

The RETROSPECT

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL



September 2022

VOLUME 28, NUMBER 9

MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



Greetings to all and thanks for reading our September 2022 newsletter. The Retrospect has continued to be an exceptional means of communicating across the Tampa Chapter and beyond. We remain grateful for the diligent work and effort of our members that regularly contribute their time, talent, and ideas to increase our impact in Tampa and around the world. It is a pleasure to share with both the members of our Chapter and friends around the Nation our Chapter's initiatives and successes. It is quite a privilege to get great feedback from our readers as well. Thanks to all and please enjoy another great edition.

Excellent News

In April of this year and along with several MOAA Councils and Chapters,

the Tampa Chapter self-nominated itself for MOAA's annual Council and Chapter Levels of Excellence (LOE) Award for performance in 2021. On 3 August, we were officially notified that Tampa MOAA Chapter earned another 5-star rating! Even more, of 161 submissions nationwide, Florida won 23 awards.

Thanks to all our volunteers that give of themselves – whether their time, talents, and/or thoughts – to facilitate the Chapter's continued advancement and alignment with both National and our Florida Council's objectives. Again, thanks to our members for embracing change and the strategic approach we've taken to ensure our governance and business practices set the standard. I appreciate your membership and moreover, value your contribution to this Chapter.

Member of the Month

This month we are pleased and privileged to honor Lieutenant Colonel Paula Stewart (USA Retired). Paula's steadfast contributions, drive, and loyalty have enabled development, exposure, and informed action both in our Chapter's perspective of outreach and our execution of events. Whether discussing homeless veterans' initiatives, speaking to transitioning servicemembers at our Chapter's transition seminar, writing articles for the newsletter, or serving on Winter Gala Committee, Paula leads with a level of fervor, compassion, and sincerity that is

truly humbling. Her life set the example and speaks into the hearts of others.

Please join us on 8 September at our monthly luncheon, in-person or virtually, as we honor Paula. Also, please be sure to read her biographical information later in this newsletter.

Closing Out:

There's a lot happening within the Chapter through year's end. Our legal rodeo, annual business luncheon, and Winter Gala are all scheduled events and key milestones for the Chapter. Please reach out to our volunteers leading those initiatives and offer your support. I encourage you to come alongside us and help where, when, and in any manner you can.

I remain thankful for the opportunity to serve you. Please be well and commit to sharing the gifts you have been given. I offer again that service and devotion, advocacy and advancement, enablement and encouragement are all things that we offer in great measure to our Nation and those that continue to serve. Our experiences and exposure grant us credence and responsibility – "Never Stop Serving."

All the best, Charles Dalcourt

UPCOMING EVENTS

1 September 10:00 AM Board of Directors Meeting

8 September
Chapter Luncheon
11:30 AM - 12:00 PM Social
12:00 PM - 1:00 PM Lunch
Columbia Restaurant Siboney Room
(See page 8)

15 September – 6:00 PM - 8:00 PM OpHH Dinner USF Embassy Suites (See page 9)

21 September 12:00 PM - 2:00 PM Legal Rodeo Brookdale Bayshore (See page 11)

15 November
"Thriving After The Military"
Five Labs, Tampa FL
(See page 15)

16 December 2nd Annual Winter Gala Save the Date (See page 6)

REMINDER:

SUBMISSION DEADLINE FOR THE OCTOBER 2022 ISSUE IS 20 SEPTEMBER 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

LEGISLATIVE LOWDOWN



BY LTC REGINALD WILLIAMS, USA RET

Now that the PACT ACT – Toxic Exposure Reform is signed into law and the VA is implementing the required actions for veterans, retirees, and servicemebers to claim their benefits we will shift to getting the Star Act over the goal line as well as ensuring the NDAA focus on those issues important to our community. Let's move out and continue to get after it!

Co-Sponsor Milestone Puts Star Act on Key House Calendar¹

By:Mark Belinsky

AUGUST 17, 2022

The Major Richard Star Act has reached a milestone goal of 290 co-sponsors in the House – the threshold for it to be placed on the chamber's consensus calendar. This significant accomplishment, along with ongoing efforts in the Senate, show clear progress in MOAA's focused efforts and teamwork with fellow service organizations through The Military Coalition, to expand concurrent receipt to more than 50,000 combat-injured veterans who lose a dollar of retirement pay for every dollar of VA benefits they receive.

TAKE ACTION: Ask Your Lawmakers to Support the Major Richard Star Act | Call Your Lawmakers Today

The consensus calendar was created in 2019 to ensure widely supported legislation could reach the floor of the House if not supported at the committee level. Bill sponsor Rep. Gus Bilirakis (R-Fla.), filed a motion Aug. 12 to add the bill (H.R. 1282) to the consensus calendar. The House version of the bill had more than 295 co-sponsors in the House as of Aug. 17, with the Senate version (S. 344) at 61.

The bill is listed as the eighth motion on the consensus calendar. Per House rules, the chamber must bring one motion from the calendar to a floor vote each week it is in session from now through Sept. 30. Of note, making it onto the consensus calendar remains a significant milestone.

"On behalf of the combat-injured servicemembers who partially fund their VA disability by surrendering some or even all of their service-earned retirement, we are encouraged by this show of support for The Major Richard Star Act," said Lt. Gen. Dana T. Atkins, MOAA's president and CEO, in a press release from Bilirakis' office announcing the calendar placement. "MOAA and other ardent supporters have diligently carried this torch to garner support and make way for those injured in combat to be eligible for their retirement pay. We encourage the 117th Congress to solve this injustice this year – we still have time to get it done."

Making the consensus calendar doesn't guarantee a win for the Star Act. Veteran advocates who worked successfully to repeal the Survivor Benefit Plan-Dependency and Indemnity Compensation offset, better known as the "widows tax," will recall that legislation was removed from the consensus calendar to make a deal to waive the so-called "PAYGO" rule. The Star Act will also need senior leaders to waive the budgetary rules for it to proceed and receive a vote on the floor.

The path forward for the legislation remains the same: Keep growing co-sponsors through grassroots advocacy. Lawmakers are in their home states and districts preparing for midterm elections, and some MOAA chapters already have used this opportunity to secure in-person meetings and press members who have yet to co-sponsor the bill. Local members from Virginia, for example, recently met with Rep. Bob Good, a Republican from the state's fifth district, and convinced him to co-sponsor H.R. 1282.

Legislative LOWDOWN cont.

<u>Senate</u>

The Way Ahead in the

Sen. Jon Tester (D-Mont.), chair of the Senate Committee on Veterans' Affairs, will submit the Star Act as an amendment to the chamber's version of the FY 2023 National Defense Authorization Act (NDAA) when the Senate returns to session this month. The Star Act is his top priority for amendments to this year's NDAA.

More than 50,300 combat-injured veterans would benefit from long-sought changes to unjust compensation practices if the Star Act becomes law, either as a standalone measure or as an NDAA amendment.

The Star Act was the lead topic for MOAA's 2022 spring advocacy campaign, resulting in thousands of letters from MOAA members reaching members of Congress; your continued letters and phone calls to local district and state offices are still making an impact. When reaching out to the local offices over the next few weeks, consider asking for an in-person meeting with the state or district director for your senators or representative.

However you connect, be sure to make the case clear: At present, tens of thousands of combat-injured veterans lose a dollar of retirement pay for every dollar of VA disability received. These are two different payments for two different purposes. To reduce retirement pay because of a disability is an injustice, and MOAA will continue to build support for this long-term campaign to ensure concurrent receipt for all who've earned it.

These NDAA Provisions Would Help Military Families² By: Jen Goodale

AUGUST 16, 2022

At MOAA, we focus on ensuring pay and benefits for servicemembers, veterans, and retirees remain strong, but our work also extends to ensuring military families have the support they need and deserve. The old adage, "You recruit the servicemember, you retain the family," is more important now than ever, with services struggling to meet recruitment and retention goals.

The House and Senate drafts of the FY 2023 National Defense Authorization Act (NDAA) contain provisions designed to enhance quality of life for military families. From child care to spouse employment, lawmakers are seeking ways to improve existing programs and establish new support systems.

[RELATED: What's in the House NDAA, and What's Next for Key MOAA Priorities]

Here are some of the provisions included in either (or both) of the drafts. The House passed its version of the NDAA in July, while the Senate amendment process will restart next month, when lawmakers return to Washington.

Child Care

- Pay Study: Requires a report comparing total compensation of child care employees of child development centers (CDC) in specific geographic areas with the total compensation of similarly credentialed employees of public elementary schools in the same area.
- ☐ Assistance for CDC Providers: Expands assistance for CDC providers to include financial assistance and free or reduced-cost child care services.
- In-Home Child Care Fee Assistance Program Expansion: The current pilot

program is available in five regions (National Capital Region; Hawaii; San Diego; Norfolk, Va.; and San Antonio). The provision authorizes the expansion of the pilot to regions deemed appropriate by DoD. This provision would require a feasibility study on the inclusion of au pairs in the pilot program.

- Reimbursement of Child Care Costs Incident to a PCS Move: Provides reimbursement (up to \$500 for CONUS moves; \$1,500 for OCONUS moves) if CDC placement is not available within 30 days of the member arriving at the new duty station.
- Pilot Program to Hire Special Educations Inclusion Coordinators: Authorizes a pilot program to hire special education inclusion coordinators at CDCs with higher rates of children with special needs.

Spouse Employment

- Noncompetitive Hiring Authority: Extends the authority for noncompetitive appointment of military spouses by federal agencies to Dec. 31, 2028.
- ☐ License Reimbursement Program: Makes the spouse license reimbursement program permanent and expands reimbursement to licensing and moving expenses incurred by military spouse entrepreneurs.
- Industry Roundtable on Military Spouse Hiring: Requires DoD to convene an industry roundtable to discuss the value of, and opportunities to, private entities that hire military spouses; career opportunities; challenges spouses encounter in the labor market; best hiring practices; and benefits of portable licenses and interstate compacts for military spouses.

Housing

- □ BAH Adjustment: Extends authority to adjust the Basic Allowance for Housing in certain areas to Dec. 31, 2024.
- □ BAH Accuracy: Requires a report on the efficiency and accuracy of the current system used to calculate BAH, including the suitability of the six standard housing profiles currently used.
- ☐ Military Housing Readiness

Council: Establishes a council comprising DoD leadership, servicemembers and spouses, and landlords to meet quarterly to ensure compliance with the Tenant Bill of Rights and other issues military families are experiencing in privatized housing.

General

Basic Needs Allowance (BNA): Last year's NDAA established a requirement for DoD to create and implement the BNA to address food insecurity within the military. The bill language allowed service secretaries to determine whether BAH would be included in the eligibility calculation. This year, the House NDAA includes a provision to exclude all BAH from the eligibility calculation. The Senate version raises the threshold from

130% of the federal poverty guidelines for the servicemember's region to 150%. Ideally, MOAA would like to see both provisions in the final NDAA.

