

**MOAA President's Currently Serving Spouse Advisory Council  
2014-2015**

[www.moaa.org/spousecouncil](http://www.moaa.org/spousecouncil)



**Cathy Artino**

Perfectionist, trivia enthusiast and travel buff, Cathy Artino is a proud military spouse, animal lover and mom to a sassy Shih Tzu named Aidah. Before living the military life, she realized her passion for public relations while participating in the Walt Disney World College Program, and she went on to graduate with a Bachelor of Science degree in public relations from Kent State University.

After Kent, Cathy married her husband Dan, an Army Aviation officer, whom she first met while in middle school in Stow, Ohio, during seventh grade home room! As a military spouse who has moved six times in the past 10 years, she knows the challenges military spouses face when trying to find gainful employment and navigating a new community. All of these moves have contributed to Cathy's eclectic career and many volunteer opportunities, which include: working with Akhia Public Relations, Clarksville-Montgomery County and Hohenfels school systems, Efficient Collaborative Retail Marketing, Shine Team Realtors, and most recently volunteer leadership roles in both the Hohenfels and Illesheim spouses clubs. Each new duty station and opportunity has taught her the importance of forging new relationships with military spouses and becoming an active part of each military community.

Cathy was fortunate enough to have been stationed in gorgeous Bavaria, Germany, for the past four years. That experience helped her learn the German way of finding pleasure in the 'little things' in life, like tending to flower boxes on her patio, taking Aidah on long walks, enjoying a well-made cappuccino, savoring a delicious meal with friends over a long dinner or lounging in the sun to soak up a little vitamin D. She and her family now reside in Arlington, Va.



**Mara Boggs**

Mara Boggs, of Keyser, West Virginia, enlisted in the Army Reserves in 1994 at age 18 during college. After graduating from West Virginia University in 1998, she entered the Army as an Engineer officer and spent thirteen years in the active Army, primarily in combat units, serving in the 82nd Airborne Division and the 1st Cavalry Division. She also earned a master's degree from University of Missouri, and holds various awards including the Bronze Star and the Combat Action Badge.

While in the Army, Mara spent two years in combat in Iraq, and traveled to Afghanistan three times with congressional delegations. On her second deployment to Iraq in 2006-2007 during the surge, she served as the first woman commander of her unit within the 82nd Airborne Division. Her unit earned the Army's annual award for being the "best Engineer unit in the Army" during her command, and performed over 800 combat missions. After her time in the 82<sup>nd</sup> Airborne, she received a Congressional fellowship in Washington, DC, where she worked on a Senator's personal staff for two years, and served for an additional two years on Capitol Hill with the Army, traveling internationally with lawmakers and helping advise on defense and foreign policy issues.

Mara left the Army in December 2011 and has been a member of Senator Joe Manchin's staff since then. Mara worked in Senator Manchin's Washington, DC office where she was the Senator's Chief of Operations, and his Senior Policy Advisor for national security and veteran's issues. Mara recently returned home to West Virginia, and is currently the Senator's State Director. She is married to Army Colonel Ken Boggs, who recently returned from Afghanistan. Mara and Ken are residents of Charleston, and have two children – Arabella (age 6) and Cole (age 4). Mara's husband commands the 111<sup>th</sup> Engineer Brigade, and Mara is active with military families in that capacity.



**Catherine Cabrey**

Cathy Cabrey graduated Cornell University's School of Hotel Administration in 1989 with a Bachelor of Science degree.

During her 24 years as a military spouse, Cathy has volunteered on several spouses' club boards, in family readiness groups as leader and advisor, and at her children's schools.

In 2006, Cathy founded Team Fisher House, the Fundraising Community of Fisher House, and currently serves as Director. The program allows supporters of the military to turn their words of "Thanks for your service" into action. Team Fisher House hosts fundraising teams at five military across the country and supports the online donation efforts of community fundraisers around the world.

Cathy has discovered that a vast majority of Americans support the military, but they don't often know how to demonstrate it. By joining Team Fisher House as fundraisers, volunteers, or donors, these

*Champions for Military Families* are making a real difference in the lives of service members, veterans, and their families when they need it most.

Cathy is married to COL Mike Cabrey. She and her husband have three children: Deanna (GWU School of Nursing - 2014), Connor (USMA - 2015) and Rebecca (USNA - 2016). Mike and Cathy currently happily reside in Alexandria, VA as empty-nesters.



