too late to add your voice by sending a short message to your elected representatives. You can do so very easily by going directly to [WWW.MOAA.ORG](http://WWW.MOAA.ORG). After signing in, select “Contact Congress” in the drop down menu under “Take Action.” You will see a number of legislative alerts and updates identified. With a single click of your mouse a form will come up containing recommended language that you can send as is or edit with personal comments. If you signed in to the MOAA site, your information will be pre-populated and the right set of legislators will be addressed based on your zip code. I recommend visiting this site regularly as new alerts are added as they are needed and in a matter of minutes you can take an active role in supporting our legislative goals. Simple, easy, and not even the cost of a stamp.

Reducing the cost of health care remains one of the hottest legislative issues facing the nation, each state, and the Defense Department. Just as it is a key

concern for each of us personally. We can hope the newly elected Congress will face the issue and act thoughtfully. To help them understand the health care cost issues of the Defense Department, MOAA created a very detailed white paper titled, “Innovative Solutions will Reduce DOD Health Care Costs,” The white paper also can be found on the MOAA Web site. A major premise of the paper is that to date, most DoD cost-saving initiatives have focused on shifting a greater share of costs to beneficiaries (you and me), as it is easier than reforming the broken military health care delivery system. The increasing survival rate from battle field wounds is testimony that the quality of care when properly focused can be superb even some would say miraculous. But the military health care delivery system active duty and retired families must depend on day to day is not the same. One of the characteristics, I have always found positive about the MOAA approach to problems, especially legislative issues is not stopping at just communicating the problem but actually proposing solution alternatives. This MOAA white paper does just that.

I encourage you to pull down a copy of this MOAA white paper. Read it and if you agree, let your elected representatives know. If you see additional or alternative options, that is okay too. Just take action.

**Rod Williams**  
**Chapter Legislative Chair**

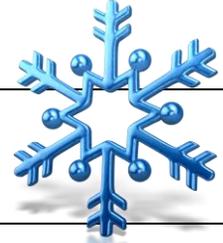


---

## 2014 – 2015 CHAPTER CALENDAR

---

7 December  
Sunday      **Holiday Christmas Party honoring scholarship recipients**  
**Details:** Buffet Dinner at the 40 et 8 Chateau, 1500 – 1800  
See more details below:



---

2015  
22 January  
Thursday      **Luncheon Meeting**  
Touchmark at the Fairway Village Restaurant Retirement Community  
The Officers Wives Club is inviting MOAA members for the 15<sup>th</sup> Annual Joint Luncheon

---

21 February  
Saturday      **Brunch at the Club Green Meadows**  
**Annual Business Meeting**

---

### Christmas Scholarship Social

at the 40et8 Chateau  
7607 NE 26<sup>th</sup> Avenue  
Vancouver, WA 98665  
1500 to 1800

Cost: \$15 per person at the door for buffet  
No host bar.

**RSVP:** (only Yes required)  
Call or e-mail Ron Pastor NLT 01 December  
882-1275 [pastor2718@comcast.net](mailto:pastor2718@comcast.net)

### Program

Meet our scholarship recipients

Your freewill scholarship donations accepted.

