

MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



Greetings to all and thanks for reading our May 2022 newsletter. It's a privilege to share with both the members of our Chapter and friends around the Nation our Chapter's initiatives and successes. The month of May brings with it the announcement of our Tampa Chapter Scholarship recipients, another Transition Seminar, and the return to our regular luncheon location – the Columbia Restaurant's Siboney Room.

May also rings in the first month we meet as a board or host a luncheon without a key member of our Team, Lt. Col. Richard "Dick" Siegman (USAF Retired). Dick passed away last month. Our prayers and support remain with Nicky Siegman. Thanks for the tremendous turnout and incredible support provided Nicky and their family thus far from the Chapter. Your presence and assistance resonated with the family.

The month of May introduces another milestone for our Team. We have initiated the "next level of preparation" for our 2022 Winter Gala. If you missed last year's inaugural event, you don't want to repeat that mistake this year. Tom Kuhar is leading the planning

committee and is off to a great start. We are fortunate to have committed members already engaged in organizing the event but need additional assistance. You will be fulfilled through participating in any aspect of the planning, coordination, or execution of this event. Please consider how you can help us create another wonderful occasion and assuredly, register to attend early.

Great News

We recently learned that the Chapter was awarded a MOAA Foundation Grant for our Transition Program. Thanks to Paul McAneny's diligent effort and superb leadership, the program has continued to grow and impact transitioning service members of all ranks. This grant will enable us to expand services and reduce the Chapter's financial burden. From a wider aperture, Florida led the way in securing grants for chapter initiatives from the MOAA Foundation Grant Program. Of the 33 winners this year, eight (8) are from Florida.

Highlight – Levels of Excellence (LOE) Award Insights

April was a hurried month in many ways. Yet, a seminal task we embrace this time each year is the submission of our Chapter's nomination for MOAA's Levels of Excellence Award. Passed on to me from Carol Zieres, our Immediate Past President, the requirement to share what our Chapter has accomplished and to expand upon how we execute MOAA's mission and initiatives at a grassroots level, is truly more inspiring than burdensome. For me, preparing the award submission reiterates the significance of our mission, reinvigorates my sense of purpose, and reminds me of the impact a focused team can have on the lives of others.

I wrote a draft of my comments for this

month's newsletter and felt compelled to discard them...to forfeit those thoughts for the month and share with you a few extracts from our LOE Award submission. I realized that beyond board members and proofreaders, many of our members do not see the actual narrative submitted in support of our consideration for a 5-star LOE rating. Rather, they enjoy the announcement of another award received at our monthly luncheon and the perhaps the acknowledgement that our Chapter "may be doing something right." My hope and prayer is that by reading the details, you will appreciate the difficult, detailed, and deliberate effort employed to plan, correlate, execute, and deliver substantive services to both our constituents and our community.

The LOE Award is comprised of both objective and subjective criteria. I offer the following few bullets that are firm, objective requirements that drove changes in our bylaws and have helped align our Chapter's membership qualifications with our goal of enabling national MOAA to grow and retain its influence.

- Key chapter officers are members of national MOAA
- Percent of membership who are members of national MOAA (optimally greater than 95%)
- Chapter has a designated Legislative Chair/Liaison in the national MOAA database
- Chapter has a designated Membership Chair in the national MOAA database
- Chapter has a designated Surviving Spouse Liaison in the national MOAA database
- Chapter has an Electronic Funds Transfer account established with national MOAA
- Chapter belongs to the state council if one exists

continued on next page 2

UPCOMING EVENTS

5 May
10:00 AM
Board of Directors Meeting

12 May
Chapter Luncheon 11:30 AM
Columbia Restaurant
Siboney Room
([See page 8](#))

19 May – 6:00PM-8:00PM
OpHH Dinner
USF Embassy Suites
([See page 9](#))

10 May 8:00AM-5:00PM
Thriving After Military Service
FIVE Labs/US Bioskills Lab and
Conference Center
Contact Paul J. McAneny
813-720-4763
Or pmcaneny@1847financial.com

9-12 June
Florida Council of Chapters
45th Annual Convention
([See page 21](#))

REMINDER:

SUBMISSION DEADLINE
FOR THE JUNE 2022
ISSUE IS 20 MAY 2022

Please submit articles in a Word Document and photos in JPEG
Email articles to
MOAATampa.website@gmail.com

NOTICE: if you have a change of address, please notify our membership team--Jeanne Richard at 813 948-7539 or email at tampamoaa.membership@gmail.com or Tom South tsouth1811@gmail.com

LEGISLATIVE LOWDOWN



BY LTC REGINALD WILLIAMS, USA RET

We finished strong with our Advocacy in Action campaign last month. The legislative affairs team would like to thank each of you for your participation, execution, and continuous advocating for those issues that are important to our community of servicemembers, veterans, retirees, and their families. The legislative team and the chapter leadership appreciate your

help to make sure we contact our respective members of Congress.

Our grassroots efforts consisting of writing letters and conducting phone calls will not go unnoticed. Bottom line, numbers matter: the numbers of congressional offices contacted, the emails sent, the calls made — any and all communication with lawmakers to let them know how important AIA issues are to MOAA members and those we serve.

We still have work to do! There are numerous issues that our community face that we still need to elevate and seek action on like toxic reform, TRICARE, military spouse unemployment and licensing, family issues, VA health care, pay and benefits to name a few. Below, I will provide an update on the DoD budget request and Veterans benefits and the support needed from our members and supporters going forward.

Red Flags Raised by President's Budget Request¹

The president's FY 2023 budget, submitted to Congress on March 28, seeks \$773 billion for DoD — \$30 billion more than last year. It also includes a 4.6% pay raise for servicemembers and federal workers ... but it does not keep up with inflation, prompting cuts to troop strength to fund modernization.

The raise likely will not match up against having to do more with less both at home or deployed — and no one ever provides servicemembers with a list of things to stop doing.

TAKE ACTION: Ask Your Lawmaker to Support the Military Pay Raise

Cutting Personnel to Pay for Modernization

Sen. Jack Reed (D-R.I.), chair of the Senate Armed Services Committee, told an April 7 budget oversight hearing he was "encouraged by the largest-ever request" for research, development, testing, and evaluation (RDT&E) — \$130 billion, or 9.5% more than last year's levels.

In contrast, Sen. James Inhofe (R-Okla.), the committee's ranking member, said "inflation is the new sequestration, and we've got to confront it." While supporting the RDT&E increase, Inhofe said DoD's strategy "cuts end strength across the services, even though all our troops are overworked already."

The budget request, planned prior to the Russian invasion of Ukraine, included the following active duty personnel authorizations for FY 2023 — all reductions from the previous year:

- Army: 473,000, down from 485,000.
- Navy: 346,300, down from 346,920.
- Air Force: 323,400, down from 329,220.
- Marine Corps: 177,000, down from 178,500.

A senior defense official cited recruiting challenges and a reduced propensity to serve as contributing factors to reinvest personnel savings in other areas.

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Message from the President cont.

Other areas of consideration for the annual LOE Award are subjective in interpretation, yet relevant and critical to MOAA's mission and vision. Areas such as advocacy, community engagement, and recruiting and retention are important to the advancement of MOAA's initiatives. Thus, we at the chapter level must diligently execute tasks essential to enabling and meeting national goals and milestones. In that context, I offer the following response to how our chapter addressed a key chapter management subject in the past year.

Management Subject: Grassroots Advocacy – meeting with legislators, supporting calls to action, etc....

The Tampa Chapter's advocacy strategy is built on four pillars – alignment, engagement, encouragement, and collaboration. The Chapter's Legislative Affairs (LA) team leads our Chapter's support of grassroots initiatives at the local, state, and federal levels. They identify opportunities to promote MOAA's legislative agenda and share evidence-based information with policymakers and their staffs to influence existing and shape emerging policy.

Alignment – Our power and influence reside in our ability to speak with one voice. Tampa Chapter's advocacy priorities are focused on the key issues at the forefront of MOAA's advocacy agenda. We also track state and local issues that impact servicemembers and veterans across Florida.

Engagement – The Chapter uses several tools to distribute information and alert members of calls to action including email, social media, phone calls, and our newsletter – *The Retrospect*. Our LA Team publishes articles in our monthly newsletters, briefs members and guests at monthly luncheons, and participates in local military and veteran forums. Over the year, the Chapter met with the Florida Veterans Affairs Direc-

tor, Hillsborough County Commissioners, and the James A. Haley Veterans Hospital Director on several occasions.

Encouragement – The Chapter consistently encourages all whom we influence to submit prepared messages, call, email, and visit Congressional leaders. Our website maintains a direct link to the Legislative Action Center, and our digital newsletter was modified to allow active hyperlinks to legislative and other material.

Collaboration – Knowing that our voices are amplified through MOAA's membership in The Military Coalition, we seek to collaborate locally with Tampa area Veteran Service Organizations. We gain synergy from multiple entities engaging leaders and lawmakers. In 2021, we met with local coalition partners and did gained synergies in our initiatives.

In all, there is a direct correlation between national MOAA objectives and the requests for volunteers and support that we extend to you as members of the Tampa Chapter. For example, our requests for assistants to serve alongside key officers and committee leads are integral to our succession planning and facilitate the transfer of knowledge and capability within the organization. This enables the continuity of operations at echelon – chapter, council, and national levels.

Hopefully, this provides some insight and lends credence to the work behind retaining a 5-star chapter rating. Even more, I pray that it spawns thoughts of where you fit in...can contribute to the cause. Thanks to all our volunteers that give of themselves to enable the progress and growth of the Chapter. I appreciate your membership and moreover, value your contribution to this Chapter.

Member of the Month
This month we are privileged to honor Lieutenant Colonel Ken Martin (USMC Retired) and the MOAA Tampa Chapter Mem-

ber of the Month. Ken has served as the Chapter's Treasurer since 2016 and is also actively engaged with Operation Helping Hand. An incredible advocate for our Chapter, Ken is seminal in our interactions with national MOAA, maintaining investments, and in executing financial transactions on behalf of the board of officers and directors. On a personal level, Ken's character, decorum, insight, and experience provides a litmus test for actions and decisions of consequence to the Chapter. His care for people, process, and accomplishment of our mission is consistently demonstrated in his humility, sacrifice, and presence. He is both an inspiration to and immeasurable part of our team.

Please join us on 12 May at our monthly luncheon, in-person or virtually, as we honor Ken. Also, please be sure to read his biographical information later in this newsletter. Not many people have a blockbuster movie based on an aspect or event in which they were directly involved.

Wrapping up:
In closing, I remain thankful for the opportunity to serve you. I encourage you to come alongside us and help where, when, and in any manner you can. There's a strength you have that's needed in our fight. I offer again that service and commitment, advocacy and advancement, enablement and encouragement are all things that we offer in great measure to our Nation and those that continue to serve. Please be well and commit to sharing the gifts you have been given.

All the best,
Charles

Legislative LOWDOWN cont.

The reductions are even more of an issue given the increased threats in Eastern Europe and the straits of Taiwan. The moves directly conflict with DoD's own budget briefing materials, which described the department's people as "key to U.S. deterrence across domains, theaters and the spectrum of conflict."

What Cuts Can Do
What are the consequences of an understaffed force? The Pentagon doesn't have to look far for an example: An April 5 DoD Inspector General report found officials at 26 of the 30 military treatment facilities (MTFs) interviewed said burnout "caused some staff to quit, further exacerbating staff shortages," DoD Deputy Inspector General for Evaluations Michael Roark told Senate Armed Services Committee members at an April 6 hearing. Burnout "also adversely affected staff members' psychological health and caused them to use emergency mental health services for their own challenges," Roark said.

A DoD IG report from August 2020 noted the Defense Health Agency lacked a model to identify appropriate staffing levels in both direct and purchased care. As a result, thousands of servicemembers and families likely were unable to receive timely access to care.

Silver Linings for Health Care, Families
The FY 2023 budget does address some health care concerns, including funds for increased access to telehealth and an independent review committee (IRC) on suicide. The committee is intended to achieve results similar to the recent IRC on sexual harassment and assault, which revealed extensive investigator manning shortages and legal resource problems across DoD and resulted in Congressional intervention in the FY 2022 National Defense Authorization Act.

TAKE ACTION: Help Support Military Family Access to Mental Health Care

The budget also funds the construction of child care facilities, improvements to child care fee assistance programs, and a Basic Needs Allowance (BNA) for military families who fall within a band of the poverty. MOAA's advocacy efforts, including a push for the BNA as part of Advocacy in Action 2021, led to some of these important successes; military families are sure to feel the impact of increasing deployments to deter growing threats while the ranks dwindle and tempo increases.

Pay Raise Update
MOAA's Advocacy in Action 2022 included a message to Congress on the need to keep the pay raise in line with the Employment Cost Index (ECI) – a benchmark ensuring military compensation keeps pace with the civilian sector. But while ECI should serve as a floor for the pay raise, Congress can set the ceiling – and its members should act now to move beyond the 4.6% figure included in the budget.

It's not just about inflation: From 2014 to 2016, the military pay raise fell below ECI by a cumulative 2.6%. Adding 2.6% to the president's proposal would result in a pay raise of 7.2%, closing the gap created six years ago while also better equipping our servicemembers to deal with the inflation threat.

Remember to take action and ask your lawmakers to support!
Visit MOAA's Legislative Action Center

Florida

Florida Department of Veterans' Affairs Update²

Educational Opportunities for Disabled Veterans

SB 554 Substituted for HB 45- -HOUSE Enrolled Text (ER) Filed

Beginning with the 2022-2023 academic year, a disabled veteran who receives a tuition benefit to attend a state university, Florida College System institution, career center operated by a school district, or charter technical career center under the GI Bill, but who does not qualify for the 100-percent eligibility tier federally, is eligible for a waiver of tuition and fees from the institution attended. The award amount is equal to the amount that is the difference between the portion of tuition and fees authorized under federal law and the full amount of tuition and fees charged by the institution attended

Recognizing Veteran Suicide

HB 63 -Substituted for SB 302-Signed by Officers and filed with Secretary of State

Recognizing Veteran Suicide: Urges Congress to recognize epidemic of suicide among veterans & fully fund suicide prevention efforts by U.S. Department of Veterans Affairs

Military Medics and Corpsmen of Florida Program

HB 131 (Indefinitely postponed and withdrawn from con-

sideration) & SB 466 (Indefinitely postponed and withdrawn from consideration) Requires DVA & DOH to establish & administer Military Medics and Corpsmen of Florida program; provides program purposes; provides for eligibility; provides program components; authorizes medically trained veterans participating in program to perform certain medical activities under specified supervision.