- Non-Medical Counseling
 Services: Provides license reciprocity for Military Family Life Counselors.
- Impact Aid: Both the Senate and House versions of the NDAA include authorizations for Impact Aid, \$50 million and \$53 million, respectively. Additionally, both have provisions to provide Impact Aid for children with severe disabilities (\$10 million in the Senate version, \$22 million in the House).

MOAA will continue to work closely with Congress and DoD to ensure military families are prioritized in the FY 2023 NDAA. Stay tuned for more updates as the bill progresses throughout the remainder of the year.

MOAA's Legislative Action Center

Go to www.MOAA.org homepage; Click on the Advocacy tab; under the Advocacy tab click on the "Legislative Action Center" tab; or

Go to https://moaa.guorum.us

Either one of the links or web address will direct you to the new advocacy Legislative Action Center site. For first time users, you will need to sign up which take a very few minutes. Once you are signed up you can send letters to your legislator in a quick 3-step process. You will NOT receive any SPAM messages from MOAA National if you are concerned about signing up. The site provides enhanced support and tracking system for MOAA National to update you on issues and track how we are doing as an organization.

Please follow the steps below for signing up for new users.

- Click on "Sign Up"
- Fill out the required data fields
- Click "Submit"

To submit a letter:

- Click on "Submit a letter"
- Confirm the legislators you want to send the letter to (if you do not want to send a letter to a certain legislator then uncheck the box by their name)
- Click "Submit"

Highlights of the New Legislative Action Center

- You can view Active Campaigns and Key Issues
- Log your meetings / interactions
- Find out about Bill status
- Find lawmakers
- See MOAA Electronic Newsletter article
- View the Action Center tutorial video

TAKE ACTION: <u>Legislative Action Center</u>

Sources:

- 1) www.moaa.org, article by Mark Belinsky, August 17, 2022
- 2) www.moaa.org, article by Jen Goodale, August 16, 2022

Florida Department of Veterans Affairs

—Submitted by Reggie Williams, LTC USA RET

Governor Ron DeSantis Encourages Veterans to Apply for Temporary Teaching Certificates¹

TALLAHASSEE — Gov. Ron DeSantis announced Aug. 11 the launch of a new webpage to help recruit qualified military veterans to join schools across the state. On August 17th, the State Board of Education will consider a rule to formally implement a program for veterans to receive a five-year temporary education certificate while they finish their bachelor's degree, provided they meet certain criteria. This rule implements SB 896, which Governor DeSantis signed earlier this year after it received unanimous bipartisan support throughout the 2022 Session. To learn more about this program, visit www.fldoe.org/veterans. To watch a video of Governor DeSantis discussing the program, click here.

"Florida is the most veteran- and military-friendly state in the nation," said Governor Ron DeSantis. "We also know that our veterans have talents and skills that they can offer our students. This new opportunity expands Florida's existing programs that help our veterans take their talents to our schools, and it will help Florida remain a national leader in education."

"With the skills and experience that our 1.7 million veterans bring to Florida's workforce, this new pathway to teaching will positively impact Florida's students," said Commissioner of Education Manny Diaz, Jr. "Veterans and servicemembers can now work toward their full professional certificate while imparting their unique knowledge and valuable experience in the classroom."

Military Veterans Certification Pathway

The State Board of Education will consider a rule to allow military veterans to obtain a 5-year temporary teaching certificate without a bachelor's degree, providing the following criteria are met:

- Minimum of 48 months of military service with an honorable/medical discharge;
- Minimum of 60 college credits with a 2.5 grade point average;
- Passing score on a Florida subject area examination;

- Employment in a Florida school district, including charter schools; and
- ☐ Cleared background screening.

Per SB 896 (2022), which unanimously passed the Florida House and Senate, veterans who successfully obtain their 5-year temporary teaching certificate will be assigned a mentor teacher for a minimum of two years to support their classroom teaching endeavors. They must also earn their bachelor's degree during the 5-year period to be eligible for a full professional certificate. Veterans utilizing this temporary certificate may not teach subject areas that require a master's degree.

The temporary certificate cannot be renewed once it expires, nor does it apply to military spouses or families.

For more information about the Florida Department of Education, visit www.fldoe.org.

1) www.floridavets.org, August 11, 2022

THE TAMPA CHAPTER OF THE MILITARY OFFICERS ASSOCIATION OF AMERICA (MOAA)





2022 OFFICERS:

PRESIDENT: CHARLES DALCOURT COL USA RET **1ST VP: WILLIAM SCHNEIDER COL USA RET** 2ND VP: MATTHEW MULARONI LTC USA RET IMMEDIATE PAST PRESIDENT: CAROL ZIERES COL USA RET SECRETARY: KILEY STINSON LT COL USAF RET TREASURER: KENNETH MARTIN LT COL USMC RET **SURVING SPOUSES LIASION: VACANT**

2022 DIRECTORS:

EDUCATION, TRAINING & EVENTS: TOM KUHAR CDR USCG RET COMMUNICATIONS: SARA MARKS CAPT NC USN RET LEGAL AFFAIRS: WILLIAM MITCHELL LTJG (former) USN LEGISLATIVE AFFAIRS: REGINALD WILLIAMS LTC USA RET



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, Space Force, Public Health Service, or NOAA and their surviving spouses.









5 Star MOAA Chapter 2003 • 2005 - 2010 2012 - 2017 • 2019 - 2021

5 Star Col. Marvin J. Harris **Communications Award**

2020, 2021 Recipient of the Chairman of the Joint Chief's **Oustanding Public** 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.

GENERAL CONTACT INFO:

The Tampa Chapter of the **Military Officers Association of America** Post Office Box 6383 Tampa, FL 33608-0383

E-Mail: <u>TampaMOAA.Secretary@gmail.com</u>



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



School has started and though it's terribly hot, summer is almost over. It seems that everyone is as busy as they have ever been with a flurry of activity, both work related and fun. Our chapter is no different. Another "Thriving After The Military" Transition Seminar was held in August and the next one is scheduled for November. We'll have our Chapter Business Meeting at our October luncheon. Make sure

to read about the Inaugural Legal Rodeo in September, but seats are limited so sign up quickly. In November, Operation Helping Hand is sponsoring a Star Spangled Art Exhibit, and we're proud to update you on the MOAA Tampa Chapter Second Annual Winter Gala - December 16th. It was an amazing event last year, and we are in the planning stages for another beautiful event this year, so save the date!

I'm also pleased to announce that our luncheon guest speaker is a representative from the US Special Operations Command (USSOCOM), COL Jim O'Brien, USA. He will provide an unclassified brief on the area of responsibilities for USSOCOM.

There are two people specifically highlighted each month. Our Member of the Month is LTC Paula Stewart, USA (Ret), whose passion is helping all of our fellow veterans, especially homeless veterans. Her enthusiasm and grace are such an attribute to all that she does for our chapter, and I'm so honored to call her friend. Our Chapter Member Spotlight this month is CAPT Chris Heath, USN (Ret). I've come to know him from our chapter luncheons and was delighted to meet his wife who provided beautiful piano music at our Inaugural Winter Gala last year. Make sure to read about these two amazing members of our chapter and if you're like me, you'll be inspired by their readiness to give back and "Never Stop Serving."

I'm especially delighted to highlight article contributions from so many of our chapter members this month Make sure to read about Neil Cosentino's experience with Hurricane Andrew, Pettis Sim's article about what the NJROTC ribbons signify, an article shared by Paul McAneny from MOAA National on Transition, Jeannie Richard's article about the Veteran Treatment Court, Ben Ritter's haircut experience

at the James A. Haley VA, an article shared by Reggie Williams related to Florida Veterans Affairs, and a press release shared from Bob Sawallesh about members of our chapter who represented Operation Helping Hand at an ADA event. Other articles that I hope you'll enjoy including the dangers of sitting too much on our health (get up and walk around!), the largest Guard exercise on our Northern border as well as recognizing the US Air Force birthday this month and the history of Gold Star Moms, and many more articles including our regular features that I hope you find interesting. And many thanks to continued support from BGEN Larsen, Chairman for the Coalition who consistently provides updates from the Coalition with an article this month on the history of the Coalition at CENTCOM.

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!

It is my pleasure to serve as your Editor for The Retrospect and work on our chapter's website. It has been and still is a rich and rewarding learning experience, but one that I don't do alone. Through the grace of God and the blessing of so many wonderful, kind, and caring people in our MOAA Tampa Chapter and all of my family and friends I'm constantly inspired to rise up to challenges. I hope that each of you reach out to each other and dare to rise up to the challenges of life knowing that you are not alone either.

"There are three rules of dealing with all those who come to us: 1. Kindness, 2. Kindness, 3. Kindness." --Venerable Archbishop Fulton Sheen

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 advertisements 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.moaafl.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.

Operation Helping Hand and UNISEN Senior Living

Honors our veterans and wounded heroes featuring their creative artwork

2022 Star **Spangled Art Exhibit**



Painting by Stuart Dwork



at UNISEN SENIOR LIVING October 24th to November 8th **Sponsored by Operation Helping Hand** and UNISEN Senior Living, Tampa, Florida

Reception

Saturday, November 5th 1-5 PM Refreshments

12401 N. 22nd Street, Tampa, Florida



Painting by Carol Zieres

Painting by Bob Sawallesh

Come join Us For A Very Special Exhibit

Presenting our veterans artwork in all styles and mediums



Marines, Coast Guard or National Guard, you and qualifying family members may be eligible for exclusive senior living discounts that can help you and your family get the care you deserve.

SENIOR LIVING: discount on senior livina

PRIVATE DUTY: discount on private duty home care

RESPITE STAY:

Respite stay discounts vary by community***

Discounts are available to you and your family members, including spouses, parents, step-parents, siblings, in-laws, adult children, adult step-children, grandparents and step-grandparents.

For more information or to schedule your visit, call (866) 749-7445 today.

* Discount is only applicable to new residents of a Brookdale independent living, assisted living or memory care community admitting under an executed residency agreement. Discount applies only to the monthly fee/basic service rate, excluding care costs and other fees and is calculated based on initial monthly fee/basic service rate.

** Discount is only applicable to a new client of personal assistance services by a Brookdale agency under an executed service agreement.

*** Discount is only applicable to new residents of a Brookdale assisted living or memory care community admitting under an executed respite agreement. Discount applies to the daily rate. Residents under a Life Care Agreement are not eligible for the discounts. These discounts do not apply to any room, board or services which are paid for all or in part by any state or federally funded program. Subject to availability. Further restrictions may apply.



brookdale.com



MEMBER OF THE MONTH PAULA STEWART, LTC USA RET



I am a native of Atlanta, Georgia. I attended a combination of Roman Catholic and public schools and graduated from Spelman College with a B.S. degree in biology. I switched up a few years later after flunking a graduate level microbiology course and finished my M.A. in Political Science. I was one of the very last women to be commissioned in the Women's Army Corps. Shortly after the Corps was deactivated in 1978, I was selected to become an Adjutant General Corps officer.