**Leah Collich**

Leah Collich graduated from Troy University with a Bachelor of Science in Broadcast Journalism. She worked as an intern in the Public Affairs Office at Fort Rucker where she wrote for the post newspaper. After relocating overseas she worked in the Military Personnel Division where she was a Brigade Reassignment Specialist. She also served as the Community Area Project Officer for several federal campaigns, including the Combined Federal Campaign and the Army Emergency Relief Campaign.

While overseas she volunteered with the Good Neighbor Program, a program which fosters positive community relations between U.S. Forces and the local Korean community, by regularly meeting with Korean college students and outreach at a local orphanage.

Leah currently works as a contractor on Veterans Employment Initiative as a representative for the Department of Veterans Affairs. She is a VA benefits advisor and conducts benefits briefings to Service Members who are separating or retiring from the Service. She also teaches a two-day workshop to Service Members and Family Members who are interested in pursuing a career in a technical field.

Leah is stationed at Quantico with her husband, Preston who is an Aviation officer in the U.S. Army.



**Elizabeth O'Brien-Gorkowski**

Elizabeth O'Brien-Gorkowski graduated from Hofstra University with a Bachelor of Business Administration degree in Marketing. Currently Elizabeth is the Coordinator, Military Spouse Program Hiring Our Heroes, U.S. Chamber of Commerce Foundation.

Elizabeth is the owner of THE FIT GROUP, a health and wellness company that provides corporate wellness services, leadership, team building and goal setting conferences. THE FIT GROUP houses M.O.M. FIT (Military Spouses on the Move) a stroller fitness, boot camp, and lifestyle and weight management coaching forum for military spouses. A life long athlete Elizabeth played D1 soccer and basketball at Hofstra University and spent a decade coaching college basketball at Hofstra University, United States Military Academy and University of Hawaii mentoring numerous student athletes who continued their careers on the Olympic, National and Professional level.

Living in Germany she coached the only U17 boys AAU team in Europe dedicated to providing stateside summer travel and college exposure for military children. This specific experience continues to motivate her desire to acquire additional funding for our military children attending high school overseas.

Throughout her career Elizabeth has provided play by play commentary for various media outlets, served as a motivational speaker at numerous events including the annual Americans Working Around the Globe (A.W.A.G.) conference in Garmisch Germany, appeared on a weekly coach's radio show for ESPN 1420 Honolulu, served as a morning co-host on the American Forces Network-Bavaria and authored a weekly blog for Sportsbyline the largest sports talk radio show in the country.

Elizabeth resides in Springfield, VA with her husband Justin an Information Operations Officer in the U.S. Army and their three daughters Isabella, Kaitlyn and Claire.



**Cassandra Guillory**

Cassandra Guillory (“Cassy”) is a native of Baltimore, Maryland and grew up in St. Petersburg, Florida. Cassy graduated from Wellesley College with a degree in Economics and Political Science and earned a Juris Doctor degree from the Florida State University College of Law. She has represented banks, trustees, and insurance companies in the course of her practice focused on creditor rights and insurance coverage litigation and counseling. She is a member of the Florida, Virginia, and District of Columbia bars.

Currently she is a facilitator for the Department of Labor’s Transition Assistance Program serving all branches of the US military. She is honored to be part of team that strives to provide the best opportunities for transitioning service members. Outside of work, Cassy volunteers at her childrens’ school and at church. Cassy, her husband Mark, an Air Force officer, and their children live in Arlington, Virginia.



**Marta Hahn**

Marta Hahn graduated from the University of Texas Health Science Center in San Antonio with a Bachelor of Science degree in Physical Therapy. She later completed an advanced Master of Science degree in Rehabilitation Sciences from the University of Pittsburgh. She has been practicing physical therapy full and then part time for 20 years in various settings and specialties as she follows her husband around wherever the Coast Guard takes them. She has also traveled on medical mission trips with Virginia Hospital Center for about 5 years to Honduras.

Marta has been a military spouse for almost 20 years. She has served on various committees and chaired several fundraising activities in various spouses clubs and school PTAs . She is very

dedicated in helping other spouses with issues relating to schools, medical care, and available community resources.

Marta resides in Fairfax, VA with her husband, Tony who is an officer and a helicopter pilot in the United States Coast Guard. They have two teenage daughters, Sara and Megan and a dog named Mr. Wiggles who hails from Puerto Rico.



**Shelley Kimball**

Understanding military families' experiences in an effort to find the best possible support for them has become a mission for Shelley Kimball. She is the lead qualitative researcher for the Blue Star Families Military Lifestyle Survey, and she conducts research for the Military Family Advisory Network in her capacity as an advisor.