United States Space Force

HB 465 Substituted for SB 438- SENATE Enrolled Text (ER) Filed

United States Space Force; Revising the definition of the term "uniformed services" to include the United States Space Force; revising the military service branches for which any county or state official who is called to active service may receive a leave of absence; updating military base names; adding post exchanges operated by the United States Space Force to the those that are exempt from paying tax on cigarettes sold; revising the armed forces uniforms that are protected from imitation to include uniforms of the United States Space Force.

Educator Certification Pathways for Veterans

HB 573- Substituted for SB 896- SENATE Enrolled Text (ER) Filed

Expands eligibility to seek educator certification to specified military service members; authorizes DOE to issue temporary certificate to specified military service members & specifies duration of temporary certificate for specified military service members.

Veteran Suicide Prevention Training Pilot Program

HB1315 (laid on Table) SB 1712 -Enrolled Text (ER) Filed

Veteran Suicide Prevention Training Pilot Program; Requiring the Department of Veterans' Affairs to establish the pilot program; requiring pilot program participants to receive certain training; requiring the department to contract with an organization to develop the curriculum for such training; requiring the department to submit an annual report to the Legislature by a specified date, etc. APPROPRIATION: \$500,000 Effective Date: 7/1/2022

Sources:
1) www.moaa.org, article by Mark Belinsky, April 12, 2022
2) www.floridavets.org, March 10, 2022


6th Medical Group, MacDill wants YOU!

WHAT:
Red Cross Volunteer(s) to man the front entrance information desk at the 6th Medical Group.

WHEN:
M-F, 0700-1630. Several individuals could make this very doable.

WHY:
Currently Active Duty troops are manning the desk which means they are not available for other clinic duties.

POINT OF CONTACT:
TSgt Brace - 813-827-9785



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THE TAMPA CHAPTER OF THE
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OF AMERICA (MOAA)



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MOAA MISSION STATEMENT

The Military Officers Association of America (MOAA) is a nonprofit veterans' association dedicated to maintaining a strong national defense and ensuring our nation keeps its commitments to currently serving, retired, and former members of the uniformed services and their families and survivors. Membership is open to those who hold or have ever held a warrant or commission in any component of the Army, Marine Corps, Navy, Air Force, Coast Guard, Public Health Service, or MOAA and their surviving spouses.

MOAA Tampa Chapter



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2020 Recipient of the
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Service Award

Military Officers Association of America

TAMPA CHAPTER MISSION:

To maintain a strong national defense and to ensure our nation keeps its commitments to currently serving, retired, and former members of the uniformed services and their families and survivors.

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Notes from the Editor: CAPT Sara Marks, NC, USN (Ret)



It's hard to believe that a third of the year has gone by. April was a month filled with many events that I'm pleased to highlight in the newsletter. First, congratulations to all of the JROTC Students who received awards from our chapter at the April luncheon. The parents and instructors who attended with but- tons bursting with pride as each student was recognized. This month we'll announce the winners of the MOAA

Tampa Scholarship Awards. We're also raffling several items, including a Florence Nightingale Barbie, in honor of National Nurses Week and with the release sequel to the movie "Top Gun" this month, there is a Barbie doll representing a female pilot character included in the raffle. All the monies support MOAA Tampa's initiatives: outreach to homeless veterans, transition events for "Thriving After Military Service" and our scholarships, to name a few.

There are many articles this month highlighting important events to include Florence Nightingale's Birthday and National Nurses Week as we recognize the nurses in our chapter, Armed Forces Day, Military Spouse Appreciate Day, and National Day of Prayer. As always, I'm pleased to publish updates and activities from our chapter members. Make sure to read Paula Stuart's article detailing opportunities to work with our homeless veterans, capture our chapter history and assist with public affairs activities. We hope that of those activities one will spark your interest and support. Bob Sawallesh is always out and about in town. Look for his photo detailing his fun run.

I'm also pleased to announce that our luncheon guest speaker is Kelly Kowall, a Gold Star Mom, who some of you may have met at our Inaugural Winter Gala in December. Please take time to read her bio.

There are two people specifically highlighted each month. Our Member of the Month is Lt Col Ken Martin, who is our treasurer and coordinates the JROTC Awards. Ken, I so enjoy working with you, and especially love that we have a connection to the University of Mississippi (affectionately known as "Ole Miss") NROTC unit, though we were there at different times. Those familiar with Ole Miss will know what I mean when I say "Hotty Toddy!" Our Chapter Member Spotlight this month is one of our honorary members, Stuart Dwork. Stuart, you are

an amazing artist! Make sure to read about these talented and dedicated members of our chapter.

Finally, it is with great sadness that a tribute to Lt Col Dick Siegman, USAF (Ret) is published this month. We lost him last month. I first met Dick and Nicky when I volunteered at the 6th Medical Group at MacDill AFB, and when I joined this chapter, I was so delighted to see them at the MOAA Tampa luncheon. Dick, you are a treasure and an inspiration. You are released from our earthly bonds and with our Lord but know that Nicky and all of your family are in our prayers.

Chapter Members, this is your newsletter so please share your stories, including such topics as military history, individual biographies, the role of military spouses, special events of interest to members, any vignettes of military or veterans service, holiday, commemorative, or celebratory themes, etc. I challenge all of our Chapter Members to send me your stories! I love hearing about your stories and adventures. You never know who you may inspire by sharing your experiences. Page 3 of our newsletter always has our Chapter Secretary's email, so send any articles or questions to TampaMOAA.Secretary@gmail.com or you may contact me at MOAATampa.website@gmail.com!

Let us continue to pray for all who are harm's way and pray for all who are recovering from all the effects of the pandemic and other events. I especially pray for an end to the terrible war in the Ukraine. Don't forget to reach out and to encourage each other. Prayers for comfort and healing.

"Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests, but also to the interests of others." —Philippians 2: 3-4 (RSV)

Let us never forget. - NEVER STOP SERVING!

Sara Marks, CAPT NC USN (Ret)

THE RETROSPECT is published monthly by the Tampa Chapter of the Military Officer's Association of America (MOAA), P.O. Box 6383, MacDill Air Force Base, FL 33608-0383. The Tampa Chapter is a 501(c)(19) tax exempt veterans' organization not associated with the Department of Defense and is an affiliate of the Military Officers Association of America (MOAA).

OUR EDITORIAL POLICY:

MOAA National, the Florida Council of Chapters, and the Tampa Chapter are non-partisan organizations. The views expressed in individually signed articles and the advertise-

ments that appear in this publication/website do not reflect an endorsement by MOAA or this affiliate. Articles in the newsletter/website are the opinions solely of the individual authors and do not necessarily express the policy or opinions of the newsletter's editor or publisher, nor do they reflect an endorsement by the Tampa Chapter or the National organization of the Military Officers Association of America, unless so indicated. The views expressed in individually signed articles do not necessarily reflect Chapter policy.

MOAA National, the Florida Council of Chapters, and the Tampa Chapter are nonpartisan organizations. Our chapter membership is open to all Military officers (Commissioned and warrant), including Active Duty, National Guard, Reserve, former officers, and spouses/surviving spouses of military officers.

Our luncheon meetings are held 1130 hours every second Thursday of each month at the Columbia Siboney Room in Ybor City and available to attend via Zoom

ON THE WEB:

Tampa Chapter <http://moaatampa.org>

Communications directed to specific board members listed in the main menu ABOUT US then LEADERSHIP may be made by emailing TampaMOAA.Secretary@gmail.com or going to the main menu to CONTACT and email us using the form provided.

FACEBOOK: [MOAA Tampa Chapter](#)

INSTAGRAM: https://www.instagram.com/moaa_tampa

A password protected MEMBERSHIP DIRECTORY is posted on the website under the "MEMBERSHIP" category. FL COUNCIL OF CHAPTERS: www.moaafi.org

MOAA NATIONAL: www.moaa.org

OPERATION HELPING HAND: www.operationhelpinghandtampa.com

TAKE ACTION: <http://www.moaa.org/Content/Take-Action/Top-Issues/Top-Issues.aspx>

MOAA'S NEWS LISTING - Click for the latest news and resources from MOAA. www.moaa.org

As a member of MOAA, you are entitled to exclusive member benefits and discounts. Find out more about our member-only services and offers or explore the topics that most interest you.

Come Honor Nurses From Our Chapter At The May 12th Luncheon During National Nurses Week May 6-12, 2022



Pictured are some of the items that will be raffled at the May 12th luncheon. Money made will support MOAA Tampa Chapter's many initiatives: Scholarship, Veteran's Affairs and "Thriving After the Military" programs!

The American Nurses Association selected the evergreen theme, Nurses Make a Difference to honor the varying roles of nurses and their positive impact on our lives. Nurses make a difference as trusted advocates who ensure individuals, families, and populations receive quality patient care and services. Nurses make a difference by influencing and shaping health policy decisions that ensure all Americans have access to high-quality, affordable health care coverage.

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JUNE LUNCHEON GUEST SPEAKER

Kelly Kowall, Gold Star Mom

As the mother of an active-duty soldier in Afghanistan, Kelly was aware of the possibility of losing her son, but no doubt that foreknowledge did not make the news that her son, Army SPC. Corey Kowall, had been killed on September 20, 2009, any easier to bear.

Almost immediately, Kelly turned that tragedy into a wide-reaching good by finding a way to help others deal with their pain. In 2012 she officially founded My Warrior's Place, where our American Heroes and their families can find refuge and have a place to heal from the tragedies they have had to endure.

My Warriors Place is a unique Retreat Center that is strategically designed to inspire healing through fellowship and tranquility. Kelly was instrumental in creating and implementing several amazing programs and the support obtained through these programs is priceless!

Kelly has more than 30 years in management, sales and sales training. She is an ICF certified Life & Business Coach and a certified Grief Services Provider by the American Grief Academy. Additionally, Kelly is a certified Fire and Glass Walking Instructor by The Firewalking Center.

Kelly is also an accomplished writer and much sought-after speaker. Her published book entitled "My Life After... the death of my son - a story of miracles" has received high accolades and she has had several stories published in a few Chicken Soup for the Soul books.



Tribute to Lieutenant Colonel Richard E. Siegman

—Compiled and edited by Sara Marks from Dick Siegman's obituary and from Chaplain COL Bernard Lieving's comments at Dick's Memorial Service

Sadly, we lost a great patriot, US Air Force Officer, beloved spouse, father, brother, fellow MOAA Tampa and Operation Helping Hand member and most of all friend. Lt. Colonel Richard E. "Dick" Siegman passed away peacefully at Sun City Hospice House in Ruskin, Florida on April 14, 2022, at the age of 88 years old. Dick was born on September 9, 1933 in Portland, OR. He graduated from Grants Pass High School in 1951. He attended Oregon State University, Corvallis, OR, prior to joining the United States Air Force in 1952 where he served for 26 ½ years. He was last stationed in Columbus, OH, retiring in 1979 due to Agent Orange causing diabetes and heart disease and grounded his life as an USAF pilot. His career allowed him to pilot on many missions worldwide including being stationed in Japan and France. He was decorated by the President of Ecuador in 1967 for a critical fly mission. At that time, it was the highest award presented to any American military officer.



with over fifty percent disability. Of course, he did not stop flying as he went on to fly for the State of Florida's Division of Forestry as a fire pilot for 18 years.

As a military retiree Dick's life, in many ways, centered around MacDill Air Force Base, many of us here today remember Dick for his over 20 years of work as a volunteer on MacDill, while there was still a hospital on base. Let's just say that Dick was not a happy camper when the decision was made to close the hospital. But he transitioned into the new Medical Clinic where he continued to serve as the 6th Medical Group Volunteer Coordinator for years. During that time, he gladly collected calendars and magazines to put on the counter in front of him for anyone to pick up and take with them.

In 2000 he joined The Retired Officers' Association and within a year became treasurer. In 2003 that organization became the Military Officers' Association of American, known as MOAA. When the organization

sponsored the formation of Operation Helping Hand to assist military wounded at the James A. Haley VA Hospital and their families, Dick assumed the role of treasurer for several years.

Our MOAA organization's most recent memory of yet another of Dick's volunteering to make things happen was about a year ago when he assumed responsibility for planning and executing that planning for our first ever Christmas Gala fund raiser. That event was such a huge success on December 10th at the Palma Ceia Golf and Country Club that we have decided to make it an annual event. That is all thanks to Dick and his attention to detail.

Dick and Nicky married on September 4, 1976 in Columbus, OH. They relocated to Florida in 1979. He resumed his flying career in 1982 for the State of Florida – Division of Forestry as a fire pilot for 18 years.

"I am privileged to stand before you today leading this celebration of Dick's life. I have known him for 22 years, just one-fourth of his life, and I am grateful for Barb's words today giving us all a picture of Dick's life before we knew him.

My first image of Dick which I have to conjure up in my imagination because I did not know him then, is his piloting the Air Force's 1st swept wing jet fighter aircraft, the F-86 Sabre. He then moved on to the F100 Super Sabre. Then, he transitioned from jet fighters to cargo transport aircraft flying the Air Force's three that were in use during his career – the C-123, C-130, and C-141. Being a paratrooper and having jumped from the C-130 and 141, I can just imagine Dick's humor and sarcastic words to his crew after they had flown paratrooper missions. "Who would jump from a perfectly good aircraft?"



And, then there is Nicky, beloved wife, spouse, marriage partner for almost 46 years. They met while Dick was on one of those flying missions mentioned in the poem I read earlier when he would not recall "how cold Arctic winds blew" but would remember "those beautiful lights on cold winter nights seen only by those who flew". Nicky was then living in Alaska and serving as the hostess at the Officer's Club where Dick was taking his meals while on a temporary duty flying mission.