For the next 24 years, my assignments ranged from APO Postal Officer to Public Affairs Officer, Personnel Management Officer for Enlisted Personnel, Army Family Action Program Planning Officer, Operations and Training Officer, Inspector General, and Resource Management Officer. I officially retired in 1997.

I currently live in Apollo Beach not far from my son and daughter-in-law, both United States Air Force veterans. I have two adult grandchildren. My grandson just completed a four year tour of honorable active duty service in the United States Marine Corps and is completing his undergraduate degree in North Carolina. My granddaughter graduated

from college with her B.S. in Animal Sciences and is waiting to be accepted in a school of veterinary medicine. I am a member of St. Andrew's Episcopal Church where I serve alongside other Eucharistic Ministers and Lay Readers. I also belong to the church's chapter of the Order of the Daughters of the King.

In addition to being a lifetime member of the Military Officers Association of America, I am a member of the American Association of University Women. I have tutored many young and old people in adult literacy and English as a Second Language programs. My passion now is volunteering to help my neighbors who are homeless and I have a particular interest in supporting homeless veterans regain their dignity and sustain themselves as functional citizens of this great country.

I enjoy classical and jazz music, non-fiction reading, yes, including newspapers, walking and swimming, container gardening in decorative clay and ceramic pots, going to symphony concerts and live theater performances, and I'd like to pretend I can still horseback ride. Cheers!

SEPTEMBER LUNCHEON GUEST SPEAKER

COL JIM O'BRIEN, USA

MOAA Tampa Chapter welcomes COL Jim O'Brien, USA assigned to USSOCOM who will provide an unclassified brief about USSOCOM's areas of responsibility and the current world situation as it affects their mission.

"US Special Operations Command [USSOCOM] was formally established as a unified combatant command at MacDill AFB, FL, on 16 April 1987, and commanded by a four star general officer with the title of Commander in Chief, United States Special Operations Command (USCINCSOC). USSOCOM, one of nine unified commands in the US military's combatant command

percent of the overall DOD budget.



— photo credit: Sara Marks, CAPT NC USN (Ret)

commands in the US military's combatant command structure, is composed of Army, Navy, and Air Force SOF. USSOCOM's mission is to support the geographic CINCs, ambassadors and their country teams, and other government agencies by preparing SOF to successfully conduct special operations, including CA and PSYOP. US Special Operations Command had an annual budget of \$4.9 billion for FY2002, about 1.3

All SOF of the Army, Navy, and Air Force based in the United States are placed under USCINCSOC's combatant command. USSOCOM has three service component commands: Army Special Operations Command (USASOC) Ft. Bragg, NC; Naval Special Warfare Command (NAVSPECWARCOM) Coronado, CA; Air Force Special Operations Command (AFSOC) Hurlburt Field, FL; and one sub-unified command, Joint Special Operations Command (JSOC) Ft. Bragg, NC. USSOCOM exists to provide special operations forces to the National Command Authority (NCA), regional combatant commanders, and American ambassadors and their country teams for successful conduct of special operations during both peace and war. USSOCOM prepares SOF to successfully conduct special operations.

including civil affairs and psychological operations.

Responsibilities of USSOCOM include:

- Readiness of assigned forces and monitoring the readiness of overseas SOF.
- Monitoring the professional development of all SOF personnel.
- Developing joint SOF tactics, techniques, and procedures.
- Conducting specialized courses of instruction.
- Training assigned forces.
- Executing its own program and budget (its funding comes directly from Congress and not from the Services).
- Conducting research, development, and acquisition of special operations peculiar items.

Special Operations Command, Central (SOCCENT), headquartered at MacDill AFB, Florida, is a subordinate unified command of US Central Command (USCENTCOM). It is responsible for planning special operations throughout the USCENTCOM area of responsibility (AOR); planning and conducting peacetime joint/combined special operations training exercises; and orchestrating command and control of peacetime and wartime special operations as directed. SOCCENT exercises operational control of assigned and attached SOF which deploy for the execution of training and for operational missions in the USCENTCOM AOR as directed by USCINCCENT. When directed by USCINCCENT, SOCCENT forms the nucleus of a JSOTF.

On November 01, 2005, the Department of Defense announced that the Secretary of Defense had approved a joint recommendation by U.S. Special Operations Command (USSOCOM) and the Marine Corps to create a Marine special operations command (MARSOC) as a component of USSOCOM."

**NOTE: The military no longer uses CINC duty titles. Current head of USSOCOM and CENTCOM are referred to as Commander.

Source: https://www.globalsecurity.org/military/agency/dod/socom.htm

Operation Helping Hand at the ADA Disability Awareness Exposition

— By Robert Sawallesh, US Army, Retired



Operation Helping Hand was very proud to be invited to the Americans with Disabilities Act Awareness Exposition at the Fred B. Karl County Center in Tampa on July 27, 2022. Op HH shared the many achievements of helping the wounded and injured and their families since 2004.

"ADA has always been there to remind us all that the only disability is a bad attitude. ADA has had this very positive influence on all of us. Thank you," stated Lieutenant Colonel Jim Griffin, US Army, Retired, Chairman of Operation Helping Hand.

—From left to right are Lieutenant Colonel Robert Sawallesh, US Army Retired, Op HH Director; Lieutenant Colonel Jeanne Richard, US Air Force Retired, Op HH Director and Former Marine Sergeant Ben Ritter, a Special Honoree at the Exposition.

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:

Diana Pagan - 813-827-9785



WANT TO ADVERTISE IN THE RETROSPECT OR KNOW A BUSINESS THAT DOES?!

Annual Subscription

1 July - 30 June • Half Page Ad: \$1000
• Quarter Page Ad: \$500

E-Mail: TampaMOAA.Secretary@gmail.com

GALA UPDATES

- By Tom Kuhar, CDR USCG RET and Winter Gala Chair

As we breeze through the final weeks of summer, the Winter Gala Planning committee continues to be focused on December 16th!

The menu has been finalized and we have confirmed the ticket price of \$140 per person. This price still stands as a great value for the event as compared to other fundraising balls in our area.

For your \$140 event price you will receive:

- Entry to the beautiful venue we enjoyed last year
- 2 beverages of your choice from the bar during the cocktail hours featuring passed hors d'oeuvres
 - An art show
- The opportunity to participate in a silent auction and raffle of fantastic items to help raise money for our Chapter's outreach efforts
 - Live music throughout the evening
 - · A glass of wine for the evening's ceremonial toasts
 - Your choice of one of the following meal options:
 - Grilled Petite Filet Mignon
 - Chicken Picatta
 - Fresh Grouper topped with crab meat
 - Vegetarian entrée (Chef's choice)
- Dessert trio dessert platter consisting of three individual dessert servings (Chef's choice)

So pull out your fancy clothes, make sure they fit and mark your calendars for December 16th at 6:00PM for a terrific evening supporting Tampa Chapter of the Military Officers Association of America.

While you are out and about, please considering picking up new unwrapped toys for our contribution to the USMC Toys-for-Tots drive.

Watch for the update for the link to buy your tickets to guarantee your spot!



2ND ANNUAL WINTER GALA

TAMPA CHAPTER OF THE MILITARY OFFICERS ASSOCIATION OF AMERICA

Invites you to "Save the Date" for our 2nd Annual Winter Gala.

Our principal fundraising event, the Winter Gala provides vital support to our numerous outreach programs in the Greater Tampa Area:



Transition Seminars * JROTC Programs * Veterans Affairs

* National Guard & Reserve Outreach
Operation Helping Hand * Support Scholarships



Cocktail Hour with Hors d'oeuvres • Plated Dinner • Live Music • Silent Auction • Raffle Chapter Awards Presentations • Art Show & Sale • Military Fellowship • Toys-for-Tots

This evening of elegance

will raise funds critical to allow the Chapter to expand the tremendous services we provide to the Tampa Bay Veteran Community

Private Country Club - Tampa, FL Ticket cost \$140 Formal attire Save the Date – December 16, 2022
Registration coming soon
Questions: tampamoaa.event@gmail.com

August Luncheon Photos

Photo credits: Bob Sawallesh, Ben Ritter and Sara Marks



























































































AUGUST LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting

DATE: Thursday, 8 September TIME: Social time 1130 hours, Meeting time 12 noon – 1330 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, 2 September. Reservations are limited to 60. **CANCELLATIONS** must be made by NOON Monday, 5 September 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: 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, Ropa Vieja, Fresh Broccoli Alioli, Yucca, Black Beans, Coffee, Iced Tea, Soft Drinks and 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: <u>+16465588656</u>,89708292982#,...*206251# or <u>+13017158592</u>,89708292982#,...*206251#

https://triple-strand-global-solutions.zoom.us/j/89708292982?pwd=UG1rQ2RGWVlp Meeting URL:

RnBZRDRXRTFnTVJZdz09&from=addon

Meeting ID: 206251 897 0829 2982 Passcode:

Join by Telephone

For higher quality, dial a number based on your current location.

Dial: US: +1 646 558 8656 or +1 301 715 8592 or +1 312 626 6799 or +1 720 707 2699 or +1 253 215 8782 or +1 346 248 7799

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 Lt Col Kiley Stinson USAF Ret, Sick Call Chairman 813-957-1127 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

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).



Andrew Harrington MAJ USAF RET Anthony P "Tony" Clark COL USA RET

IMPORTANT DATES IN SEPTEMBER

National Suicide Prevention Month National Service Dog Month Hispanic Heritage Month (Sep 15 – Oct 15) 2 V-J Day 11 Patriot Day

16 National POW/MIA Recognition Day

17-23 Constitution Week

18 Air Force Birthday

18 Office of the Sec. of Defense Birthday

18 Air National Guard Birthday

25 Gold Star Mother's Day

25 Rosh Hashanah Begins (at sunset)

29 VFW Day

HAIRCUTS AT THE JAMES A. HALEY VA

-By Ben Ritter, USMC (former) and Honorary MOAA Tampa Member

Eileen Bobowicz cuts hair Monday - Friday from 8 am - 3 pm in her PatriotClips barbershop, located on the ground level of the Main Section of the Tampa James A. Haley VA Hospital. She charges \$10 per haircut. I always give her a well-deserved substantial tip.

She will also come to your house to cut hair on a Saturday.

To contact Eileen for an appointment in her Patriot Clips shop, call 813-972-2000, Extension 6573.





Ben getting clipped by Eileen Bobowicz



Standing with you at every stage.

1-800-247-2192 • www.moaainsurance.com

PLACE YOUR AD HERE

WANT TO ADVERTISE IN THE RETROSPECT OR KNOW A BUSINESS THAT DOES?