Military family has always been at the core of Shelley's life. She has been a Coast Guard spouse for 14 years, but she also grew up as an Air Force child, and one of her brothers just retired from a career in the Army. She and her husband, Joe, an aviator now stationed at Coast Guard Headquarters, are parents to Joey, 11, and Gracie, 10.

She holds a Ph.D. in mass communication and is currently developing an online media law class for the University of Florida. She has been a journalist for more than 20 years, first as a newspaper reporter, and now as a freelance writer. She writes a regular column for the Coast Guard about military family life called *From the Homefront*.

Shelley's outreach earned her the Swivel Shot Award in July 2014, given by the Coast Guard to recognize outstanding leadership and volunteer efforts in support of families. She also earned the Presidential Volunteer Service Award, Gold Level, in 2014 for the more than 1,000 hours she devoted to volunteering.



**Lauren Lewis**

Lauren Lewis went to the University of Missouri- Columbia and studied broadcast journalism. She's been working in the media industry since college and has worked for CBS, NBC and FOX. She's currently a news producer at FOX DC.

Lauren is married to a marine officer who's stationed at marine barracks Washington 8th and I. In the few years she's been a spouse she's been through a deployment, and learned what it's like to be a spouse that has to experience some of life's precious moments alone. Her husband returned from deployment and met their son when he was 3 months old. She's moved to three duty stations with her husband.



**Sophia Marshall**

Sophia L. Marshall is a Career and Culture Change Agent with in-depth experience in academia, training and development, and military transition. She has a Bachelor of Arts in English from Ursinus College and a Master of Human Relations from the University of Oklahoma.

Sophia has been an active volunteer within the military community serving as a Career and Resume Specialist for Army Community Services, a Financial Counselor and Trainer for Navy-Marine Corps Relief Society, and a Writer for Military Spouse Corporate Career Network and Blue Star Families. She has also written a “Get a Job” column for Military Spouse Magazine and currently writes about careers as the Washington D.C. Careers Examiner.

As an active-duty Navy spouse living in Northern VA, Sophia is a small business owner who helps her clients capture their career accomplishments with the right words and use them as a stepping stone to secure future opportunities.

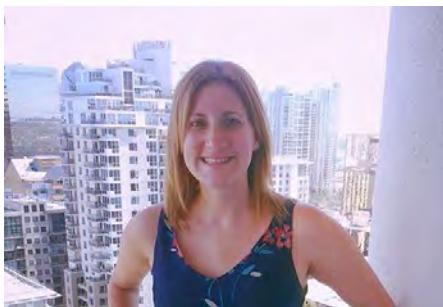


**Traci McCombs**

Traci McCombs graduated from the University of North Carolina at Charlotte with a Bachelor of Arts & Architecture in Art History. She will graduate with a Masters of Business Administration with a concentration in Management from American University this December.

Traci currently works as a Human Resources Specialist at the National Institutes of Health and was recently selected to complete a four month detail to support innovation and new processes. Her volunteer experience includes the NIH HRS

Support Network, the Combined Federal Campaign Keyworker Initiative, and previously was the Family Readiness Group Leader of Apache Troop, 3-4 Calvary Infantry Division in Hawaii. As a military spouse, she has learned the critical role each individual plays in the overall success of our military. Traci resides in Arlington, VA with her husband, Adam who is an Armor Officer in the U.S. Army.



**Emily Nicole McNulty**

Emily Nicole McNulty graduated from Christopher Newport University with Bachelor of Arts degree in Communication Studies/Fine Arts in 2006 and received her Master of Arts Degree from Florida State University in 2008. She has worked as a Content Coordinator in Roanoke, VA, Marketing Assistant for Army MWR Marketing in Fort Sill, OK and Lead Editor/Publicist for Navy MWR Marketing at Joint Base Pearl Harbor-Hickam in Honolulu, HI. Currently, Emily is the Director of Communications at Woods

Memorial Presbyterian Church in Severna Park, MD.

In her not so spare time, she loves to volunteer at festivals, with the wounded warrior project, fisher house and habitat for humanity. Emily loves to run, play tennis, bowl, read, paint and take walks with her adorable Chihuahua Pug mix dog named Rupert. She lives in Annapolis, MD on the Naval Academy Campus with her husband John, an artillery officer in the United States Marine Corps, who now teaches Economics at the Navy Academy.