Was it fortuitous or was it God's plan that his mission was extended for a week, and he ate more meals there and got to know Nicky ever more. After a couple evenings he was there until the club's closing time and then he would volunteer to go out to the parking lot and start Nicky's car so it would be warmed up by the time she checked out. In their marriage they shared a simple, wonderful life together



—doting on each other; loving to dance; Nicky ran the house keeping it spic and span while Dick kept the garage packed with his tools and stuff. They loved to travel together, with time in Europe and especially enjoying Luxemburg, Nicky's home. Dick was the Christmas house decorator and if anything needed to be done on the computer, Dick was there to do it. And, of course, Dick was pleased when Nicky became involved with MOAA as our shirts procurer." (Excerpt from Chaplain Colonel Bernard Lieving, US Army (Ret) comments from Dick's Memorial Service held on April 22, 2022.)



—MOAA Tampa Chapter honoring Dick Siegman and supporting Nicky —Photo credit Charles Dalcourt

Dick joined MOAA (Military Officers of America Association) in 2000, serving in the positions of Treasurer and Executive Director (2001-2010). He also volunteered at MacDill AFB 6th Medical Group Clinic, Tampa, FL (2000-2022).

Dick, you were an inspiration to all of us at the MOAA Tampa Chapter. We will always remember you and dearly miss your cheerful countenance and unrelenting positive outlook on life. To quote part of your favorite poem "I Flew" (author unknown), "Those beautiful lights on cold winter nights, seen only by those who flew. God was extremely good to me and let me touch his face. He saw me through war and peace and blessed us with his grace. So, when I stand at Saint Peter's Gate and tell him that I'm new. I know he'll smile and welcome me because he knows I FLEW!" God Bless and Rest In Peace.

Link to Dick Siegman's obituary: <https://www.dignitymemorial.com/>

Air Force planes Lieutenant Colonel Richard E. Siegman flew



MEMBER OF THE MONTH

KEN MARTIN, LT COL USMC (RET)

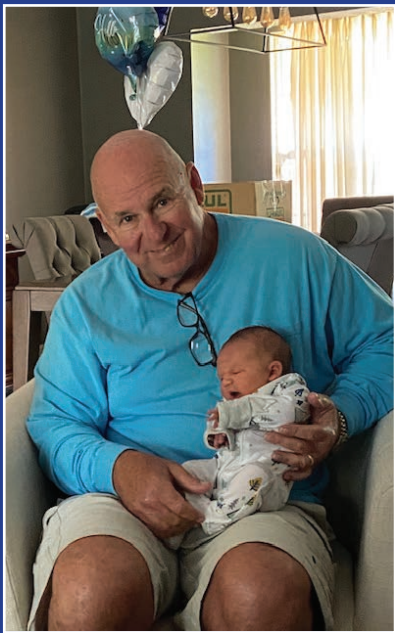


Ken Martin has been our chapter’s treasurer since 2016. Ken served in the Marine Corps from 1983 to 2003. He was an attorney and spent most of his time in the courtroom. In the military, he was a defense counsel, trial counsel and judge and involved in every type of case from murder to misdemeanor crimes. The movie “A Few Good Men” was based on a case that Ken prosecuted in Cuba with actor Kevin Bacon playing him.

He was also the first judge that ruled that an order to a Marine to take the anthrax shot was a lawful order. Ken recently retired from his civilian law practice and currently enjoying retirement with his wife, Chris, in the greater Tampa Bay area. He is a native Floridian born & raised in Pompano Beach and attended Florida State where he earned both undergraduate and law degrees. When he is not watching the FSU Seminoles, he enjoys spending time with his family particularly his grandsons, Landon (4), Teddy (2), and Hunter (1 month). His daughter, Lauren, and husband, Zach, and his daughter, Katie, and husband Dave, all reside in the Tampa area and he knows how blessed he is to have his family nearby.



—With Sandra Day O’Connor - First Female Associate Justice of the Supreme Court of the United States



CHAPTER MEMBER SPOTLIGHT

STUART DWORK

Honorary MOAA Tampa Chapter Member

Stuart was exposed to art at a very young age. His father was a fine artist and a graduate of Pratt Institute in New York City. In high school Stuart volunteered his time to various art needs and at the age of 17 received a full scholarship to The Cooper Union for the Advancement of Science and Art in New York City. There he studied fine art and graphic design.

After graduation he served two years in the US Army in Special Services as an illustrator for training aids. Stuart served in the US Army 1963 to 1965 during the Vietnam war. His basic training was in Fort Dix, New Jersey and then stationed at Fort Lee, Virginia for Quartermaster School. His MOS was as an illustrator where he produced training aids for the military and also in Special Services affiliated with Fort Lee’s Theater 5 and the Show Mobile.

In Special Services, he put on shows for the Post troops and entertainment for the Officers Club on weekends. Stuart painted and donated a backdrop for the Seven Year Itch at Fort Lee’s Theater 5 which won the Army award for the best set design. This was done before he was in Special Services. Stuart still had his job doing training aids in the morning and Special Services in the remaining hours. Stuart was one of “The Four Mets”, one of the 54 acts in the 1965 Second Army Entertainment Contest. Stuart preformed a song and dance number from Damn Yankees, that won “Best in Musical” category and “Best of Show” from all of the 54 acts and received awards and trophies for both categories. He donated a 12 by 8 foot mural, completed in his free time, in the theater lobby titled “Tragedy and Comedy” in the theater to be there in perpetuity.

In October 1965 he completed his military service and received an honorable discharge as a Specialist Fourth Class.



Base (AFB). Prints were produced and proceeds donated to the local education fund and military organizations. General Chip Dehl presented citations to Stuart for donating his art and recommended this image of his painting “Never Forget Them” be sent to Washington D.C. for a potential postage stamp. A Giclée of Stuarts’ painting “Never Forget Them” is on display for perpetuity in a Central Command building at MacDill AFB. Later, Stuart donated the rights to use the image of the “Never Forget Them” painting for the Veterans Day Celebration event 2012 in Tampa, Florida.

Stuart is affiliated with Operation Helping Hand, an organization to help our wounded military service people and their families. In 2011 he created Star Spangled Art, an art event held at Carrollwood Cultural Center featuring the artwork of our veterans and wounded veterans sponsored by MOAA Tampa and Operation Helping Hand. The last Star Spangled Art show was held in November 2019 at the St. Petersburg college, Leeper- Ratner Museum, Tarpon Springs Florida. Stuart currently distributes “Never Forget Them” cards and mini posters to the wounded veterans and other military veterans who have served our country. He has received numerous awards and medals for his prints donated to the wounded veterans.

Stuart is President of The Exhibiting Society of Artists (TESA), a prestigious organization that exhibits in venues such as The Mahaffey Theater, Ruth Eckerd Hall, Bradenton Cultural Center, Leepa-Rattner Museum, Carrollwood Cultural Center, Raymond James Corporate, Sterling Art Galleries, Bright House Corporate offices, Largo Library, Safety Harbor Museum, Safety Harbor Chamber of Commerce, St. Petersburg College, Pinellas Park Cultural Center, and many more.

Stuart is also a published poet, writer and musician and performs his original songs and music on his Guitar. Stuart has five of his wildlife series prints in Raymond James Corporate and is in many art collections all over the world. He has won awards for his art and poetry and is a member of the Safety Harbor Writers and Poets Society. His unique artwork on seashells has been featured in Tampa Bay Magazine, Safety Harbor Museum, Safety Harbor Library and Largo Library

Stuart was made an Honorary Member of MOAA in 2016, The Military Officers Association of America, Tampa Chapter.



In 1964 he created “Never Forget Them” painting in the Army craft facility on Post. The painting was sent to the Pentagon and other of his original artwork and eventually was returned to him.

In the year 2000 (35 years later) Stuart was asked if the painting could be used to promote the largest Veterans Day parade in Tampa, Florida promoted by MacDill Air Force

April Luncheon Photos

Photo credits: Bob Sawallesh, Ben Ritter and Sara Marks





MAY LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting
DATE: Thursday, 12 May **TIME:** 1130 hours
LOCATION: Columbia Restaurant, Siboney Room, 2117 E 7th Ave, Ybor City
RESERVATIONS: Call 813-676-4676 and follow the prompts OR via email to bab@digital.net.
REMEMBER: A reservation made is a reservation paid.
Reservations must be made by NOON Friday, 6 May. Reservations are limited to 60.
CANCELLATIONS must be made by NOON Monday, 9 May by calling 813-676-4676.
COST: Event cost is \$30 payable by check or cash, \$31 by credit card (includes service charge).
MASKS: Masks are optional.

DRESS CODE: Now in Daylight Savings, proper attire is business casual for all (i.e., for men, slacks/collared shirts). Military uniforms are always appropriate.
MENU: 1905 Salad, Cuban Bread and butter, Arroz con Pollo, Roast Pork, Black Beans, Fresh Green Beans, Coffee, Iced Tea, Soft Drinks, Mango Mouse Cake
PARKING: Across the street from the Columbia Restaurant and behind the Columbia Restaurant
Luncheon reminders are sent via email. If you are not receiving the reminders, please call 813-374-3309 or send an email to bab@digital.net to be added to the distribution list.

Or by Zoom:

One Tap Mobile: US: [+16465588656](tel:+16465588656)..89708292982#....*206251# or [+13017158592](tel:+13017158592)..89708292982#....*206251#

Meeting URL: <https://triple-strand-global-solutions.zoom.us/j/89708292982?pwd=UG1rQ2RGWVlpRnBZRDRXRTFnTVJZdz09&from=addon>

Meeting ID: 897 0829 2982 Passcode: 206251

Join by Telephone
For higher quality, dial a number based on your current location.
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Meeting ID: 97 0829 2982 Passcode: 206251



BULLETIN BOARD

CARING FOR OUR “SHUT-IN” MEMBERS
Our Chapter wants to become aware of members who are hospitalized, homebound, in care facilities or just plain sick and has provided a way for you to inform us. Please contact CDR Geoff Harrington USNR Ret at (813) 926-7988 so that he may call or send cards to let them know they are missed.

Alternatively, you may send an e-mail to: TampaMOAA.Secretary@gmail.com

Lt Col Kiley Stinson USAF Ret, Sick Call Chairman

Smile.Amazon and The MOAA Foundation

Do you ordinarily order from Amazon.com? Want to do some good while you shop? Use Smile.Amazon.com (not Amazon.com) and let Amazon contribute to The MOAA Foundation. Why The MOAA Foundation – because it provides assistance to over 100,000 military and veteran families and their survivor each year! All you do is go to smile.amazon.com, enter your

Amazon email address or your mobile phone number and your password, select The MOAA Foundation as your charity, and place your order as usual. Not a different password to remember!

Amazon contributes 0.5% of your eligible AmazonSmile purchases to the MOAA Foundation. The MOAA Foundation (TMF, EIN 46-4219250), a 501c(3) charitable subsidiary of the Military Officers Association of America (MOAA), offers grants to MOAA, its councils and chapters in support of career development and community outreach programs and services.

If you want to see more about the Foundation, go to the MOAA site, www.MOAA.org (at the home page, go to the bottom and select the Site Map to find the MOAA Foundation).

IMPORTANT DATES IN MAY 2022

- Month of the Military Caregiver
National Military Appreciation Month
1 National Day of Prayer
6-12 National Nurses Week
6 Military Spouse Appreciation Day
8 Mother’s Day
8 VE Day
13 Navy Nurse Corps Birthay
13 Children of Fallen Patriots Day
21 Armed Forces Day
22 Maritime Day
14-22 Armed Forces Week
30 Memorial Day

FUN IN 40 DEGREE WEATHER LAST MARCH!

MOAA Tampa Chapter Member Supports Operation Helping Hand: Bob Sawallesh at 0800 in the cold 40-degree weather completed a steady 5K fast walk in the Brandon Runners Shamrock 5K on March 13, 2022.

There were many runners. Certain proceeds from the 5K went to support Operation Helping Hand.





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UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN
Chairman, OPHH

“As long as we are
needed, Operation Help-
ing Hand will be there...”



On 21 APRIL, OPERATION HELPING HAND held its 197th dinner to support the wounded and injured who receive treatment at the SCI/POLYTRAUMA facilities at the JAMES A HALEY VA HOSPITAL.

A very special thanks to MR MICHAEL BROWN, EXEC. DIRECTOR OF UNISEN and all his support staff who made this dinner spectacular. UNISEN SENIOR LIVING was also the

TITLE SPONSOR FOR THE BOB SILAH MEMORIAL GOLF TOURNAMENT last month. Our sincere appreciation and thanks for being a tremendous supporter of OPERATION HELPING HAND!

The next fund-raising event will be on 6 MAY at TAMPA BAY SPORTING CLAYS. This event is supported by the TAMPA ROTARY CLUB OF WESTCHASE with all proceeds to benefit OPERATION HELPING HAND. Please see our website for complete details.

OPERATION HELPING HAND will continue to provide support and assistance to the MUSIC, ART, VIRTUAL REALITY, AND MOTION THERAPY PROGRAMS. We will always support the POLYTRAUMA FAMILY SUPPORT GROUP which provides a vital mission to join old and new patients and their families.

OPERATION HELPING HAND is an all-volunteer 501 (3)(c) organization, in which 96.5% of all donations received goes to support all of these programs. OPERATION HELPING HAND will need your continued support to allow us to continue our assistance to all of these vital programs. This support can be donations by checks or by using our website: (OPERATIONHELPINGHANDTAMPA.COM)

STAY SAFE, HEALTHY, AND RESILIENT!

Operation Helping Hand April Dinner Photos

Photo credit: LTC Bob Sawallesh, USA (Ret)



With death of 99-year-old Wisconsin veteran, four Merrill's Marauders remain

—Submitted by: Sara Marks, CAPT NC USN (Ret)

—Wyatt Olson

Raleigh Naves, 99, died Thursday in Chippewa Falls, Wis., just one day after the Army veteran had received the Congressional Gold Medal for his role in fighting with the famed Merrill's Marauders in Burma during World War II.