This 1/8 Page Ad is \$250

E-Mail: <u>TampaMOAA.Secretary@gmail.com</u>

UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN Chairman, OPHH

"As long as we are needed, Operation Helping Hand will /be there..."



On 18 AUGUST, OPERATION HELPING HAND held its 201ST monthly dinner to support the wounded and injured who receive treatment at the SCI/POLYTRAUMA facilities at the JAMES A. HALEY VA HOSPITAL.

This dinner honored all those folks who have continued to support and sponsor the many functions held by OPERATION HELPING HAND. THANK YOU, FOLKS - MUCH APPRECIATED. It was an honor to have a very supportive group from UNISEN join our family. THANK ALL OF YOU UNISEN AND VILLIAN FOLKS for attending.

One thing we all cannot do is lose respect for the blessing. DR SCOTT discovered a young mother and her child in a car, spending the night there to see her husband in the morning because funds were not there to pay for a place to stay. The blessing was that DR SCOTT brought this problem to folks who could help. The next blessing was the folks in TAMPA CHAPTER MOAA, namely CAPT BOB SILAH, OUR FOUNDER. We were blessed with the "takes what it takes" attitude that allowed OPERATION HELPING HAND TO BEGIN.

The blessing continues to this day. All of our volunteers with whom we are extremely blessed to have. They have never failed to be willing to pay the price to make it work. That is why I say, you must never lose respect for the blessing, because there is nothing more common than an unsuccessful organization with talent. You must be willing to pay the price to make it work.

One big future event that you need to mark on your calendar and save the date – NOV 5. THIS IS THE RECEPTION FOR THE STAR SPANGLED ART EXHIBIT to be held at UNISEN SENIOR LIVING. Specific details and times will be provided long before the event. We are expecting over 50 artists who have served in the military. Plan on attending — it will be an experience you will long remember.

Our next big event will be held the next weekend on November 12. This will be BOBBY A'S BACKYARD BBQ which will be held in the fantastic venue at WESTCHASE. This year's event will be expanded to include a larger number of vendors and sponsors. HOPE YOU ARE ABLE TO JOIN US.

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 to join old and new patients and their families.

OPERATION HELPING HAND is an all-volunteer 501 (c) 3 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 these vital programs. This support can be by donations by checks or by using our website (OPERATIONHELPINGHANDTAMPA.COM).

STAY SAFE, HEALTHY, AND RESILIENT.

OUR TREMENDOUS GROUP OF VOLUNTEERS MAKE ALL OF THIS POSSIBLE!

Operation Helping Hand August Dinner Photos

Photo credits: LTC Bob Sawallesh USA (Ret) and CWO Tom South, USA (Ret)

































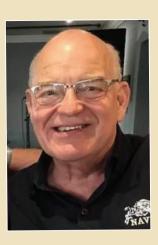




CHAPTER MEMBER SPOTLIGHT

CAPT Chris Heath, USN RET

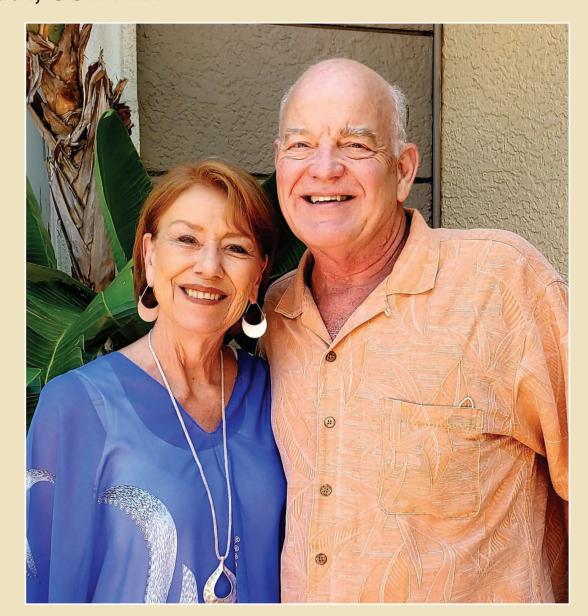
Chris Heath is a Tampa native with deep roots – his grandfather, James B. Gibson. Jr, founded and developed Gibsonton in south Hillsborough County. Chris grew up in south Tampa, graduating from Plant High School in 1968. In 1972 he graduated from the U.S. Naval Academy. Chris first served aboard USS RAMSEY (DEG-2) during the Viet Nam conflict. He reported to Navy flight school in 1973, receiving his "wings of gold" in 1974. Chris served as a flight instructor in Kingsville, TX, and obtained a Master's degree during that tour. Using his education, Chris later served as an instructor in leadership and management at NAB Little Creek, VA.



After leaving active duty in 1979, Chris developed a corporate career in training and organization development, building on his Navy experience. He also had a successful career in the Naval Reserve, serving for another 14 years as his corporate career progressed. This included travel and shipboard duty, highlighted by two command tours. A highlight was a tour as the CO of a Reserve unit supporting NAS Bermuda! Retiring from the Naval Reserve as an O-6, Chris also transitioned to a career in international consulting, working for global companies like IBM and Accenture. He retired from his corporate career in 2016, returning to his hometown of Tampa (Riverview).

He works part-time at IKEA, and is active in volunteer activities such as the Guardian ad Litem program, advocating in court cases involving foster children. Chris is also the President of the Tampa Bay Chapter of the U.S. Naval Academy Alumni Association, leading that group to consecutive awards as a Distinguished Alumni Chapter in 2020 and 2021.

Our MOAA Tampa Chapter is also familiar with Chris's wife, Ginger Heath, a former member of Military Officers Wives Club (MOWC), who has offered her talent as a pianist for several MOAA events.





AUGUST RAFFLE WINNER

Congratulations to Col Lockhart, USAF for winning the signed Buccaneer football!



GETYOUR FINANCIAL LIFE SQUARED AWAY



- Face-to-face financial coaching
- Comprehensive financial plans
- Insurance solutions for protecting your family's financial security
- Investment strategies for retirement, education funding and other goals
- Budgeting, debt reduction and cash management



KELLIE KUHARFinancial Advisor

6152 Delancey Station Str, #105B, Riverview, FL 33578 KLKuhar@firstcommand.com

813.644.4844



©2022 First Command Financial Services, Inc. is the parent company of First Command Brokerage Services, Inc. (Member SIPC, FINRA), First Command Advisory Services, Inc., a broker-dealer. Command Insurance Services, Inc. and First Command Bank. Securities products and brokerage services are provided by First Command Brokerage Services, Inc., a broker-dealer. Financial planning and investment advisory services are provided by First Command Advisory Services, Inc., an investment adviser. Insurance products and services are provided by First Command Bank (Member FDIC). Securities are not FDIC insured, have no bank guarantee and may lose value. A financial plan, by itself, cannot assure that retirement or other financial goals will be met.

Legal Rodeo Roundup

-By Bill Mitchell, LTjg USN (former)

Why you should go to the Rodeo:

Long term care is usually associated with medical problems of the elderly but it may be needed by persons of any age. Some middle-aged people develop Alzheimer's or are seriously hurt in an accident. Help is available through Medicaid but complex rules can trip you up. The following real-life examples show why you need to be aware of these rules.

Linda's story

Linda, age 83, lived with her daughter Geri in Geri's house. Linda received a check for \$47,000 from an annuity cash out but Geri deposited in her individual account. \$29,000 of the \$47,000 was used to pay the mortgage on Geri's house. A few days later Linda fell and broke her hip and sought nursing home care. Florida sought to grab the entire \$47,000 as reimbursement for nursing home care but Florida retained \$18,000 because Linda did not designate what the money was to be used for. Don't be like Linda. Attend the Rodeo and learn about the laws that can hurt you.

Grub at the Rodeo from Chef Eric will include:

Beef Tenderloin with Caramelized Onion Demi-Glace

Roasted Turkey Breast with Peppercorn Sauce

Whipped Red Bliss Potatoes

Haricot Verts with Roasted Tomatoes and Balsamic Glace (Green Beans)

Buttermilk Biscuits

Key Lime Pie

Cappuccino Mousse

Coffee, Iced Tea, Water, Coke and Diet Coke

Our speakers- both specialists in Elder Law will speak on Medicaid Reimbursement

April Hill

April Hill is the founder of Hill Law Group. She specializes in elder law. Her law

degree is from Stetson University College. She has a B.A. in Social Work. She is a Board-Certified Specialist in Elder Law (Florida Bar and the National Elder Law Foundation). She is a member of the Council of Advanced Practitioners (CAP) for National Academy of Elder Law Attorneys. She served in the US Army for three years. She has served as an adjunct professor at Stetson University College of Law where she taught courses in elder law. She teaches and speaks for community and legal education programs on various



issues related to elder law. While employed by the Thirteenth Judicial Circuit Court she was involved in the establishment of the Elder Justice Center; a unique court program designed to help elderly individuals gain access to the court system. The program, with its operations manual and procedures, has been a model for similar programs around the U.S.

She has served as Board Chair for PARC, a local organization that serves individuals with developmental disabilities and continues to serve there. She serves on Elder Law Certification Committee for the Florida Bar. She is a member of the Florida Academy of Elder Law Attorneys.

April has participated in marathons, half marathons, triathlons and a half Iron Man. She is married and has a daughter.

Jonathan Kinsella:

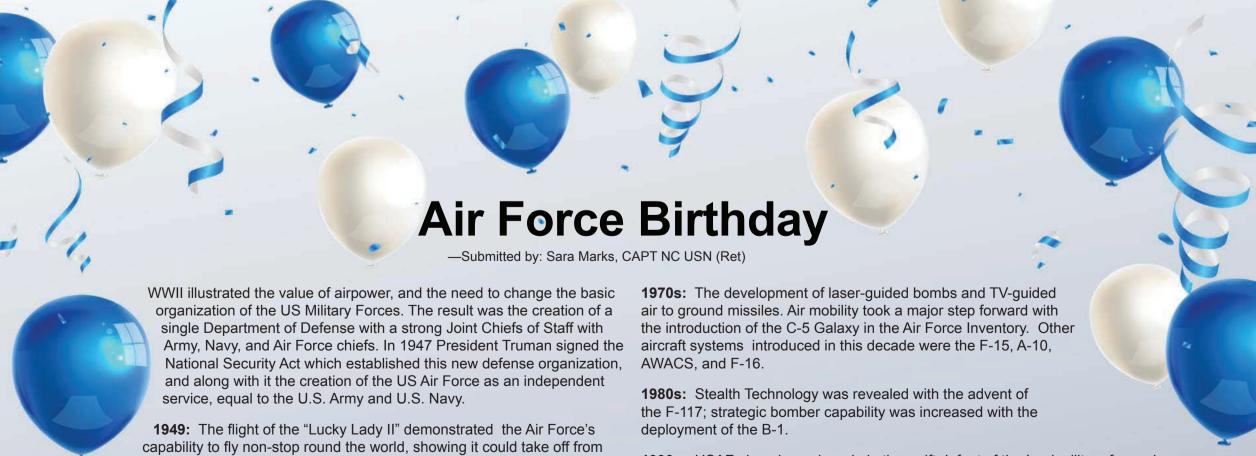
Jonathan Kinsella received his Law degree from Stetson University College of Law He was admitted to the Florida Bar in 2012. He currently practices with the law firm of Hill and Kinsella. He specializes in Medicaid Planning, Estate Planning, and Probate Administration. He has served as a judicial intern for Honorable Judge K. Rodney May of the United States Bankruptcy Court in Tampa. He is a member for of the Elder Law Section of the Florida Bar, the National Academy of Elder



Law Attorneys, and the Florida Academy of Elder Law Attorneys. He has served as the Co-Chair of the Probate and Real Property Section for the Clearwater Bar Association and the St. Petersburg Commission on Aging as well as Board member on the Gulfport Multipurpose Senior Center Foundation.