**Michelle Still Mehta**

Michelle Still Mehta is a management consultant and executive coach with over 20 years of professional experience, specializing in organizational change, personal transition, and the work-life challenges of military spouses. Her research focuses on the relationship between work and identity, and includes an in-depth narrative study of the experiences of Air Force wives who have attempted to navigate careers while being married to the military. Based on the findings from her research, Michelle's life coaching practice helps military spouses create life plans that seek a practical fit between career, marriage, family, and military life.

She is an Air Force spouse of 14 years, residing in Alexandria, Virginia with her husband and two children, Sarah (8) and Andrew (4). Maintaining her own career throughout 7 moves and 2 overseas assignments, Michelle understands the challenges of military life. She also holds a PhD in Human & Organizational Systems from Fielding Graduate University, a Master in Public Policy from Harvard University, and a Bachelor's degree in Social Welfare from UC Berkeley.



**Katherine Steele**

Katherine Steele graduated from Seattle Pacific University with a Bachelor of Arts degree in English and K-12 licensure and later received a degree from UCSD as a Reading Specialist. She is currently a Graduate student at George Washington University pursuing her Masters in Educational Administration and Leadership. Her life experience as a military spouse and mother, professional qualifications in K-12 school systems across 8 states, and professional experience securing a DODEA grant partnering a technology firm with a charter school have helped develop her unique vision for a system of charter schools located near active duty military bases specifically engineered to meet the unique requirements of military dependents. Her vision, was recently recognized by the Pat Tillman Foundation, which granted her a scholarship for Graduate

School. The Tillman Foundation invests in military veterans and spouses, doing more than funding educational dreams, it connects scholars to a community of learners that have a desire to serve others. Katherine is excited to work with the MOAA team to bring about change in the education of our military dependents.

Katherine resides in Dumfries, VA with her husband, Matt, a Harrier Pilot currently attending Command and Staff, and their two children, Mitchell and Kayley.



### **Amanda Szampruch**

Amanda Szampruch is a Marine wife of 12 years and, through the MECEP program, has seen both the enlisted and commissioned sides of the Corps. In 2006, she graduated Washington College with a BA in International Studies and has studied in and visited a number of countries. Amanda and her husband, Capt. Michael Szampruch, have two active boys, ages 4 and 6, who keep her on her toes. After moving to Okinawa, Amanda began volunteering with military organizations. She has given her time to the Okinawa Marine Officers' Spouses' Club, Kadena Airman and Family Readiness, and as a FRO assistant at her last duty station of RS Harrisburg, PA.

Amanda realized her ambition of helping military families make the best of each duty station while in Okinawa and has since created or promoted various opportunities for fun and interaction with other families and local culture. Through these efforts, Amanda seeks to create strong bonds between new friends, that each family may achieve the support and happiness to strengthen our military as a whole. Amanda and her husband grew up in York, Pennsylvania. They moved to Quantico in July of this year after a successful tour of recruiting duty as XO.”



### **Elizabeth Sharp Weyrauch**

Liz spent her childhood in the military community as the daughter of an Army Officer. She attended the University of Tennessee at Knoxville and graduated with a degree in Liberal Arts. Liz has served in the press office of the House Armed Services Committee, as Legislative Director for a defense consulting firm and as Military Legislative Assistant for a Congressman who served on the House Armed Services Committee.

As an Army spouse, Liz has been involved with both military and civilian communities while raising her own family and supporting families in her husband's units. Liz has recently served as the military representative to the *El Paso Times* editorial board and as the senior advisor for a battalion-level Family Readiness Group during its deployment to Afghanistan.

From her time as a child in a military family to her life as a military spouse and her role in crafting the annual defense authorization bill in Washington, Liz provides a unique viewpoint of what military families need and what the federal government must do to support service members and their families.

Liz currently resides in Alexandria, Virginia, with her husband, Paul (an Artillery Officer in the U.S. Army), and their daughters, Emma and Hartley.





**Andi Wren**

Andi Wren is the Military Family Life Counseling (MFLC) Personal Financial Counselor (PFC) Provider Network Manager. She has been a leader working with Personal Financial Counselors and Personal Financial Counselor interns since 2008. Andi has been working with military families for over 20 years as a business owner and contractor. She enjoys coaching and counseling all age groups in areas of life, leadership, family, and finance. She utilizes the degrees in Education, Human Services: Marriage and Family Therapy, as well as mediation training and her Accredited Financial Counselor® designation to provide outstanding service to those she works with. Andi has been involved in many volunteer programs to promote military families as well as personal

finance. She is married to an active duty Air Force Service member who has been serving since 1988. They have five children and three grandchildren and are looking forward to retirement in the near future in North Carolina. Andi is also a caregiver to her wounded warrior spouse.