"It was almost as if the Congressional Gold Medal award ceremony was his final goal," Jim Naves, his eldest son, said Monday in a news release by Jonnie Melillo Clasen, who in recent years has served as an informal liaison for the aging group of Marauders.

With the death of Naves, only four original members of Merrill's Marauders are living, said Clasen, whose late father was a member of the unit.

The Marauders' namesake was Brig. Gen. Frank Merrill, who led the Army unit as it fought behind Japanese lines in Burma during the war. The Army Rangers trace their lineage to the Marauders.

The unit's ultimate mission was to capture the Myitkyina airfield in northern Burma, which it did on May 17, 1944, but not before a 1,000-mile slog over the Himalayan foothills, through jungles and enemy resistance.

The soldiers were plagued by disease, parasites, exhaustion and malnutrition, winnowing their ranks from the original 3,000 to roughly 200 by the time they seized the airfield. Last fall, Congress approved the Congressional Gold Medal for all the soldiers of the 5307th Composite Unit, as the Marauders were formally known, "in recognition of their bravery and outstanding service in the jungles of Burma during World War II."

Naves was presented the Gold Medal on Wednesday by 1st Sgt. Daniel Ryan, a Ranger from Camp Frank D. Merrill in Dahlonaga, Ga., while surrounded by family and friends at the Chippewa Manor nursing home, where he had been living for the past few years, Clasen said.

Raleigh Naves in 2020 holds a battalion flag belonging to Army Ranger Cory Remsburg, who was wounded in 2009 in Afghanistan. The flag was signed by the nine still-living Merrill's Marauders veterans and returned to Remsburg. (Jonnie Melillo Clasen)



—Raleigh Naves poses with his rifle in this undated photo taken during World War II. (Jonnie Melillo Clasen)

"That night he passed in his sleep, and we believe it is because he felt his mission here on earth was finished," the veteran's family said in his obituary.

"Raleigh was a man of few words with a huge heart, and he will be missed by all who knew him," the obituary said.

Naves was born Sept. 8, 1922, in Cadott, Wisc., and raised on a dairy farm with seven brothers and one sister. He joined the Army in November 1942 and was told



—Naves told his family of seeing snakes spanning the entire width of roads.

his unit would be tasked with guarding the U.S. Capitol, Naves told the Chippewa Herald newspaper in 2016.

That did not appeal to the 20-year-old just off the farm, and he volunteered for more hazardous duty, serving on White Combat Team, 1st Battalion, which shipped out for Burma in late 1943, he told the newspaper.

"We've all heard the stories about how he would wake up in the jungle covered in leeches, which was the least of his troubles," his obituary states.

He was one of the handful of Marauders left standing and able to fight by the time the airfield had been taken.

"How did I survive? I don't know. Lucky, lucky, lucky," Naves told the newspaper.

He was healthy enough to continue serving with the 475th Infantry, which became Mars Task Force, the successor unit to the Marauders, Clasen said.

He was shipped back to the U.S. in May 1945, and was stationed at Camp Fannin, Texas, until being discharged in October 1945.

He worked at paper and woolen mills in the Chippewa Falls area before retiring in 1987. He and his wife, Betty, were married for 74 years before her death last year.

Naves will be buried Friday at Prairie View Cemetery in Chippewa Falls with military honors provided by the Army Rangers and the Chippewa Falls Patriot Council.

Three of the other remaining Marauders were presented their Congressional Gold Medals this month: Bob Pasanisi, 97, in New York; Gilbert Howland, 99, in New Jersey; and Russell Hamler, 97, in Pennsylvania, Clasen said.

Gabriel Kinney, 101, who lives in Alabama, is slated to receive his on Friday, she said.

Videos of the five presentations will be part of the virtual Congressional Gold Medal ceremony on May 25 that will be hosted by House Speaker Nancy Pelosi's office and broadcast on C-Span, Clasen said.

Source: <https://www.stripes.com/veterans/2022-04-26/merrills-marauders-obituary-raleigh-naves-us-army-world-war-ii-5811964.html>

Sluggish Military Recruiting Worries Congress

—Submitted by: Sara Marks, CAPT NC USN (Ret)

[Leo Shane III](#)

Lawmakers on Wednesday voiced serious concerns that [recent military recruiting difficulties](#) may be an omen of sizable personnel shortfalls in coming years, unless Defense Department leaders can make major changes.

But Pentagon leaders said that ongoing recruiting challenges are not at that level of threat yet, and they are working to ensure they don't ever get there.

During a [budget hearing](#) before the Senate Armed Services Committee, personnel officials from the five services characterized this year as "arguably the most challenging recruiting year" since the start of the all-volunteer force.

Through the first five months of fiscal 2022, the service had reached only about 23% of its active-duty goal for new recruits. But Lt. Gen. Gary Brito, deputy chief of staff for the service's personnel issues, said he is still optimistic the Army will reach its target by this fall.

Air Force leaders said the service is on track at the moment but may fall "1 or 2%" below levels mandated by Congress in the defense authorization act.

Navy, Marine Corps and Space Corps officials said they expect to reach their goals, but with some difficulty. Navy officials said they believe they'll have fewer deferred entry candidates this year than expected, potentially creating recruiting problems in future years for the sea service.

That raised concerns from several lawmakers. Sen. Thom Tillis, R-N.C. and ranking member of the committee's personnel panel, said the numbers should be a wake up call for both the Pentagon and Congress.



"I'm worried we're now in the early days of a long-term threat to the all-volunteer force, with a small and declining number of Americans who are eligible and interested in military service," he said. "Every single metric tracking the military recruiting environment is going in the wrong direction.

"In most cases, we're seeing the worst numbers in the last few decades."

In a separate press conference, Pentagon press secretary John Kirby acknowledged the challenge but downplayed the scope of the problem.

"[Defense Secretary Lloyd Austin] recognizes that the services have unique recruiting demands, not just in terms of numbers, but in terms of skill sets. It is absolutely on his mind," Kirby said. "He has had a good session with the service secretaries [on this] and I fully expect that there will be more going forward."

Under Secretary of Defense for Personnel and Readiness Gil Cisneros Jr. told senators that the post-pandemic labor market — where private companies are competing for a

smaller pool of job candidates — has been the biggest challenge for military recruiting and retention.

Other lingering issues, like rising obesity and drug use among the American public, remain problems.

He said the proposed 4.6% pay raise for troops and increased housing stipends in the fiscal 2023 budget request will help, but added that his office is "working closely with the services to leverage all authorities, resources, and tools to address these challenges."

Service officials also testified they are reviewing a host of quality of life issues as they review their recruiting problems. Kirby said Austin does not want to dictate any military-wide recruiting mandates, given the individual needs of the services, but is looking to see where department officials can offer more help.

Lawmakers are expected to release their initial drafts of the fiscal 2023 defense authorization bill in coming weeks. Those could include annual recruiting bonus authorities and potentially more money to help entice would-be recruits.

About [Leo Shane III](#)

Leo covers Congress, Veterans Affairs and the White House for Military Times. He has covered Washington, D.C. since 2004, focusing on military personnel and veterans policies. His work has earned numerous honors, including a 2009 Polk award, a 2010 National Headliner Award, the IAVA Leadership in Journalism award and the VFW News Media award.

Source: <https://www.marinecorpstimes.com/news/pentagon-congress/2022/04/27/sluggish-military-recruiting-worries-congress/>

FLORIDA CROCODILE SPENDS A WHILE SUNBATHING ON NAVAL RUNWAY

—Submitted by: Sara Marks, CAPT NC USN (Ret)

By: [Sarah Sicard](#)

A crocodile camps on the runway at Naval Air State Key West. (Photo via Facebook).
What’s old, likes tanning in the hot sun, and has leathery skin? A fair number of Florida residents, to be fair, but one in particular recently caused a small ruckus at a Naval airstrip.

An American crocodile parked herself on a runway at Naval Air Station Key West and spent a day with the Hornets on March 10.

“This airfield resident was soaking up some sun on one of our runways recently and didn’t want to budge,” NAS Key West’s [Facebook posted](#) about the crocodile.

Crikey.

Though the croc wasn’t bothering anyone, she also had no interest in moving from the prime piece of sun-tan real estate. A true Floridian goddess.

Wildlife biologist Rosa Gonzalez had to call on the Florida Fish and Wildlife Conservation Commission to aid the reptile in finding its way off-post.

This isn’t unusual however, [reported the Miami Herald](#), as the air station is found within the Florida Keys National Marine Sanctuary.

“We believe she is a local crocodile,” commission spokesman Jason Rafter told the Herald. “She has been tagged about four years before in that area. She’s got a new tag on her now. That way we can identify her from a distance.”

Source: <https://www.navytimes.com/off-duty/military-culture/2022/04/21/florida-crocodile-spends-a-while-sunbathing-on-naval-runway/>



NATIONAL DAY OF PRAYER IN THE UNITED STATES

—Submitted by: Sara Marks, CAPT NC USN (Ret)

National Day of Prayer calls on all people of different faiths in the United States to pray for the nation and its leaders. It is held on the first Thursday of May each year.

National Day of Prayer is not a public holiday. Businesses have normal opening hours.

What Do People Do?

Through the efforts of the National Day of Prayer Task Force, more than 35,000 prayer gatherings will be conducted by about 40,000 volunteers across the United States. Several million people are expected to participate in this call to prayer. Some celebrities, such as popular musician and Grammy Award winner Ricky Skaggs, will join millions of Americans in praying for the nation.

Other events in various communities across the United States may include: choirs and bands performing songs relating to prayer; community prayer breakfasts or luncheons; daytime prayer walks; and evening worship and prayer services or gatherings. National Day of Prayer is a time for people of all faiths to pray together in their own way.

Public Life

National Day of Prayer is not a public holiday. Schools, post offices, stores and other busi-



People of all faiths take part in National Day of Prayer. [@iStockphoto.com/](#) Robert Kohlhuber

nesses and organizations are open as usual. Public transport services run to their usual schedules and no extra congestion on highways is to be expected.

Background

In 1775 the Continental Congress allocated a time for prayer in forming a new nation. Over the years, there have been calls for a day of prayer, including from President Abraham Lincoln in 1863. On April 17, 1952, President Harry Truman signed a bill proclaiming the National Day of Prayer into law in the United States. President Reagan amended the law in 1988, designating the first Thursday of May each year as the National Day of Prayer.

The National Prayer Committee was formed in the United States in 1972. It went on to create the National Day of Prayer Task Force, with the intended purpose of coordinating events for the National Day of Prayer. According to the Legal Information Institute,

the President shall issue each year a proclamation designating the first Thursday in May as a National Day of Prayer on which the people of the United States may turn to God in prayer and meditation at churches, in groups, and as individuals.

Source: <https://www.timeanddate.com/holidays/us/national-day-prayer>

WHY IS FLORENCE NIGHTINGALE’S BIRTH ANNIVERSARY CELEBRATED AS INTERNATIONAL NURSES DAY?

If ever there was a time to celebrate the work that nurses do, it is now amid a raging pandemic.

—Submitted by: Sara Marks, CAPT NC USN (Ret)

One could argue that every day is a Nurse Day, and given the raging pandemic, now more than ever. Historically, May 12, the birth anniversary of Florence Nightingale, is celebrated as the International Nurses Day. But why?

Florence Nightingale- ‘the Lady with the Lamp’

Florence Nightingale was an English nurse, a social reformer, and a statistician who founded the key pillars of modern nursing. She was born today in the year 1820. She started working as a nurse in charge of the British and allied soldiers, wounded during the Crimean War. She was known as the Lady with the Lamp. Florence Nightingale spent most of her time caring and comforting the injured – often late into the night. The first nursing school – the Nightingale School of Nursing – was inaugurated in London in 1860. Florence Nightingale was a key figure behind setting up a training school for midwives as well. She was the first woman who was awarded the Order of Merit in 1907.



Biography

The ICN ([International Council of Nurses](#)) – on its part – has celebrated this day since 1965.

May 12 was chosen to celebrate the birth anniversary of Florence Nightingale, the founder of modern nursing on January 1974.

Nurses are at the forefront of fighting the COVID-19 pandemic. Like doctors and other healthcare workers, nurses continuously provide high-quality care often without a break. Nurses are often the only health professionals that people see in a crisis. According to the WHO, “nurses account for more than half of all the world’s health workers, yet there is an urgent shortage of nurses worldwide with 5.9 million (2020) more nurses still needed, especially in low and middle-income countries.”

Make sure you say a big Thank You to the nurses today.

Source: <https://www.eastmojo.com/festival/2021/05/12/international-nurses-day-2021-history-importance-of-florence-nightingales-birth->

WHEN IS ARMED FORCES DAY?

—Submitted by: Sara Marks, CAPT NC USN (Ret)

By Joseph Andrew Lee



Armed Forces Day is celebrated on **the third Saturday in May**, and it is the day Americans celebrate their military. In 2021, it falls on Saturday, May 15.

What is the difference between Armed Forces Day and Veterans Day?

Unlike Veterans Day (previously observed as Armistice Day - the end of World War I), which honors those who wore the cloth of our nation at war, and unlike Memorial Day, which honors those who died wearing the cloth of our nation at war, **Armed Forces Day is the proper day to honor all of the men and women currently serving as well as those who have served and sacrificed to defend our freedom.**

Who created Armed Forces Day?

Armed Forces Day was created on August 31, 1949, by then-Secretary of Defense, Louis Johnson, to replace separate Army, Navy and Air Force Days. The event stemmed from the Armed Forces' unification under one Department of Defense by then-President Harry S. Truman when he signed the National Security Act into law on July 26, 1947.

SHOW YOUR SUPPORT FOR OUR ARMED FORCES BY DONATING TO THE USO TODAY.

Why do we celebrate Armed Forces Day?

[According to the Department of Defense](#), originally, Armed Forces Day was a type of “educational program for civilians,” one in which there would be an increased awareness of the Armed Forces. **It was designed to expand public understanding of what type of job is performed and the role of the military in civilian life.** It was a day for the military to show “state-of-the-art” equipment to the civilian population they were protecting. And it was a day to honor and acknowledge the people of the Armed Forces of the United States.