Jonathan is married with four children and coaches hockey and lacrosse. He is interested in Maritime History, with a specific focus on the *Titanic* and antique automobiles, particularly 60s era Lincolns.





the U.S. and drop bombs anywhere in the world. **1950-1953:** USAF engaged in the first completely jet aerial combat during the Korean War. The F-86 Saberiet scored impressive aerial victories against the enemy MiG-15.

War. The F-86 Saberjet scored impressive aerial victories against the enemy MiG-15.

1954: The first B-52 Stratofortress came into the USAF Inventory and has served in every conflict since its appearance.

1960s: The development and deployment of Intercontinental Ballistic Missiles (ICBMs) as a major component of the aerial defense capability of the United States.

1964-1973: War in Vietnam

1990s: USAF played a major role in the swift defeat of the Iraqi military forces in the first Persian Gulf War. The Air Force underwent a major reorganization with the formation of Air Combat Command, Air Mobility Command, and Air Force Materiel Command. The USAF supported the war in the Balkans, and the US intervention Operation Uphold Democracy in Haiti.

2000 -- Present: The Expeditionary Air Force concept was a major transition in how the Air Force employed forces. The Global War on Terrorism brought the USAF into Operation ENDURING FREEDOM and Operation IRAQI FREEDOM.

Source: https://www.military.com/air-force-birthday

ANNUAL OCTOBER MEETING NOTICE

The annual General Membership meeting will be held during the October luncheon, and there are several action items on the agenda.

First is elections. Most of the Board of Directors was installed in January 2022 and their terms are for two years. However, several positions have rotated for various reasons, and require a vote by the membership. The following positions will be voted on:

Treasurer: Lewis VanDyke (currently acting as Assistant Treasurer)

Secretary: Kiley Stinson (assumed the office in April when the incumbent vacated the role)

Surviving Spouse Liaison: seeking nominations

Education, Training & Events: Tom Kuhar (assumed the office in June after the incumbent vacated the role)

To nominate someone else for any of the positions above, send your nomination to <u>tampamoaa.secretary@gmail.com</u> no later than October 1st, 2022.

The second order of business is the amendment of the Chapter Bylaws. There is one proposed amendment to amend the date members are placed on the inactive roster if dues haven't paid.

The recommended change:

Article V1 - Dues

Section 2: **Currently states**: The annual dues for a calendar year shall become due no later than 1 January of that year. If dues are not paid by 31 March the member will be placed on the inactive roster.

Section 2: **Proposed Change:** The annual renewal for a calendar year shall become due on the date established by the Board of Directors which will be communicated to the membership. Members not submitting payment by that established date will be placed on the inactive roster.

If there are any additional proposed changes, send your recommendation to <u>tampamoaa</u>. secretary@gmail.com no later than October 1st, 2022.

Navy Junior Reserve Officers Training Corps (NJROTC) Ribbons and Devices

-Submitted by Pettis Sims, LCDR USN RET

Ribbon devices are worn on the ribbons you have been awarded. Some devices go with the ribbon and others are awarded in place of another ribbon that has already been awarded. Devices include: A lamp which is worn on the honor cadet ribbon by each cadet who has achieved the highest GPA in all courses, and is also worn on the physical training ribbon by cadets who have passed the physical fitness test according to their age-gender criteria. An anchor is worn on a team ribbon indicating that the cadet is the team commander or can be worn on the unit service ribbon indicating that the cadet is the commanding officer of the unit. Stars are worn on achievement ribbons to show completion of the ribbon multiple times.

-Cadet Ensign Cabrera.

The NJROTC ribbons are only worn on the service dress blues and the Navy service uniforms. They are worn in horizontal rows of three. When not in multiples of three the top rows contain the lesser number of ribbons. Ribbons should not have spaces in between them or between rows of ribbons.

-Cadet Ensign Ortiz-Ortiz

With NJROTC ribbons there is an order or seniority, meaning when placing your ribbons on the ribbon rack you will place the most senior one on the top row. You will continue to place the ribbons in order of seniority if there is more than one ribbon being worn. All earned ribbons will be worn at the same time and may be worn with devices attached to that one ribbon. For example, if you have earned a star for the community service ribbon, you will place the star in the center of that one specific ribbon. If receiving a ribbon from an organization other than NJROTC will be worn after the NJROTC ribbons determined by the Senior Naval Science Instructor (SNSI).

-Cadet Seaman Apprentice Perez.

One of the hardest ribbons to earn is the honor cadet ribbon which is awarded to the cadet who has the highest GPA of their respective class. I love this ribbon because it truly shows the discipline and drive to do your best that NJROTC instills in you. Another one of my favorite ribbons is the unit achievement ribbon. This ribbon is earned by a unit who has proved that they are dedicated to not only improving their community but also each other. NJROTC ribbons show that a cadet has worked to improve themselves and their unit.

-Cadet Ensign Watson.





-Cadet Ensign Ortiz-Ortiz



-Cadet Seaman Apprentice

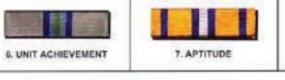


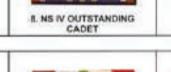
-Cadet Ensign Watson

Navy Junior ROTC Ribbons





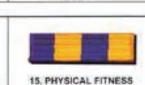






9. NS III OUTSTANDING







16 PARTICIPATION

12, EXEMPLARY CONDUCT



13. ACADEMIC AWARD



14. EXEMPLARY PERSONAL

















CAVET 1533/61 (REV. 6/02)

LAMP-SILVER





National Service Dog Month

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

September is National Service Dog Month, a time marked to pay tribute to the animals who support Americans with special training to help with people dealing with vision impairment, medical issues, mental health, and many other areas.

Service dogs are specially trained animals working with people with medical issues as helpers and as therapy, and have special legal protections to allow both dog and owner to be in places where there is otherwise a no animals policy or not pets policy.

Service dogs should not be confused with untrained comfort animals or house pets. While pets, service dogs and comfort animals may be beneficial for their owners, only the service dog receives protection (and access) under the law in places where most pets and some comfort animals are not permitted.

What Are Service Dogs?

A service dog is trained for as long as two years at an expense that can reach as high as \$40,000. There is no single type of service dog for all medical issues. There are dogs trained to



help the visually impaired, those with PTSD, to help people with epilepsy, and much more.

The training for service dogs varies depending on the emphasis. Medical alert dogs will have different skill sets than those who assist people with unrelated medical issues.

The official site for the American Kennel Club reminds its visitors that service dogs are subject to protections under the Americans With Disabilities Act (ADA). ADA guidelines make a clear distinction between

pets (who have no formal training as service animals) and service dogs (who do have specific training).

There is no single breed of preferred service dog. They can be large or small, they can be especially bred for service or they can be sourced as rescue dogs. According to the American Kennel Club, there is no standardized certification for these animals but there are requirements the animals must meet in order to function above the level of pets or untrained comfort animals.

To continue reading the article: https://veteran.com/service-dog-month/

Coalition Corner



Dear MOAA Members.

I trust you are all doing well and "enjoying" the very high temperatures around here. COVID is still impacting our lives. Down at MacDill AFB it is still mandatory to wear a face mask when indoors and large gatherings. Hopefully, this will change for the better in a not too far future. I'm aware that some of you have been dealing with COVID though it in most cases it has been a mild version. However, that doesn't change the fact that 10 days isolation is part of the consequences of testing positive.

The International Coalition are seeing some rotations among Senior National Representative and members of our delegations, which is normal for this time of the year. I'm looking forward to introducing new members of our team at the monthly MOAA luncheons and the Operation Helping Hand dinners at the USF Embassy Suites.

This month I will turn to some historical perspectives of the international presence at MacDill AFB. As most of you are perfectly aware US Central Command is the only US combatant command that has an international coalition associated with its activities on a daily basis. Currently 44 nations are represented and that number has been relatively steady over the last four years. However, the nations are not the same as some nations have left the coalition and others have joined over the years. Israel, Yemen and Kuwait are examples of nations that have recently joined the coalition. Israel and Kuwait are both members of the Defeat ISIS mission (Operation Inherent Resolve in Iraq and Syria) whereas the presence of a representative from Yemen primarily is related to Yemen located inside the US Central Command area of responsibility. Armenia, Greece, and Ukraine are some of the nations who have decided not to maintain a presence at MacDill AFB with US Central Command.

Earlier on the International Coalition counted more than 60 nations. The US Central Command buildings and the facilities hosting the coalition members have change significantly over time.



Around 9/11 2001 US Central Command was working out of the big white building at the top of the photo.

When nations started arriving at MacDill AFB to join the International Coalition they initially moved into the trailers situated next to US Central Command. All nations left a flag outside the trailers. I believe a total of 63 nations were once part of the early coalition. Actually this is the only time in history that the NATO article five has been activated - "if you attack one you attack all". Obviously a lot of nations not associated with NATO also joined the coalition.

Today the mission, if you will, is referred to as the "War on Terror" with a focus to defeat and prevent violent extremist organisations in the US Central Command area of responsibility from re-emerging understanding that these organisations are not considering the same boundaries.

These days US Central Command is operating from "new" facilities and all the coalition trailers were stacked to create a new building hosting all nations.



The current US Central Command HQ buildings



All Senior National Representatives and their delegations are situated in the Multinational Coordination Center building located next US Central Command.

The are two floors hosting all nations. Though the main effort is related to coordinating issues between US Central Command and our respective nations a lot of coordination among the coalition nations is carried out on a daily basis. I believe it is very unique that I am able to reach out to 40 plus nations by simply walking the corridors in the coalition building. For me it is a huge privilege to be able to interact with a variety of different cultures. It is for sure an eye opener and extremely inspiring to be part of the international environment with US Central Command.

Despite the fact we arrive from different cultures to include different religions etc. my colleagues and I all share the same values, and we are all here for the same reason working to support the same mission. One mission - many nations.