Who is honored on Armed Forces Day?

Armed Forces Day is the day to honor **all who currently serve and all who have served**, both active and former, in the reserves, National Guard or on active duty. In his February 27, 1950, proclamation announcing the establishment of the holiday, President Truman wrote:

“I invite the Governors of the States, Territories, and possessions to issue proclamations calling for the celebration of that day in such manner as to honor the Armed Forces of the United States and the millions of veterans who have returned to civilian pursuits.”

- Harry S. Truman, the 33rd president of the United States.

While some may be tempted to point out that the U.S. Coast Guard does not technically fall under the Department of Defense when not at war, the National Security Act of 1947 was very specific about the term “Armed Forces” in the [definitions section 606 paragraph eight](#), which reads, **“The term ‘Armed Forces’ means the Army, Navy, Air Force, Marine Corps, and Coast Guard.”**

How do we celebrate Armed Forces Day?



—Service members hang an American flag in Kabul, Afghanistan. | Photo credit Tommy Fuller/DIVIDS

In the same proclamation, Truman called upon fellow citizens to **“display the flag of the United States at their homes on Armed Forces Day and to participate in exercises expressive of our recognition** of the skill, gallantry, and uncompromising devotion to duty characteristic of the Armed Forces in the carrying out of their missions.”

One exercise expressive of that recognition is **volunteering or donating to the USO, one of the few congressionally-chartered, nonprofit organizations committed to serving active-duty military** and their families.

When was the first Armed Forces Day?

The first Armed Forces Day was celebrated on May 20, 1950. The annual Army Day Parade held in Washington, D.C., during the first week of April was replaced by an Armed Forces Day Parade held during the third week of May.

Soldiers marching in the first Armed Forces Day Parade on

May 20, 1950. Seated in the first row of the reviewing stand,



—Soldiers from 1/163rd Combined Arms Battalion, unload M2A3 Bradley Fighting Vehicles off a U.S. Air Force C-17 Globemaster in north-

from left to right: Deputy Secretary of Defense Stephen Early, Admiral William Leahy, President Harry S. Truman, Secretary of Defense Louis Johnson (slightly behind Truman), General Dwight D. Eisenhower, and Secretary of the Army Frank Pace (slightly behind Eisenhower). Courtesy photo.

Why is Armed Forces Day in May?

Armed Forces Day lands right in the heart of [National Military Appreciation Month](#), which begins May 1 with Loyalty Day and includes Public Service Recognition Week (a week to celebrate government employees), [VE \(Victory in Europe\) Day](#), [Military Spouse Appreciation Day](#), and Armed Forces Week (the third week in May), leading up to Armed Forces Day. The month of military appreciation concludes with [Memorial Day](#), a day to honor our fallen.

Loyalty Day, May 1, is an interesting holiday. It was actually the original date selected for Army Day by the Military Order of the World War, and it was intentionally designed to offset the popular Communist Worker’s Day celebrations or “May Day.”

However, according to an article in the April 1938 edition of the Daily Press from Newport News, Virginia, at the 1928 National Convention of the Military Order of the World War, “it became evident that it would be advisable to hold Army Day celebrations on some day other than the first of May. The consensus seemed to favor April 6, the anniversary of America’s entrance into the World War, as the most appropriate date.”

When a consolidated Armed Forces Day was created in 1950, the celebrations were shifted to the month of May. It wasn’t until March 18, 1961, when [President John F. Kennedy declared the third Saturday of May to be a federal holiday](#).

The USO is a not-for-profit organization and not part of the Department of Defense (DoD). The appearance of DoD visual information does not imply or constitute DoD endorsement.

-This story was originally published in 2020. It has been updated for 2021.

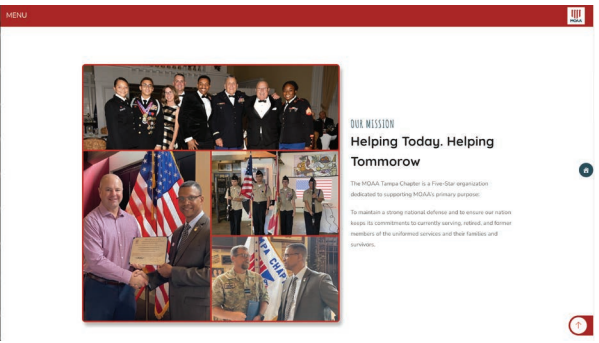
Source: <https://www.uso.org/stories/2225-when-is-armed-forces-day>

We’ve Updated The MOAA Tampa Website!

— By Sara Marks, CAPT NC USN (RET)

At the April Luncheon we were pleased and proud to show off our new look for the moaatampa.org website. Michael Higgins, our web manager and Nick Nicholson, our MOAA Tampa Chapter Member and technical consultant volunteer work closely with Sara Marks, Director for Communications and the Editor for The Retrospect presented the updates to the Chapter Members at large in April.

The website went “LIVE” on Monday, April 17th. For any questions, concerns or compliments please email MOAATampa.website@gmail.com.



Coalition Corner

Submitted by: BGEN Henrik Larsen



Dear MOAA members,

I have just returned from a wonderful leave that brought my wife and I to California touring the Sequoia, Yosemite and Muir Woods National Parks, San Francisco, and a drive along the Hwy 1 all the way to San Diego. We did a stop in Monterey where we did a whale watching tour. Coming from a country that is almost flat as a pancake it was a fantastic experience moving around the national parks doing some spectacular hiking there. Besides attending a guided tour onboard the US Midway I happened to locate a famous piano downtown in the Kansas City Bar-B-Que restaurant allowing me a chance to play the good old “Great Balls of Fire” hit.

Obviously, we are all still closely monitoring the situation in Ukraine. We are somehow all affected by the ongoing war and the subsequent consequences from both military, political and economic perspectives. Decision making on issues we would not have expected just months ago is now becoming reality such as potential referendums in Sweden and Finland on forwarding requests to become a full member of NATO. The severe sanctions against Russia are continuing and constantly subject to increasing further.

As mentioned earlier CENTCOM and the nations associated with the International Coalition are all monitoring any possible impact on the situation in the CENTCOM area of responsibility. Having said that we must not forget that the current situation in the Middle East and Central Asia has not changed as a result of the Russian aggression in Ukraine. We still have to remain focused on the Global War on Terror not forgetting that a major part of the extremist violent organisations originate from the CENTCOM area of responsibility. Even though the Caliphate was militarily defeated continued efforts are needed in ensuring that ISIS and other extremist organisation do not get to re-emerge. The US led Operation Inherent Resolve and the NATO Mission in Iraq are both core elements in supporting our local partners in an advising, assisting, and training role at the institutional level and also at the operational military level.

In Iraq we have not yet seen the formation of a new government. A future president has not been nominated to date. We have to recall that we are there on an invitation from the Iraqi government. The way forward is in almost all aspects based on a stable and well-functioning



Iraqi system. In Syria ISIS detention and refugee camps require attention, which is not up front a military task, but something we eventually have to deal with in some form. Iran as a regional factor and the Iranian Aligned Militia Groups have not changed their behaviour significantly. We also have to closely monitor the situation in Lebanon and Yemen. The situation in Afghanistan seems to be very volatile as a humanitarian crisis is underway, which undoubtedly will negatively affect any positive progress there. Those are just some of the current issues and considerations as they relate to the CENTCOM area of responsibility.

There is very clear and well defined political - and military - ambitions on maintaining and further advance alliances and partnerships. Nothing is currently pointing in directions of altering that approach. On the contrary we have to move closer together ensuring unity and cohesion. The new US CENTCOM commander General Kurilla has added partnerships to his strategic priorities underlining the requirements for everyone within the international coalition to focus on how we actually ensure relevant and realistic decision making being formulated and concrete follow up actions are initiated allowing us to pursue our common goals based on our common values. Besides the ongoing engagements in the various missions and tasks in the CENTCOM area of responsibility a major and equally important task for us is to ensure relevant military advise is being forwarded to our political leaders in all of our nations. Obviously, we are constantly dealing with the immediate situation and current development in a 24/7 perspective, but our views on what is required next in a near to midterm military perspective must be addressed in a timely manner to allow our leadership to formulate their national strategies, allocating resources etc.

The International Coalition remains around 45 nations at MacDill AFB with an ongoing determination to further enhance cooperation and effectiveness.

We all very much enjoyed the MacDill Airfest and highly appreciated the support to the International Coalition. A huge tent, food and beverages were provided allowing us to invite friends and supporters from the surrounding community, which of course included some MOAA Tampa members. Enjoy the photos.

Looking forward to participating in the monthly MOAA Tampa luncheon and Operation Helping Hand in May introducing more members from the International Coalition.

On behalf of the entire International Coalition, I wish you all a very happy May.

BGEN Henrik Larsen
Danish Senior National Representative to US CENTCOM
And Chairman of the Coalition



MEDICAL CORNER

Facts About Sun Poisoning That Will Make You Bathe in Sunscreen Really Fast

—Submitted by: Sara Marks, CAPT NC USN (Ret)

If you spend a fair amount of time in the sun, whether you're just being outside or doing a workout there, we know that you know how important it is to wear sunscreen and take other steps to protect your skin from the sun, especially if you've been burned before. Still, we know a lot of guys don't do it.

Sunburns in general are no joke and no fun. In addition to being painful to the touch, they're a sign of skin damage and increase your risk of skin cancer. Sun poisoning is even worse, as it's essentially a severe sunburn, says [Steven E. Rasmussen](#), M.D., chief of dermatology at Austin Regional Clinic in Austin, Texas. While it can come in different forms based on your level of sensitivity, unlike milder sunburns, sun poisoning will usually require medical treatment—you might even land in the ER or at Urgent Care—to avoid serious damage and complications.

“Despite the name, it does not mean the sun is actually causing a true ‘poisoning,’” Dr. Rasmussen explains. “When sun poisoning occurs, the injury to the skin due to the sun’s radiation causes intense inflammation in the skin that results in a more generalized inflammatory reaction in the whole body.”

Here's what you need to know about this condition, including symptoms to watch for, how to treat and prevent sun reactions, and when to seek medical attention.

What are the signs of sun poisoning?

A typical sunburn usually just results in red, warm, itchy and/or tender skin due to the ultraviolet radiation from the sun, says Dr. Rasmussen.

Sun poisoning, however, can result in large and painful skin blisters, facial swelling, flu-like symptoms (i.e. fever, chills, headache, nausea, and vomiting), light-headedness and dehydration, and severe cases may require individuals to seek medical care. Other symptoms to watch for include tender redness, pain, tingling, swelling, dehydration and lightheadedness.

How does sun poisoning happen?

“Sun poisoning begins with symptoms that are similar to a sunburn, so unfortunately, it often goes unnoticed which leads to more severe symptoms,” says [Dendy E. Engelman](#), M.D., a dermatologist in New York City,

Who is most likely to experience sun poisoning?

According to Dr. Rasmussen, sun poisoning can occur in anyone, but individuals who have very light skin and those who are on certain medications or have medical conditions such as lupus that



make them more susceptible to the sun are at higher risk. “Additionally, when and where the sun exposure occurs can be [a factor],” he says. “Exposures during peak times of the sun’s radiation (usually 10 a.m. to 4 p.m.) and high altitude exposure increase the risk.” Additionally, other factors such as chemical exposure or contact with certain plants may increase your risk as well.

So how can you treat sun poisoning?

Once you realize you're dealing with a serious sunburn, it's important to act quickly, Dr. Rasmussen says.

“Immediately seek shade, take a cool (not cold) shower or apply cool compresses,” he says. “Make sure to also hydrate and apply [aloe vera gel] and/or moisturizer, and avoid sun exposure to the affected areas.” You can also take

ibuprofen or Tylenol to help with the pain and discomfort he says.

“Aloe also has calming, anti-inflammatory properties,” adds Dr. Engelman. “When applied to the skin, it reduces redness and helps to increase healing time.”

Other home remedies include witch hazel, which has anti-inflammatory and astringent properties that help with itching and irritation, Dr. Engelman says. Mixing oatmeal with olive or coconut oil and applying it to your body before a shower or a bath has soothing attributes to it.

What are the signs you should you seek medical care for sun poisoning?

Get medical attention if your sunburn causes large and/or painful blisters, facial swelling, noticeable flu-like symptoms, headache, confusion, or faintness, or signs of dehydration, according to Dr. Rasmussen. Don't feel silly about going to urgent care or the ER – “sunburns account for about 33,000 medical visits every year,” he says.

“If your burn is accompanied by blisters that cover more than 20 percent of your body, you definitely need to see a doctor who will assess the burn and provide the best treatment for you. That may include a cool compress, topical antibiotics to prevent infection, and IV fluids for dehydration,” Dr. Engelman adds.

How can you prevent sun poisoning?

Just like sunburns, sun poisoning is absolutely preventable. You can prevent sun poisoning similarly to how you'd protect yourself from general sun damage, Dr. Rasmussen says. This means avoiding sun exposure during peak times (so opt for a sunrise run rather than midday in the blazing sun), wearing sun-protective clothing including hats, shirts and pants with plenty of coverage, and a broad-spectrum, waterproof sunscreen that's SPF 30 or higher, making sure to apply it.

Source: <https://www.msn.com/en-us/health/medical/facts-about-sun-poisoning-that-will-make-you-bathe-in-sunscreen>

How We Help and Why You Should Join!

The TAMPA CHAPTER-MOAA, one of the largest and recognized as one of the top chapters in the Nation, has a very basic and focused approach for all officers on Active duty, Reserve, National Guard, and retired officers–WE’VE GOT YOUR BACK!

Some of the local community outreach our Tampa MOAA chapter members are involved with include: Veterans Treatment Court, Operation Helping Hand, funding local MOAA Scholarships, Transition support from military life, coordinating with our MacDill AFB Coalition partners with chapter activities, our Chapter Buddy Check initiative, and supporting the local ROTC/JROTC.

NEVER STOP SERVING!



MOAA Tampa Chapter
New Member Application Form



Name _____

Rank _____ Service _____ Status _____

Street Address _____

City _____ State _____ Zip Code _____

EMAIL address _____

Phone _____ (home; cell) Date of Birth: Month: _____ Day: _____

Spouse _____ Phone _____

Emergency Contact: Name _____ Phone _____

MOAA National Member Number _____

Wartime Service: Please circle applicable information and provide dates of service:

World War II _____; Korean War _____; Vietnam Era: _____

Vietnam (in country) _____; Gulf War _____; Lebanon, Grenada, Panama _____

Afghanistan (OEF) _____; Afghanistan (OES) _____; Islamic War (OIR) _____

OR check No service during any of these periods of time _____

Tampa Chapter Annual Dues: \$ 25.00 (There is no dues requirement for active-duty personnel or a surviving spouse. You MUST, however, be a member of MOAA National.

Please visit <https://www.moaa.org/> join if not already a MOAA NATIONAL member.

You may bring the completed form to any Chapter event, or you can mail it with your \$25 check (payable to MOAA Tampa Chapter) to:

Jeanne Richard, 1223 Foggy Ridge Parkway, Lutz, FL 33559-6758.

Email questions to: TampaMOAA.Membership@gmail.com

*** The Chapter has my permission to list only my name and rank as a new member in our Chapter Newsletter, *The Retrospect*". YES _____ No _____



Surviving Spouse Corner:

By Renee Brunelle

Things To Consider If You Need Or Want To Move

Whether a couple living in a family home or a person who has lost their spouse the question of staying in the current style of residence seems to be coming up more frequently.

Now that the housing market is having such larger selling prices for the Tampa Bay area, many homeowners are considering taking advantage of the bigger profits. Many sellers are getting offers over the asking price depending upon demand for the area of their home. Is this the best time to look at changing your “address”? The next question is where to possibly live after the home sale is complete. Downsizing can have very different meanings depending upon where you move.

- ☐ 55 Plus Community can offers villas and mobile homes or more.
- ☐ Condo or Townhouse living can reduce the amount of maintenance required for the residence.
- ☐ Independent Living often offers a meal plan and generally some support with light housekeeping.
- ☐ Assisted Living offers the same as Independent Living but will have more personal services often called ‘Activities of Daily Living”. This is often where Long Term Care Policies and/or VA Aid & Attendance often can be executed.
- ☐ Memory Care is best if a locked entrance is needed for personal safety.

We are fortunate that Florida is one of the leaders in options for senior housing.

There are both rentals that are simply a lease executed versus a Continuing Care Retirement Community that requires an Endowment Up Front Fee and monthly payments.

There are great businesses that can help you navigate where to look. Local Senior Placement companies offer one-on-one guidance on where the best options are to review. If you prefer a more virtual experience, then working with “A Place For Mom” or another online platform can also be a great way to get introduced to local options.

Not all senior living options are the same, be sure and do your homework on what best suits your needs. Many local senior living areas are strong supporters of veterans too.

Some things to consider when asking yourself is it time to move:

- ☐ Are you cooking at home infrequently and eating out most of the time?
- ☐ Are you paying for home maintenance including handyman, pool cleaning and lawn services?
- ☐ Is driving getting more difficult?
- ☐ Is your social life less active than it used to be?

A WONERFUL OPPORTUNITY TO HELP!

MOAA Tampa Chapter Initiatives: Veterans’ Outreach, Chapter History and Public Affairs Initiatives

—By Paula Stewart, LTC USA (Ret)

MOAA Tampa Chapter is in the process of organizing committees to enhance our community involvement and service to all veterans in the Tampa Bay area. The committees will address outreach issues, public affairs and public relations, and chapter historical archiving.

Our chapter began with developing a means to reach out to homeless veterans in metropolitan Tampa. That first step opened pathways to connect with government agencies, social organizations, and private groups, many of which offer specific but effective ways to minimize veterans’ problems. Then, it was discovered that so many of these groups simply do not know much about each other, so our hope is to serve as a clearing house or focal point for the exchange of contacts, services, and ideas to speed up the help veterans need, especially before they become casualties to incarceration or death.

Next, our chapter will form a committee of a few members to help archive and format all of the rich written and physical history of this chapter since its beginning. This is an

undertaking no one person can do justice to, so a “Calling All Members” is in order. We will need everyone’s help to collect and collate documents, photos, artifacts, et al. Please search your personal files for any chapter and chapter member memoirs. There are so many ways to bring all this history to light! Many hands make light work! In order for our chapter to enjoy and present our rich history, volunteers are needed!

Finally, MOAA Tampa Chapter plans to organize a Public Affairs and Public Relations team that will serve as the chapter focal point for members’ interests and responsibilities as well as the representative to enhance and expand community relations. This committee will also prepare news releases to local newspapers and television stations, and distribute community assistance information to veterans and others, etc.

This will be an amazing undertaking. Let Paula Stewart know which area you are interested in: Veterans’ Outreach, Archiving Chapter History or Public Affairs Initiatives.

Please contact Paula Stewart via e-mail renaissancepewhs@gmail.com

Managing life as a military mom this Mother’s Day

—Submitted by: Sara Marks, CAPT NC USN (Ret)

—By Elaine Augustine

A mother’s love reaches to unimaginable depths, constantly expanding in breadth. Our deepest desire is for our children is to be happy, healthy and, most importantly, safe. We go to great lengths to ensure their safety and well-being, and when that safety is compromised, the internal conflict and worry can be immense.

I met my daughter when she was 9 years old when her father and I were first dating. Even then, she was adventurous, curious, and strong-willed. When she eventually enlisted in the U.S. Army I felt both a sense of honor and helplessness. I’d spent 11 years helping her grow into a gifted young woman who is full of life and absolute in her convictions, but how do I mother a soldier? Who will be there for her as she navigates this unknown territory? How could I keep her safe?

At the time, I was not fully aware of the differences between my civilian experience and the military world and culture she was entering. From not being able to talk to her regularly during basic training to Advanced Individual Training, where I would need to help her choose a path for her military career, being a military mom was new and somewhat unnerving. Fear, unanswered questions, and uncertainty left me the most uncomfortable. Yet, I needed to help bolster her mental and emotional strength and champion her despite my concerns. How would I do this?

My worldview had to change. Drawing on my expertise as a behavioral health professional, I’ve learned how to accept this “new normal.” For parents of military service members, especially new military moms, the following outlines tips for managing the anxieties and stress that come along with mothering a child in a potentially dangerous profession, which served me well in my own experience.

- 1. Accept what is and isn’t within your control:** Shift your focus from hypothetical worries which you cannot control, such as deployments, and instead focus on what you can control and plan for. This can include planning for quality time when you’re able to speak with or see them, knowing what questions to ask, or becoming well-versed in their branch of service.
- 2. Talk it out:** Identify supportive friends, mentors, family members, and others whom you can trust with sharing your feelings — from pride in your child’s service to concern about their safety, and everything in-between. You can also join a support group of mothers and/or parents of service members to connect with [the military community](#).
- 3. Self-care is key:** Take care of your body by eating healthy; exercising; getting good sleep; seeking medical care; and [engaging in activities](#) that provide rest and peace, excitement,



(Marine Corps graphic illustration)

accomplishment, and fun. Feed your mind — read, listen to music or podcasts, learn new things, or educate yourself about the military. Lift your spirit through enriching religious or spiritual practices, spending time in nature and with loved ones, traveling, learning new hobbies, or supporting a cause that brings a sense of meaning and purpose.

If you have difficulty coping or your worries begin to interfere with your ability to function in day-to-day activities, [seek a licensed therapist](#) who specializes in [evidence-based treatment](#). You can also seek mental health support at specialized clinics, such as [the Cohen Clinic at Penn](#), which offers free services for military family members — including parents of service members — and veterans.

4. Monitor your mind: Check in with yourself and [your thoughts](#). Is your thinking accurate? Are you defaulting to the worse-case scenario? Is your

thinking based on facts, fears or opinion? Is your thinking helping you support or hinder your child? Does your thinking help you to be productive and happy? If your answer is “no,” consider adopting a more balanced perspective: engage in positive self-talk, refrain from jumping to conclusions, and focus on facts not fears.

5. Trust the process: Trust what you have instilled in your child. They are being taught how to best care for themselves and keep themselves safe, try to find comfort in that. Know your boundaries and bandwidth — in other words, be there as much as you can for your child — love, support, and encouraging them, but know what you can and cannot manage. Seek support for yourself whenever you need it!

As Mother’s Day approaches, you may be feeling uneasy or fearful about your child who is a military service member. Your child has entered a new phase in their life and there may be challenges. Know that it may take time to adjust, but believe that you will find your “new normal.” Remember to trust the process, monitor your thinking, focus on what you can control, take care of yourself, find a supportive community, and seek professional support if you need a little extra help. This is the best way to keep you and your child serving in the military safe, strong, and well-supported.

Elaine Augustine, PsyD, is a licensed professional counselor and post-doctoral fellow at the [Steven A. Cohen Military Family Clinic at the University of Pennsylvania](#). Call 844-573-3146 to learn more or to schedule an appointment.

Editor’s note: This is an op-ed and as such, the opinions expressed are those of the author. If you would like to respond, or have an editorial of your own you would like to submit, please contact Military Times managing editor Howard Altman, haltman@militarytimes.com.

Source: <https://www.militarytimes.com/opinion/commentary/2021/05/09/managing-life-as-a-military-mom-this-mothers-day/>

National Nurses' Week

—Submitted by: Sara Marks, CAPT NC USN (Ret)

When Is National Nurses' Week?

National Nurses' Week takes place between Thursday, May 6 – Wednesday, May 12, 2022. May 12 is significant as it marks the revered Florence Nightingale's birthday.

It takes place annually and this is going to mark the 202nd year of celebration.

Nurses have sacrificed so much for the community. It's only fitting that there's a week dedicated to giving back to them. Accordingly, in this blog, we will take a look at:

What Is National Nurses' Week?

What Can You Do to Celebrate National Nurses' Week?

The History of National Nurses' Week

What Is National Nurses' Week?

National Nurses' Week is an annual celebration of nurses worldwide for the work they do for others. The week allows people the chance to acknowledge the nurses in their lives. It also provides an opportunity to thank nurses within the industry as a whole for the work they've done.

Though the week seeks to honor all nurses, there are specific days dedicated to certain nurses. May 11 is National School Nurse Day, May 8 is for student nurses on National Student Nurses Day and May 12 is International Nurses Day.

During COVID-19, nurses have worked tirelessly on the front lines to ensure that people who need help are cared for. The pandemic has taken a toll on nurses' morale and [mental health](#).

Nursing, in general, is stressful and COVID-19 only amplifies that. Therefore, it's even more critical to use National Nurses' Week to reach out and celebrate the nurses around you and throughout the world. We need to keep nurses emotionally engaged with their work to continue providing excellent care to their patients.

What Can You Do to Celebrate National Nurses' Week?



The pandemic has made celebrating National Nurses' Week a bit more complicated. However, there are ways to honor nurses still. If a nurse helped you, you could provide them a [thank you note](#) or even a [gift](#).

Or, if you prefer video, you can create a thoughtful or fun video to share with a nurse who has touched your family.

You can send the note, gift, or video to the facility or hospital you received care from.

As a nurse, there are several [freebies](#) and [discounts](#) you can take advantage of all year and additional ones that are available only during National Nurses' Week.

Administrators can also celebrate nurses on their staff. Below are a few ideas for administrators to thank their nurses.

Host a virtual awards ceremony

Recognizing nurses for their achievements goes a long way toward boosting morale. You may need to postpone the in-person celebration. However, you can still host a virtual awards ceremony with the full leadership team. You can pay for the honorees' food as well.

Send letters of appreciation

Letting a nurse know they are appreciated goes a long way.

Handwriting a letter to express your gratitude could provide extra motivation for a nurse to continue moving forward during the pandemic.

The good news about writing a thank you note is that it generally doesn't cost much. All you need is nice stationery, a pen, an envelope, and sincerity. Set aside time to key into why their efforts mean a lot and what they bring to the team.

Create ways for nurses to recognize each other

Nurses need to hear from their peers how much they are appreciated as well. You can facilitate this by setting up a live forum for nurses to share their stories. Creating a sharing forum is a great way to build team chemistry and foster a sense of camaraderie.

The History of National Nurses' Week

Dorothy Sutherland of the U.S. Department of Health, Education and Welfare [sent a proposal](#) to President Eisenhower in 1953 to create an official nurse day. About 20 years later, President Nixon created a week in February 1974 to acknowledge the nursing profession. In 1978, New Jersey's governor, Brendon Byrne, declared May 6 as National Nurses Day.

In 1981, there was an assassination attempt on President Reagan. He received care from a team of nurses who dislodged a bullet inches from his heart. After his recovery, Reagan tracked down the nurses and sent them words of encouragement and thank you notes.

In 1982, Ronald Reagan signed an executive order making it official on May 6, 1982.