Whenever we choose to engage in a major conflict or war forming a international coalition seems to by the way forward. From both a political and military perspective working together to achieve common goals seems to be the preferred option.

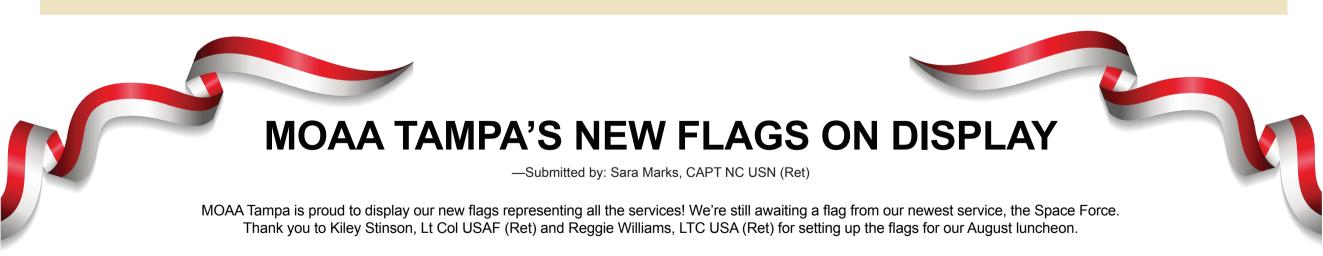
I will conclude this input by quoting Winston Churchill who once said:

"The only thing worse than fighting with allies is fighting without them"

With that and on behalf of the entire International Coalition I wish you a happy September.

BGEN Henrik Larsen

Danish Senior National Representative to US CENTCOM and Chairman of the Coalition









MEDICAL CORNER

Why sitting all day long is bad for your health, doctors emphasize

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

—A woman sits outside with her laptop on the summer beach at sunset. (iStock)

Prolonged periods of time spent sitting are not good for us at all, say health experts — here's why.

As millions of Americans commute to work, sit at their desks once they arrive at the job and then relax at home at night by, in some cases anyway, binge-watching their favorite television shows — they may not realize how much all of that sitting may be harming their health.

"Some doctors have called sitting the new smoking," Dr. Deepak L. Bhatt, professor of medicine at Harvard Medical school, told Fox News Digital.

"And while that is a bit of an exaggeration — smoking is very bad for cardiovascular and overall health — it is true that

prolonged periods of sitting worsen health," added Bhatt, who is also executive director of interventional cardiovascular programs at Brigham and Women's Hospital Heart & Vascular Center in Boston.

"Prolonged periods of sitting worsen health."

Adults spend an average of nine hours sitting while awake, of which 4.5% reported a disability in activities in daily living (ADL), according to a paper published in the Journal of Physical Activity and Health.

"The odds of ADL disability were 46% greater for each daily hour spent in sedentary behavior," said Summer Sides, an exercise scientist for Orangetheory Fitness.

Approximately 50% of an average person's life involves <u>sedentary activities</u>, according to a paper published in Annals of Internal Medicine in 2015.

Those involved in the study did a review and meta-analysis of published research to explore the association between sedentary time and health outcomes that was independent of physical activity among adults.

The paper found that prolonged sitting increases the risk for <u>heart disease</u>, diabetes, cancer and death, regardless of whether a person exercises regularly or not.

"From my experience, the most important strategy in getting patients to 'move' whether it be to avoid sitting, to improve exercise, or both, is to focus on building 'top of mind awareness,'" Dr. David A. Alter told Fox News Digital.

He was the lead author on the study.

A 2017 study published in the Annals of Internal Medicine found an association between prolonged sitting and the risk of early death.

"So, the best tip to avoid sedentary behavior and/or to improve exercise activity is the same: Namely, to train the mind to plan," added Alter, senior scientist at University Health Network and associate professor of medicine at University of Toronto in Canada.

Sitting increases the risk of death

Several studies have found that people are more likely to die earlier from any cause if they sit for too long, Sides told Fox News Digital.

A 2017 study published in the Annals of Internal Medicine that researched an estimated 8,000 adults found an association between prolonged sitting and the risk of early death — no matter what the cause, Sides said.

"Participants who sat for more than 13 hours per day had a 200% greater risk of death than participants who sat for less than 11 hours," Sides added.

"Participants who often sat longer than 90 minutes at a time were about twice as likely to die than those who always limited their sitting time to less than 90 minutes at a time," he also noted.

But the study found those who sat for less than 30 minutes at a time had the least risk of death.

"It is probably a good idea to get up every 30 minutes or so and at a minimum walk around a bit, or maybe even get in a brief bout of exercise — perhaps something as simple as walking up the stairs," Bhatt told Fox Digital News.

"It is probably a good idea to get up every 30 minutes or so and at a minimum walk around a bit."

"This also forces you to stop staring at a computer, which can lead to eye strain and dry eyes."

But it's important to think about all the activities we do every day that make us sit too long, not just at work, added Scott Brown, vice president of fitness at Orangetheory Fitness.

"This includes driving, eating and time on the sofa," he told Fox News Digital.

Sitting increases risk of other medical problems

Sitting for prolonged periods of time can also cause unwanted medical problems.

"Overall, the consensus of many observational studies on the effects of sitting (the most common long duration uninterrupted sedentary time activity) is that prolonged sitting promotes a decrease in energy expenditure,

metabolic and muscular activity," Brown told Fox News Digital.

This, in turn, is "associated with poor health outcomes, including cardiovascular disease, cardiovascular events, type 2 diabetes, anxiety, depression and Alzheimer's," he added.

It can also increase the risk of a clot in a deep vein in the leg, known as deep vein thrombosis, according to Yale Medicine.

The symptoms may include unilateral swelling in the lower extremities, which means swelling in one, but not both, of the legs — often accompanied by calf pain.

But the clot that forms can eventually travel to the lung if left untreated, which may lead to emergency where the lungs don't have enough oxygen to allow someone to breathe — known as a <u>pulmonary embolism</u>, the medical outlet added.

Ensure proper posture when sitting

Prolonged sitting can also lead to poor posture, which can cause <u>low back and hip pain</u>, and also increase the risk of osteoporosis, according to multiple reports.

"Prolonged sitting tends to weaken muscles and promote back pain, which in turn can make it more difficult to exercise," Bhatt reminded.

Brown added the total sedentary time can become a problem — "not just for metabolic and mental health, but this also can wreak havoc on your orthopedic health and posture."

This is "primarily due to the deconditioning of the muscles, early muscle fatigue, weakened core stabilizers and tightening of the hip flexors, resulting in increased stress on your low back and reduced spine flexibility," he noted.

That's why it's important for adults to have at least 150 minutes a week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, according to the American Heart Association.

Helpful tips to reduce the harmful effects of sitting

Brown recommends three simple tips to help decrease sitting too much: Use a smartwatch that can both track and encourage you to stand at specific intervals; set a timer or calendar reminder to remind you to take a standing break; and set a goal to take a break every 30-60 minutes.

"Amplify the effect by taking a short walk and even better take a flight of stairs. Walking and stairs both add increased metabolic activity," he added.

One doctor recommends staying healthy by stretching throughout the day.

"Walking while on the phone can be a good way to burn some calories, though that has gotten a bit harder in the Zoom era," Bhatt also noted.

"It is a good idea to avoid excessive snacking while sitting, as that can lead to a double whammy in terms of increasing the risk of heart disease," he said.

Research limitations

Sides told Fox News Digital that the current research does have caveats.

"Limitations with the current research are that most evidence is based on observational studies, which only show an association between sitting and health conditions, but no direct correlations," she noted.

Source: https://www.foxnews.com/lifestyle/sitting-all-day-long-bad-health-doctors

Here's What I Learned From My Suicide Attempt

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

—By Mike Liguori

When 9/11 happened, I joined the Marines. The Marines gave me a sense of being and purpose.

When you're in the Marines, you are trained from the first day that death is creeping in. It's always creeping in. It has to be on top of your mind. That I might die in Iraq was more of a reality than the reality of making it back home. I was quite comfortable with dying in war.

But I did survive war. I survived it twice. After IEDs and close encounters that created endless anxiety and hyper-vigilance, I made it home and was completely unprepared. I felt guilty that I was alive,

with nothing to my name but an old Volkswagen Passat and a couch to sleep on back at my parents' house. At the time, I wished I had died in Iraq. It would have been a noble way to go out, to be remembered and honored. Deep down, I was envious of my friends and others that didn't make it home. They didn't have to plan for the future, while I was staring at the ceiling on my mom's couch wondering what the hell was I going to do.

I went to college, but the secret guilt of still being alive stayed with me throughout college. Nothing in college felt remotely close to the military, to the purpose of the war. I started to drink heavily my freshman year and struggled with alcohol for years after that. Pot became a nice addition with alcohol. When I was drinking and smoking, I didn't have to deal with the world. I



didn't have to think about life. Couple those two with some pills and I had quite the cocktail for numbing my existence.

One day in December, I decided that life was too hard to bear. In the moment of my suicide attempt, I thought of the times that were tough and the times that brought me joy. I realized during that dark hour that this was not how I wanted things to end. This was not how I wanted to be remembered. Making it home from war was a blessing in disguise that I didn't see until the moment I nearly ended my life, eight years ago.

This was my dark secret until now. I want to share this with you because life is complicated, hard, and often a constant struggle. But that doesn't mean you have to do it alone. There are too many people that care in the world. I learned that the hard way. I cannot thank those people who helped me enough. They helped because they cared and wanted me to live.

All of the negative feelings almost robbed me of a life worth living. Now I want to take the time I have and use it wisely, to make up for lost time and focus on bettering myself and others' lives. I care more now than ever, and it's because I know what it was like to not give anything at all.

Source: https://www.vibrant.org/what-i-learned-from-my-suicide-attempt/?_ga=2.264227208.50248591.1661399491-1631428011.1661399491



988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

CLICK TO READ MORE

https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox

Patriot Day in the USA 2022 - September 11

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

Patriot Day is a United States national observance that honors the memory of those who were killed in the September 11 attacks. It was first observed in 2002, after the proclamation by President George W. Bush.

On September 11, 2001 al-Qaeda launched a series of coordinated terrorist attacks upon the United States, killing almost 3,000 people. In the immediate aftermath of the tragic events, President proclaimed September 14, 2001 as a National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001. A year later, September 11 was made a national day of mourning referred to as Patriot Day. This observance has been proclaimed annually since 2002.

In 2009, President Barack Obama rededicated it as Patriot Day and National Day of Service and Remembrance. It is not a public holiday therefore government offices, educational institutions and businesses do not close on this day. On Patriot Day, the national flag is flown at half-mast on all United States government buildings and establishments. Individuals are also encouraged to display flags on their homes.