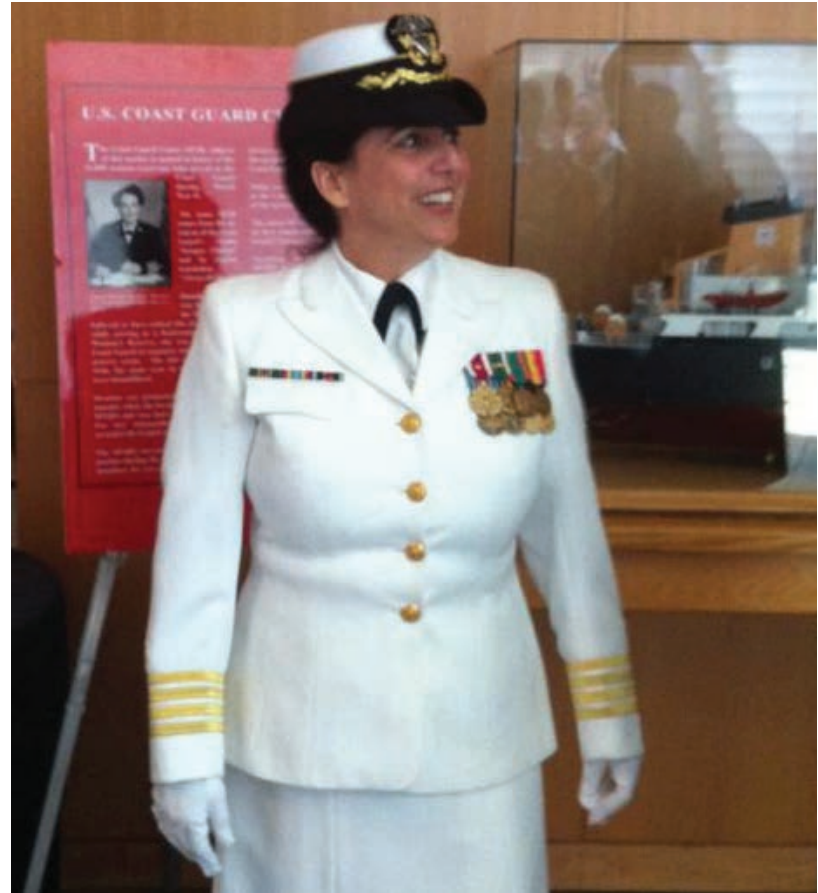
Furthermore, the International Nurse Council declared International Nurses Day on May 12 after Florence Nightingale. After a few years, the ANA determined that the profession needed an entire week of celebration. Now we have National Nurses' Week!

Source: <https://www.incrediblehealth.com/blog/celebrating-nurses-week/>

Honoring MOAA Tampa Chapter's Nurses



Colonel Courtney Finkbeiner, USAF, Nurse Corps and Commander, 6th Medical Group, MacDill AFB. Guest speaker for the MOAA Tampa luncheon in January 2021.



CAPT Sara Marks, Nurse Corps, USN (Ret)



US Air Force Nurses from the 6th Medical Group, MacDill AFB from left to right: Capt Octavia Latulas, USAF, Col Cheryl Lockhart, USAF, Maj Oruaro Idudhe, USAF



LTC Jeanne Richard, USAF, Nurse Corps (Ret)



CAPT Angie Nimmo, Nurse Corps, USN (Ret)



Lt Col Carolyn Eberhart, USAF (Ret)

Jewish Troops Who Died in World War II Finally Receive Star of David Headstones

—Submitted by: Sara Marks, CAPT NC USN (Ret)



—Seven Jewish-American troops who died in World War II and were mistakenly buried under crosses will have their grave markers replaced with Stars of David on April 27 and 28, 2022. Top row, from L to R: Pvt. Marvin Ashkenas, Pvt. Albert Belmont, 2nd Lt. Howard Feldman. Bottom row, from L to R: Maj. Maxwell Jerome Papurt, 2nd Lt. Kenneth Robinson, Tech. 5th Grade Everett Seixas Jr., 1st Lt. Joseph Sugarman Jr. (Courtesy/Operation Benjamin)

By [Davis Winkie](#)

Visitors to American World War II cemeteries in Europe often find themselves awestruck at the seemingly endless rows of crosses, each marking the final resting place of a U.S. service member who died while trying to liberate the western part of the continent from Nazi German occupation.

But those crosses inspired a question for a friend of Shalom Lamm, a retired entrepreneur who leads [Operation Benjamin](#) — a non-profit dedicated to ensuring that Jewish soldiers who are buried overseas have grave markers that reflect their faith.

Lamm was talking with Rabbi Jacob Schacter, now the organization’s treasurer, in 2014, when Schacter recounted a trip to the [Normandy American Cemetery](#) in France. The rabbi suspected that there were too few Stars of David among the crosses.

The CEO “ran home” that night and “counted the photographs” that Schacter had brought from the cemetery, reaching the same conclusion.

Lamm told Army Times in a phone interview that he “could not sleep,” consumed with a question: “Where are the missing Jews?”

Since then, Lamm, Schacter and others have banded together to identify Jewish-American troops who are mistakenly buried under the Christian cross.

They successfully lobbied the American Battle Monuments Commission to correct the marker for Pvt. Benjamin Garadetsky at Normandy in 2018. Lamm and his team have replaced 11 more since, including troops resting in the Philippines.



—Mourners gather around the grave of a Jewish-American soldier in 2018 after his incorrect grave marker was replaced by a Star of David. (Courtesy/Operation Benjamin)

And Wednesday and Thursday, seven more Jewish-American troops buried in cemeteries across France, Belgium and Luxembourg will have their markers replaced with Stars of David:

- Pvt. Marvin F. Ashkenas of Bloomfield, N.J., who was killed in action Oct. 3, 1944, in France. His ID tags were lost when he was killed, according to an Operation Benjamin release, and his widow didn’t answer letters inquiring about his religion.
- Pvt. Albert Belmont, of Syracuse, N.Y., who was killed in action Nov. 30, 1944, in France.
- 2nd Lt. Howard U. Feldman of Allentown, Pa., was a B-17 bomber navigator who died when his plane was shot down over then-Czechoslovakia April 25, 1945. His religion was erroneously listed as Catholic.
- Maj. Maxwell Jerome Papurt, who lived in Brooklyn, was an Office of Strategic Services counterintelligence officer who was wounded and captured in 1944. He died Nov. 29 of that year when a friendly bombing raid destroyed the POW camp where he was held — because he had hidden his Jewish faith, he was buried under a cross.
- 2nd Lt. Kenneth E. Robinson was an airman from Cleveland who died when his B-17 bomber went down Aug. 17, 1943, during a massive daylight raid targeting a ball bearing factory in Schweinfurt, Germany.
- Tech. 5th Grade Everett N. Seixas, Jr., of New York, died during the Battle of the Bulge Dec. 27, 1944, while serving with the 80th Infantry Division. Seixas was listed as Protestant in War Department records for unknown reasons, despite his



—The stone Star of David grave marker for Pfc. Benjamin Garadetsky in Normandy American Cemetery, which replaced the incorrect Latin Cross headstone. (Courtesy/Operation Benjamin)

family lineage including influential Jewish-American faith leaders.

- 1st Lt. Joseph M. Sugarman, Jr., of Memphis, Tenn., a bomber pilot who died when his plane was shot down March 11, 1945, near Hamburg.

Why were some Jews buried under crosses?

Lamm’s group has a number of theories on why some troops didn’t have their faith adequately represented at their gravesites.

One, Lamm said, is simple administrative error — mistakes happened during the pre-Internet era, as they do today, and it was more difficult back then to find genealogical information to assist in correcting the errors.

That’s what happened with Ashkenas, whose remains were also difficult to identify.

For some of the troops, the grave markers may be an unintended consequence of a survival strategy.

During World War II, all U.S. troops had reason to fear falling into Nazi captivity — but some did more than others. Many American Jews who fought their way through France and into Belgium and Germany were painfully aware that they could face summary execution or worse if captured.

Source: <https://www.navytimes.com/news/2022/04/26/jewish-troops-who-died-in-world-war-ii-finally-receive-star-of-david-headstones/>

Military Spouse Appreciation Day 2022

—Submitted by: Sara Marks, CAPT NC USN (Ret)



National Military Spouse Appreciation Day is a presidentially-approved holiday and is celebrated on the Friday before Mother’s Day in May. This year it will be observed on Friday, May 6th, 2022.

On Military Spouse Appreciation Day we honor the contributions and sacrifices made by military spouses. Their commitment and support help to keep our country safe. America’s military spouses are the backbone of the families who support our troops during mission, deployment, reintegration and reset. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones.

In celebration of Military Spouse Appreciation Day, the armed forces have special events and programs to inform, honor, and recognize military spouses around the world. Events range from spouse appreciation luncheons to educational workshops, and spouse employment fairs that pay tribute to military spouses.

Military Spouse Appreciation Day Ideas

Here are a few ways that you can show your appreciation to your military spouse.

- Give your military spouse a day off
- Do something he or she hates doing
- Give a token of appreciation e.g. care package, gift card, flowers or anything they love
- Say “Thank You” but be creative in expressing thanks
- Have a day of pampering together
- Make dinner or surprise your spouse with breakfast
- Watch a movie or show you’d rather not watch but that they love
- Do something to solve one of their problems
- Create a coupon book for them
- Give your military spouse a list of reasons why you appreciate them
- For deployed troops, send a video message or ecard showing your appreciation

Virtual Events & Celebration

Check with your local base for virtual events and celebrations. Here are a few national virtual celebrations available to all milspouses.

- Join the Blue Star Families virtual Military Spouse Appreciation Day Town Hall on Friday, May 6 at 3 PM EST. The event will begin with a special thank you to military spouses from Mrs. Karen Pence, Second Lady of the United States. [Register for Friday’s event.](#)
- [Nominate a Milspouse](#) to Receive Free Coffee at Starbucks.
- If you’re a Military Spouse Entrepreneur, [join makeHer](#) for a one of a kind event, filled with lots of fun, games, and giveaways.

History

In 1984, President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184, dated April 17, 1984. Congress officially made Military Spouse Appreciation Day part of [National Military Appreciation Month](#) in 1999. Subsequently, the Department of Defense standardized the date by declaring the Friday before Mother’s Day every year as “Military Spouse Appreciation Day” to show appreciation for the sacrifices of military spouses.

Military OneSource also recognizes all of May as [Military Spouse Appreciation month](#) where they offer up events and helpful resources to recognize milspouse contributions and to reinforce their resilience.

“There is another group which deserves special thanks—the wives of our servicemen, wives who take care of the families and raise the children while their husbands are at sea or stationed far away, and wives who have left our shores to be in a faraway land with their husbands...Their contribution is critical...The understanding and encouragement they give our servicemen is something we must all be grateful for.” ~President Ronald Reagan.

Presidential Proclamation

“Military spouses, who stand alongside our men and women in uniform, share in our service members’ heroic endeavors through selfless service, immeasurable contributions, and noble sacrifices. Through their dedication to their loved ones, military spouses support the mission of our Armed Forces to defend our Nation and preserve our liberty. On Military Spouse Day, we pay tribute to these extraordinary individuals who strengthen and enrich our fighting forces, our communities, and our Republic.” ~Donald Trump, President of the United States of America

Military Spouse Benefits

The military community, non-profits and businesses show their appreciation for military spouses in many way. Here are a few military spouse benefits:

- Tuition Assistance/Military Spouse Career Advancement Account (MyCAA)
- Military Spouse Scholarships
- Free On-Base Classes
- Military Discounts
- National Park and Federal Recreational Land Pass
- Morale, Welfare & Recreation
- Military Lodging, Hotels & Travel
- Military Spouse Tax Benefits
- Employment Opportunities
- License Transfer
- Unemployment Compensation due to PCS

Read more about these [milspouse benefits](#).

Source: <https://veteran.com/military-spouse-appreciation-day/>

JROTC STUDENTS RECEIVE MOAA TAMPA AWARDS AT APRIL LUNCHEON

—Submitted by: Sara Marks, CAPT NC USN (Ret)

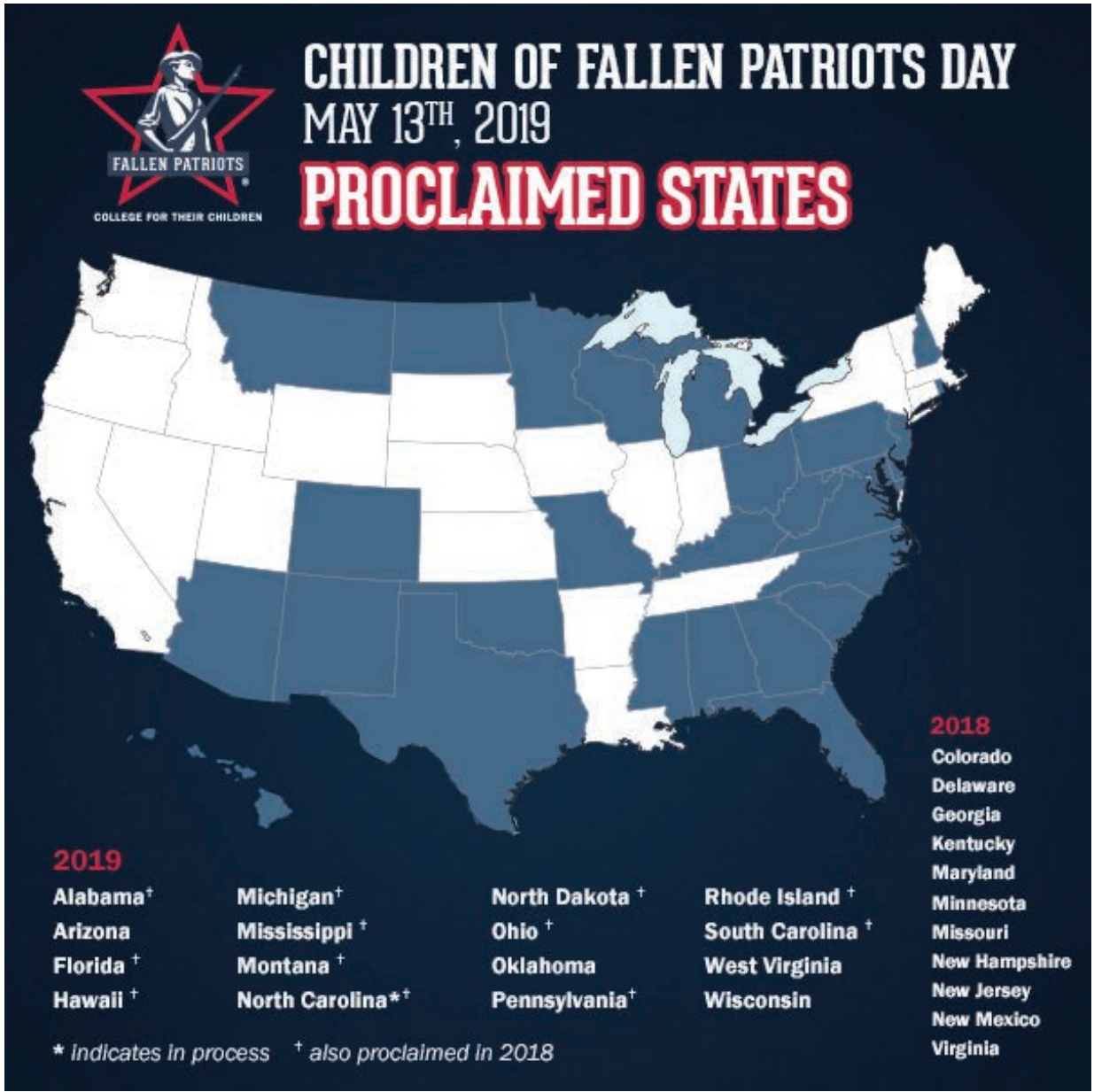


JROTC Awardees pictured from left to right: Norm Bild, MOAA Tampa Chapter; Cadet Ensign Jason Martin, Freedom HS; Charles Dalcourt, MOAA Tampa Chapter President; Cadet 2nd LT Andrew Bryant, Middleton HS; Cadet Eleanor Francis, Sickles HS; Cadet Master Sergeant Karolyn McDaniel, Strawberry Crest HS; Cadet Captain Elise Christensen, Alonzo HS; and Cadet Jeremiah Camcho, King HS



MAY 13 CELEBRATES CHILDREN OF FALLEN PATRIOTS DAY

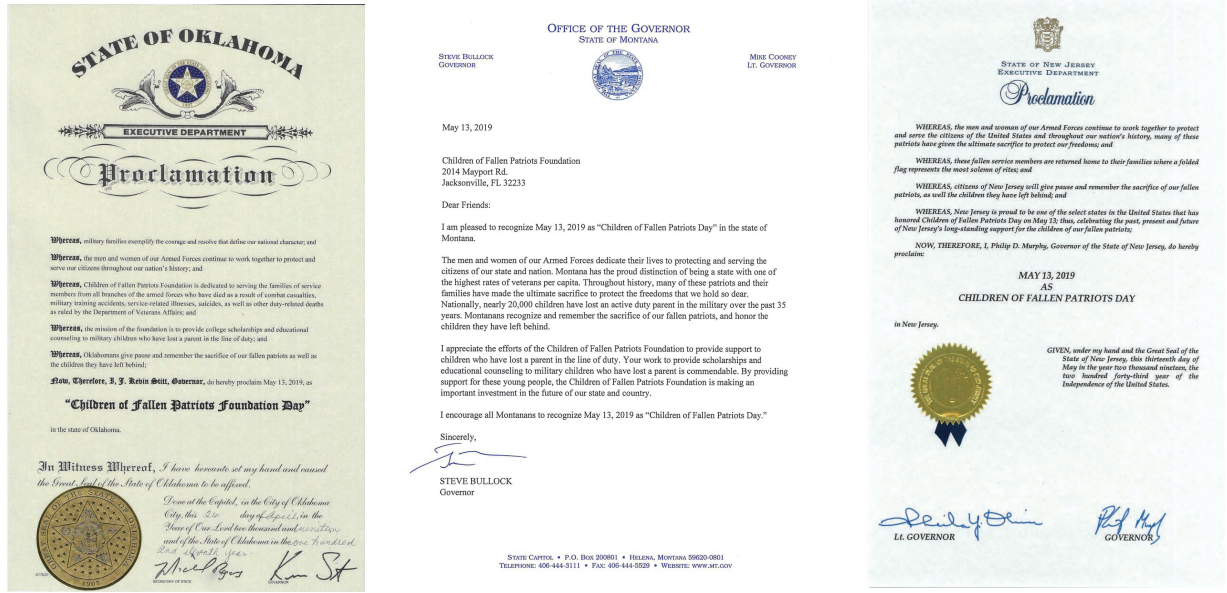
—Submitted by: Sara Marks, CAPT NC USN (Ret)



To salute the sacrifice of military children who have lost a parent in the line of duty, May 13 has officially been proclaimed Children of Fallen Patriots Day. This date shows appreciation for the young people whose lives were forever changed in support of their parents' service to our country. Too often, this tremendous sacrifice is overlooked, which is why Children of Fallen Patriots Day was created to applaud their resilience and strength.

Children of Fallen Patriots Foundation aims to identify and support Gold Star scholars by providing financial assistance and educational counseling.

2019 Proclamations:



Alabama, Arizona, Florida, Hawaii, Michigan, Mississippi, Montana, New Hampshire, New Jersey, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, West Virginia, Wisconsin

Children of Fallen Patriots Day helps raise awareness for this mission and is recognized by Chase's 2019 Calendar of Events, the most comprehensive and authoritative reference available on special events, worldwide holidays and festivals, civic observances and historic anniversaries.

The date of May 13 was selected as Children of Fallen Patriots Day because it is also the day Arlington National Cemetery was established in 1864. This final resting place for many war heroes serves as a reminder of their sacrifices.

Source: <https://www.fallenpatriots.org/children-of-fallen-patriots-day>

Come Congratulate the
MOAA Tampa Chapter
Scholarship Winners at
the Luncheon May 12th!!!

You know you're a military mom when...

—Submitted by: Sara Marks, CAPT NC USN (Ret)

Army Mom Strong

Military life is full of unique challenges, from deployments and separations, to a deep sense of patriotism. As a military mom, a single day can take you through a full range of emotions.

You experience it all, including friends who don't quite understand and military moms who share your heart.

Everything in life can take on new meaning when your child joins the military. You may start seeing things a little different.

You Know You're a Military Mom When:

1 . You smile if the phone rings and wakes you from a deep sleep.

I can't tell you how many nights I prayed for the phone to ring in hopes that my soldier would be on the other end. That's a far cry from the days where I cherished a good night of sleep and turned off my phone ringer. When that call finally came, waking me out of deep slumber, I wore a smile from ear to ear.

If you keep your phone close by with the ringer on high at bedtime, know that you aren't alone!

2 . You know and speak in Military Time.

When my son started [his military career](#), military time became his standard. It's based on the 24-hour clock and takes some getting used to! That was over 15 years ago. After much memorization and charts, I started thinking and speaking in military time. It actually makes more sense to me!

Keep a military time conversion chart handy and you'll be fluent in no time!

3 . You always say, "See you later!" because goodbye is too final.

I've lost count of how many times I hugged my son before a [deployment](#) or a PCS to another country. The thought of saying "goodbye" felt so final, like a conclusion at the end of a story. We settled on saying "see you later," which implied "until next time." Each parting never gets easier but I always look forward to seeing him again.

When parting with your child, be mindful of the moment and how blessed you are in each other's lives.

4. You get tears in your eyes when you hear the National Anthem.

One July 4 in a beautiful coastal city, I attended a parade celebrating our Independence. With smiles on their faces, people celebrated as a colorful, patriotic parade made their way through Main Street. To honor our military, hundreds of veterans and active duty military members took their places. As they passed by, the National Anthem played on, and unstoppable tears streamed down my face.

If you find yourself at a sports or patriotic event, don't forget your tissues.

5. Holidays happen whenever your children are home and not according to the calendar.

One early November, a small Christmas tree sat in the corner of the room. It's colored lights and decorative ornaments sparked delight for all. You could not mistake that our family was celebrating Christmas, with presents under the tree and a turkey dinner. Our celebration was just as meaningful although it wasn't on the official day. What mattered most was that we were all together as a family, sharing love and cheer.

If your military child's schedule doesn't align with holidays (and they won't), find [unique ways to celebrate with new holiday traditions](#).

6. When a minute long phone call from your child makes your entire week better.

When my son went off to boot camp, I longed to hear from him. Worry and stress crept into my life as the days went by. One day, I went to a small town known for their fine apples and pie. As I strolled about with a friend, my phone rang. It was the call I'd been waiting for! Although it only lasted about 1 to 2 minutes, my smile lasted for days!

Every phone call from your child can give way to cherished moments and big smiles that last all week long!

7. You see men and women in military uniform and tears stream down your face.

Whenever I'm in an airport, I notice men and women in military uniforms. I want so much to thank them for their service to our country. I've learned to say it as a quiet prayer because the tears start streaming down my face. I get so choked up I can hardly speak a word.

Don't forget your kit: sunglasses and tissues for the next time you find yourself somewhere with service members in uniform!

8. You leave your phone at home and turn right around to get it.

Having my phone on my person at all times became a new normal for me. I couldn't imagine leaving home without it and missing a call from my soldier son. That's exactly what I did on a run one beautiful Spring day. The moment I realized the phone wasn't on my person, I ran all the way home to grab it and start my run again.

Repeat your new phone mantra: don't leave home without it!

9. You know you raised one of America's best.

Amid the worry and missing out on time spent together, I know in my heart that my son is one of the strong and brave who proudly serve to maintain our freedom. My heart overflows with pride, knowing that I raised one of America's best!

Stand in solidarity with other military moms. We share the same deep seated pride, knowing our children are part of the greatest military in the world.

10. Two simple words—I'm OK—bring you joy.

Whenever my son deployed to a combat zone, I would create all types of crazy scenarios in my mind. I needed one thing, that is, to know that he was OK. We didn't need to have a big conversation and I didn't need details. I wanted to know that he was OK. Every few days I would receive the best message a military mom can hear: I'm OK.

Embrace the joy you'll feel from those two little words that have a big meaning!

Conclusion

No matter where you are on your journey, being a military mom takes a special love, strength, courage, and a lot of patience. You'll know and feel like a military mom as you traverse your unique journey.

Source: <https://www.sandboxx.us/blog/you-know-youre-a-military-mom-when/>

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CHAPLAIN’S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



You have heard it said, and maybe have said yourself, “Time flies when you are having fun.” Or, perhaps you have said, as I did last weekend, “how time flies,” when I was privileged to participate in my grandson’s high school graduation party when it seems like only last week that I held him in my arms as my new-born, 1st grandchild.

It is hard for me to believe that it has been thirty-one years this week since I returned to Fort Bragg following my seven month deployment as the XVIII Airborne Corps chaplain to Saudi Arabia for Desert Shield/Desert Storm. How time flies! I was privileged to serve as an active duty Army chaplain for over 27 1/2 years. I have now been retired from the Army more years than I served. How time flies!

In the Bible’s New Testament there are two words for time: *chronos* and *kairos*. *Chronos* refers to chronological time or clock and calendar time – seconds, minutes, hours days, weeks, month and years. It is the time we reference when we say at a party: “Good grief! It’s midnight already! How *Kairos* refers to an appointed time, an opportune moment, a due season, or God’s time, a divine moment, such as the creation story in the biblical book of Genesis, or at the beginning of Jesus’ ministry when he said, “The time is fulfilled, the kingdom of God has come near.”

The month of April is a *kairos* time for those of Jewish, Christian, and Muslim faith. For Muslims, April 2nd begins the month long celebration of Ramadan, a celebration of Allah giving Mohammed the Koran. It is a time of fasting, practicing charity, and deeper prayer.

Jewish *kairos* time will celebrate the eight days of Passover beginning April 15. Through ritual story telling at Seder meals it commemorates the ancient Hebrews being freed from their four hundred years of slavery in Egypt.

The Christian celebration of Easter on April 17th marks the end of the 40 days of the Lent, a time of preparation to celebrate Jesus’ resurrection. That preparation may include prayer, scripture reading, service to others, and denial of particular foods or luxuries. Easter celebrates the promise of eternal life given through Jesus’ resurrection. The symbol of Easter is the empty tomb.

While our daily lives are lived out in *chronos* time, these days of April provide opportunity for all of us to give attention to *kairos* time as well. If we were to do that, our “how time flies” days could become more God’s time filled with God’s presence.

SAVE THE DATE

June 9-12
2022



45th ANNUAL CONVENTION
Hosted by the Florida Council of Chapters







MOAA Florida Conference Registration is now open!

The MOAA Florida Council of Chapters (FCOC) Annual Convention is set for June 9th - 12th at the West Palm Beach Marriott. MOAA Members from around Florida will have representatives at the Convention and all MOAA Chapter Members and Guests are invited. The fun will include a Mystery Dinner Theater Dinner and a Casino Night Fundraiser for the MOAA Foundation, along with optional trips, outings, and adventures! Join us for a great time with old friends or to meet new friends!

For more information and to register, go to the Florida Council Website at: MOAAFL.org.



Click the link for more information on the convention and be sure to watch the video!

<https://www.moaafl.org/Convention.aspx?ConvYear=2022>

Click to view the special edition of the Florida Council off Chapters Communique Newsletter:

<https://moaafl.org/Communique/Issues/Mar2022.pdf>

HAVE YOU VISITED OUR WEBSITE AND ‘LIKED’ OUR FACEBOOK PAGE?

WWW.MOAAATAMPA.ORG and Facebook: [MOAA Tampa Chapter](#)

The MOAA Tampa website is a comprehensive and valuable tool that you can use to make the most of your MOAA Membership. Some of the things you can find on our website include:

Events Calendar: We have a new “Events” page where you will find an updated calendar, displaying our upcoming MOAA events, as well as events happening with Operation Helping Hand. Click on our [Events Page](#) to check it out!

Photo Gallery of Events: This is our photo gallery, where you will see all of the photos during our luncheons, special meetings, conventions and more! If you’ve had your picture taken at our events, you can likely find it by scrolling through our [Photo Gallery](#)!


Newsletters: Here you will find the latest volume of The Retrospect, our award winning Tampa Chapter Newsletter. You can also access archived versions of The Retrospect for reference and research. In addition, you can find archived versions of the Military Spouse Newsletter, which has been merged into The Retrospect starting in August 2019. Visit [The Retrospect](#) page to read on!

Member Directory: You can access an electronic version of our Member Directory on our website. The list is password protected for safety of our private information, but MOAA Tampa Chapter Members can be provided the pass-word to access. You can also download an Excel version of the list once permitted into the page. Check out the [Member Directory](#) now!


Facebook: Visit us on Facebook at “[MOAA Tampa Chapter](#)” where you can scroll through our photo albums, like and share our posts, and stay up to date on Tampa Chapter news and events.

Check out our NEW Instagram account!

https://www.instagram.com/moaa_tampa/




THE TAMPA CHAPTER RATED FIVE STARS 2003, 2005-2010, 2012-2017, 2019-2020




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