A moment of silence is traditionally observed at 8:46 AM. Many organizations and establishments hold memorial ceremonies to honor the victims of 9/11.\

Source: https://www.awarenessdays.com/awareness-days-calendar/patriot-day-in-the-usa-2022/



Webinar Recording: Get Connected to a MOAA Networker!

—Submitted by: Submitted by Paul McAneny, COL USAF (Ret)

You may be familiar with national MOAA's team of career transition consultants who offer you expert guidance and networking support to assist you with along your career journey. But did you know MOAA has a network comprised of nearly 400 chapters in local communities across the country?

Many of those affiliates have an active transition liaison/networking coordinator who has forged ties with area employers and community leaders to showcase the value of hiring transitioning uniformed servicemembers, veterans, and their spouses. In turn, these liaisons can serve a vital purpose when you are searching for employment in the chapter's geographic area.

[MORE WEBINAR RECORDINGS: MOAA's Webinar Schedule and Archive]

Some of these liaisons and other career experts came together for a July 13 webinar to share powerful insights on networking, the employment landscape, and how to access valuable resources to assist you with your job search and career advancement in their local community. Among our experts:

- Capt. Frank Michael, USN (Ret), MOAA's program director for council and chapter affairs, discussed the MOAA affiliate network and why you should connect with your local MOAA chapter.
- Lt. Col. Kathryn "Kitty" Meyers, USAF (Ret), president of MOAA's Alamo Chapter (San Antonio), offered details on the U.S. Chamber of Commerce's Military Spouse Economic Empowerment Zones.
- Col. David Patrick, USAF (Ret), the Alamo Chapter's transition liaison and networking coordinator, discussed his weekly employment and transition updates; his subscribers are the first to know about new job openings across the state of Texas.
- Col. Nanette Brédé Mueller, USAR (Ret), a former National MOAA board member and the president of MOAA's <u>Pikes Peak Chapter</u> (Colorado Springs, Colo.), discussed the Pikes Peak Workforce Center's <u>Prep Connect</u> 360 seminar program.
- Lt. Col. Arlie Haddix, USAF (Ret), transition liaison for MOAA's Middle Tennessee Chapter (Nashville) discussed how Operation Stand Down Tennessee engages, equips, and empowers veterans and their families through crisis, career, and connection services.
- Col. Paul McAneny, USAF (Ret), program chair for MOAA's <u>Tampa Chapter</u>, discussed his chapter's <u>Thriving After Military Service</u> "All Ranks" transition seminar event, set for Aug. 23.

Source: <a href="https://www.moaa.org/content/events/transition-and-career/get-connected-to-a-moaa-networker!/?utm_source=newsletter&utm_medium=email&utm_campaign=TMNsend&utm_content=OH+ATFHSRM+1+Ret+B+NC

VETERANS TREATMENT COURT

— Submitted by Jeanne Richard, LtCol, USAF, RET

As the newest mentor for the 13th Judicial Circuit Veterans Treatment Court, I attended the court session Friday, 19 August. It was a special day as two veteran mentees graduated and we were graced with the presence of Roy Caldwood, WWII combat veteran and "Buffalo Soldier."

Please visit:

https://www.hillsboroughcountyveterans.org

to learn more about the Veterans
Treatment Court and visit the
Facebook page for regular updates:
Mentors for Hillsborough County
Veterans, Inc.







Retired Members of the MOAA Tampa Chapter

WHAT: "Thriving After Military Service" Transitioning Veteran Event

WHO: Hosted by the MOAA Tampa Chapter

WHERE: FIVE Labs Conference Center, 4115 W Spruce St., Tampa, FL

WHEN: Tuesday, 15 November from 9:00 am - 4:00 PM

WHY: There are a multitude of events for transitioning military members, BUT none quite like this! The typical event focuses on resume development, interview skills, dressing for success, building your elevator speech, etc., while our event goes a completely different direction...

...we are focused on helping military members support themselves and their families now that they have the opportunity to put down real and lasting roots in the Tampa community.

<u>COST:</u> No cost. Open to ALL RANKS and spouses! Light complimentary lunch & beverages provided.

REGISTER: Seating is limited. Click the following link to register: https://MOAA Tampa Thriving Transition Seminar.eventbrite.com

What are people saying about this event:

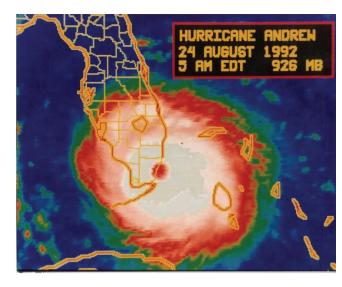
- "Amazing program that I will be a big advocate for and spread the word."
- "Extremely valuable! I'm in the middle of my transition now and this was the only venue I've seen that covers these topics."
- "Love the energy and purpose!"

**Space is limited and personal masking is optional for this event.

HURRICANE ANDREW: WHAT I SAW AND LEARNED

-By Neil Cosentino, MAJ USAF RET

On August 24, 1992, my Florida Civil Air Patrol (CAP) hurricane mission started with a midnight telephone call from Florida CAP headquarters. They needed a pilot as soon as possible to fly to Homestead. I took off solo around one a.m. from Vandenberg airport, now Tampa Executive Airport (VDF) and flew near the red lines direct from Tampa to Lantana Airport. Our trusty 310 Squadron Cessna 172 purred all the way – it was good karma - not one rough engine sound. That always seems to happen at night over that pitch black hole called the Everglades.

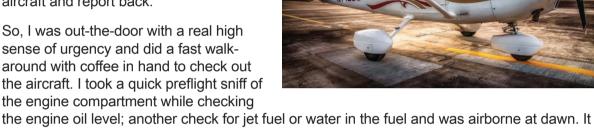


I arrived just before sunrise and after refueling, getting a cup of fresh coffee and a fast but very simple briefing, I took off at dawn for Homestead. Normally we flew with another pilot or observer, but no one was available, and they nearly pushed me out the door, since Washington and everyone else was in the dark. The mission briefing was simple: to get down there as soon as possible. Andrew had come ashore that night as a Category 5 hurricane; all communications were out, and everyone from the White House on down needed to know the situation.

It would be a solo mission, because they did not want me to wait for another crew member: a copilot or mission observer. I would have liked to have had an extra set of eyes to look around

or monitor radio channels with me. but that was not to be; they needed to know and needed to know now. There was a total communications blackout; no one knew at any level what was going on or just how bad things were. The Florida Civil Air Patrol was directed to send in aircraft and report back.

So, I was out-the-door with a real high sense of urgency and did a fast walkaround with coffee in hand to check out the aircraft. I took a quick preflight sniff of the engine compartment while checking



was the most serious mission I had ever flown as a Civil Air Patrol pilot: to fly the first reconnaissance mission over the aftermath of a Category 5 hurricane to survey Andrew's path of devastation from landfall on the east shore of Biscayne Bay to Homestead west into the Everglades.

I leveled off at 500 feet flying south along the beach from Lantana airport, now Palm Beach County Park (LNA) to my destination, Homestead. I took the north-to-south low altitude corridor, called "The Flyway," knowing it was the fastest, safest and easiest way to fly south; it required no frequency changes, no radio calls to approach controls or to all the airport control towers.

It was a beautiful bright, clear, calm, cool tropical morning. The surf was flat, a porcelain blue colored ocean smooth as glass. The beaches were like bright white marble, all deserted. I turned on the landing and taxi lights to prevent bird strikes and to make it easier to spot if by chance there was a northbound aircraft. I leaned back, trimmed the bird hands off, and relaxed, taking in the beauty of the morning, listening to the purr of the engine. I sipped coffee and watched for birds and northbound air traffic and wondered what was ahead.

I began to see the signs of Andrews's passage as far north as the Port Ft. Lauderdale inlet, tell-tale signs beginning with an increasing number of palm fronds and other debris on the beaches. The debris fields got progressively larger and worse as I passed Hollywood Beach; the large beach cabanas were knocked over and awnings had been torn away. It was like a gradual descent into a bad dream or watching a Hollywood disaster movie, made even more eerie since there were no movement, no sea birds, no cars, no people; only increasing damage.

The real shock came south of Miami Beach when I saw multiple 1,500 foot commercial radio and TV towers on Key Biscayne scattered on the ground like a giant's game of pickup sticks. That was the first shock and realization, an awakening that this was something very serious. The second shock came as I climbed to a safe engine out, glide-to-land altitude for crossing Biscayne Bay. I looked ahead to the West toward Homestead and saw one of the strangest sights that I have seen in over 6,000 flying hours. The entire horizon was what should have been green was a bright shiny, orange-yellow-gold color, like someone had used bright crayons to color the shoreline.

My first thought was that a low red sky sunrise behind me. I ruled that out after looking back and more closely at the whole situation. I checked in with the CAP base station at Lantana as I neared landfall, and about that time I realized what had caused that strange color. The hurricane winds had exposed the bright orange-yellow-gold plywood on all the homes whose roofs were gone, stripped of their tiles and shingles.



As far as I could tell, the Civil Air patrol was the first and only aircraft over the Andrew disaster area. I kept looking around, as if for MiGs or SAMs over North Vietnam, not wanting a surprise midair encounter with a helicopter.

I quickly scanned forward and then down into the devastation. I looked around, still saw no Coast Guard, no military aircraft or media helicopters or any fixed wing aircraft.

It was still very early morning; my guess was they were still in shock or sleeping after a rough night and that their airports and airport towers were out of commission and aircraft hangars all in pieces or that debris covered the ramps and runways.

I neared "Bingo Fuel," just enough fuel to get back to LNA with minimum reserves. It was the same thing all over Homestead and beyond, all the homes had their roof shingles and tiles ripped off by the 165 mph winds, with gusts even higher, and embedded tornados. The mystery was solved, but to this day, I can still see that incredible image.

I had a flashback to the nights in my Phantom north of Hai Phong watching 100 of our B-52's bomb North Vietnam. What I saw over Homestead seemed worse. The mobile home trailer parks were totally demolished and all that was left as far as I could see were piles of yellow pine wood studs, orange plywood panels, pink insulation and trees scattered in random heaps of rubble. Each trailer park was like a landfill piled high with debris. Nothing was moving; there were no people, no one waved to me for help.

I was totally dumbfounded about what I saw. Every street was impassable due to fallen trees and debris. I reported all this with repeated calls to the CAP base station. I told them to get help moving fast - lots of help. And I reported that they would need heavy equipment to move debris of every kind blocking all the streets. It was a total wipe-out for some neighborhoods; in others the roofs were gone and in others just the shingles and tiles were missing and probably by then somewhere west in the Everglades.



Many neighborhoods no longer existed. It felt more and more strange. What I saw seemed to stop the clock; it was really surreal.

It was both eerie and puzzling, still not one person in sight. I was sure they could hear the aircraft and yet no one came out to wave or to signal their distress. In a strange way it was good thing, since I could not do a thing to help them unless helicopters were available and airborne. I radioed in and repeated to the CAP station that initial rescues would have to be strictly by helicopter since it would take a lot of manpower and equipment to remove debris and clear access paths for ambulances and rescue vehicles. I used the strongest words I could think of to describe the devastation and the need to mobilize support fast. It was a helpless feeling, like watching a house burn when you had no water to put it out.

I did figure-eights and random turns all over the area and could not spot anyone. I flew toward the Miami – Dade Zoo thinking that the animals might have escaped. I circled the Homestead airport that looked like an aircraft junk yard and circled back to the zoo a number of times getting lower and lower looking down into the animal cages and compounds. It was the same scene there, no people, no animals, only devastation.



It was like Andrew was a giant fist that had pounded Homestead. I was the first and only one who knew just how bad it really was. People had to be hurting and needed help, there had to be life and death situations down there for many. I flew in random tracks looking for anyone in need of help so I could at least forward the coordinates and information to the Civil Air Patrol Center. The CAP team in-turn would forward them to emergency rescue team and helicopters, but I still saw no other people or aircraft. I was the only one there and time stood still. It was only when I got low on fuel and had to return to Lantana that I saw another aircraft entering the disaster area and a few survivors emerging from their homes and the rubble. My low fuel state made me leave the area. It was still bright and beautiful weather, but impossible to enjoy, as I flew back north along the Flyway beach line north to Lantana. Miami's Airport was still closed, their control tower a mess, but commercial airlines were beginning to arrive at Fort Lauderdale International Airport.

It was a much different, more sober mood than on my flight way to Homestead. It was hard to shake off what I saw on my way home and for a long time after. I accomplished the mission, but it disturbed me that I could not help, that I could not communicate with anyone on the ground. It also disturbed me that even as I left, survivors began appearing in the middle of the street. All I could do was rock my wings as I turned to the Northeast to exit at "Bingo Fuel ". It seemed to me then that better air to ground communications



capability would be needed in the future since even if I saw survivors, I could not communicate with them and could not provide direct help.

I landed at LNA and shut down next to the refueling truck; my CAP replacement crew was there waiting, ready and eager to go. I gave them a briefing of what to expect and then went inside to debrief the mission with the full Florida wing staff members that had arrived while I was flying. I felt very proud of the CAP, of the mission we all accomplished during Andrew. Our hope is that we will never have another Andrew or Katrina, but if we do, you can be sure that the Civil Air Patrol will be there first and do all it can to help.

Postscript – I made recommendations later that year to improve air to ground communications in disaster areas to help connect with the evacuation and later survivors in the early stages of recovery. I called the project "Operation Heads Up". The idea was to install AM and FM transmitters and receivers in our CAP aircraft with the frequencies painted in big number under the wings. Now with cell phones, a 911 like number under the wings would be a big help; with electric power out and towers down I still believe the AM FM frequencies would be best.



I recommend now as in 1992 that since each car in the evacuation area and disaster area has a radio and a battery, citizens would tune their radios during evacuations, they would be advised from an airborne CAP aircraft what bridges are washed out, what roads were under water, what is the best evacuation routes, highways and roads to take especially when some are at a standstill, jammed and what alternate route they could take. All would use their car radios and now cell phones or IT to call the in-sight aircraft and receive instructions on where to take the injured, what hotels would be available.

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

Your Retired Pay Account Needs a Regular Checkup PART TWO:

5. Have you had any major life changes?

If you get married, lose a spouse, or have a child, that change can affect your account. Changes may need to be made to your Survivor Benefit Plan information or your Arrears of Pay beneficiary.

To make changes to your Survivor Benefit Plan coverage, please send DFAS a copy of the official documentation (marriage license, divorce decree, death certificate or birth certificate), along with the request to update your account.

Retirees should always notify DFAS as soon as possible about a major life change.

6. Is your Arrears of Pay beneficiary correct?

Retirees should choose a beneficiary for any arrears of retired pay that may be due when they pass away. Make sure the designation is current and confirm that the beneficiary's address is up to date.

You can check this information by clicking on the "Beneficiary for Arrears" link under "Pay Changes" in the menu on the left side of your account in myPay. Beneficiary designation changes can be made through myPay, as well as updating the beneficiary's address information.

7. Are your Survivor Benefit Plan (SBP) coverage and beneficiary correct?

Your Retiree Account Statement (RAS), available in myPay, has a lot of information on it about pay, deductions, taxes and SBP. The SBP section has five lines for members who participate in SBP. The most important information for you to check: type of coverage, and date of birth of your spouse beneficiary (if applicable).

If you divorced since retiring, carefully check your Survivor Benefit Plan (SBP) participation status. Under the law, SBP coverage for a spouse ends with a divorce.

Coverage for a former spouse does not continue after the divorce unless certain actions are taken.

To continue SBP coverage for a former spouse, either (a) the retiree must voluntarily request coverage be continued for the former spouse, or, (b) the former spouse must request the coverage (but she/he may do so only if a court order requires the coverage). Certain time limits and other conditions apply.

If those actions were not taken, the coverage for the former spouse has ended. This could have important consequences for your survivors.

To check your SBP coverage status, review your Retiree Account Statement (RAS) carefully. Make sure that the "SBP Coverage Type" properly reflects "former spouse" or "spouse" (as applicable to your individual circumstances).

Please see our special webpage "How to Identify the Status of Spouse/Former Spouse SBP Coverage on your Retiree Account Statement" for more details: https://www.dfas.mil/.../Spouse-or-Former-Spouse-SBP.../

Make a plan to review your pay account information regularly

Pick a date to review your retired pay account information. It doesn't matter if it's your retirement anniversary date, birthday, first of the year, or tax time. Set a yearly reminder to look over information to make sure your account is up to date.

https://www.dfas.mil/

Source: Facebook Page: MOAA Surviving Spouses And Friends



AV/VTC Modernization USCENTCOM Headquarters & Forward Headquarters

New Headquarters Facility
Audiovisual Installation & Support Services
FEDERAL COMMUNICATIONS COMMISSON (FCC)

USSOCOM Command Group SCIF Project USSOCOM Headquarters MacDIII AFB Tampa, FL

C3EL delivers a complete, end-to-end solution with a single point of responsibility. Our core expertise is in building and integrating Command Centers and Control Rooms of all types.

C3EL executes projects worldwide, in-theatre or otherwise.

We have extensive experience in the Middle East, Europe, and the Pacific.

Regardless of the location, we bring the same level of acumen and attention to detail to every project.

Largest annual Guard exercise adds big air power at US Northern Border

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

By: Todd South

Over the past two weeks more than 7,400 troops ran through the <u>National Guard</u>'s largest and longest bi-annual <u>home</u> <u>defense</u> military exercise.

Soldiers, sailors, airmen and Marines combined ground and airpower to <u>beat back</u> a simulated peer threat on the nation's northern border, specifically northern Michigan.

The exercise began in 2012. But in only the past three years it has dramatically increased the number of participating units and troops. This year's Northern Strike/Northern Agility exercise saw 7,400 participants. The 2021 version had 5,100. In 2020, there were about 1,000.

This massive exercise involved participants from more than 60 units, ranging from combat arms to dental technicians to firefighters. British, Canadian and Latvian units also worked in the joint force.

While the Army Guard does plenty of training across its many units, this year's version added more airpower options than past versions of the Northern Strike exercise, officials said.

That's in part because most of the exercise happened at the National All-Domain Warfighting Center that houses both Camp Grayling Joint Maneuver Training Center and Alpena Combat Readiness Center.

"It's the airspace we have available to us, which is the largest overland military training airspace east of the Mississippi River (17,000 square miles)," said Col. Jim Rossi, Alpena CRTC commander.

Soldiers with the 237th Brigade Support Battalion, Cleveland, Ohio, prepare a cable during a sling load mission at the Camp Grayling Parade Field, Grayling, Mich., Aug 14, 2022 during exercise Northern Strike 22-2. (Sgt. Dustin Stewart/Army).

Soldiers calling for air support had tactical and operational-level assets to use. For some units, such as the 37th Infantry Brigade Combat Team, out of the Ohio National Guard, this training checked off mobilization requirements they had for joint operations.

Air Force Brig. Gen. Bryan Teff, of the Michigan National Guard, said they used the 217th Air Operations Group out of Battle Creek Air National Guard Base for air support and all-domain operations such as cyber and electronic warfare. That unit augments, or falls under the command of, U.S. Air Forces Europe and Africa.

The Air Guard's portion of the air side was part of an embedded exercise within Northern Strike, known as Northern Agility.

What the airmen do is place a small air coordination element within the joint force. Those airmen operated out of Camp Grayling, running air across the vast training area and multiple units.

Last year saw major airpower coordination and caught media attention with an <u>A-10 Thunderbolt landing and takeoff</u> on a Michigan highway.

That was more than a photo op. The point of that piece of the 2021 iteration was to see how well A-10 and other aircraft can use an austere highway as a reload/refueling point in combat operations.

This year's focus shifted to Air Force doctrine known as Agile Combat Employment, officials said.

The ACE doctrine is the Air Force's way of getting after maneuver warfare on a quick-turn timeline of minutes or hours instead of days or weeks of air planning against a peer threat that can challenge their decades-long air dominance.

It requires Air Force and Air Guard assets to use more than missiles and bombs. They've got to combine cyber, electronic warfare tactics such as scanning and jamming enemy radar, using all their tools to deter assets blend deterrence from signals to anti-air to aircraft platforms within tight timelines. This aims to thwart enemy targeting and open options for friendly forces, according to Air Force documents.









The beloved A-10s were back this year but they brought with them B-52 Stratofortresses, B-1 Lancers, MQ-9 Reaper drones, F-35 Joint Strike Fighters, C-130 Hercules and the MC-12 Liberty, officials said. They didn't all land on highways.

This year brought its own first, with Guard unit members conducting the first-ever joint Integrated Combat Turns on the A-10 Thunderbolt as part of the ACE doctrine, said Army Maj. Gen. Paul Rogers, Michigan National Guard adjutant general.

An "Integrated Combat Turn" is rapid rearming and refueling of a combat aircraft. The idea is to reduce time on the ground and get platforms back in the air to support operations, according to Air Force officials.

Staff Sgt. Noah Straman with the 37th Infantry Brigade Combat Team, fires a DroneDefender to jam common frequencies on which drones operate during Operation Northern Strike at Camp Grayling, Mich., Aug. 14, 2022. (Army)

The exercise ran ACE work through the Northern Agility portion of the larger exercise at five different airfields at the training center during the two-week event, Teff said.

For Rossi, having both Air Force and Air Guard units working simultaneously with a variety of partners gave each the chance to work across units, platforms and know what to expect if they deploy together.

Down on the ground, the rest of the force had plenty to keep them busy.

Col. Robert Frazer, the head of joint force development for the Michigan National Guard, said work varied widely across the units.

"A day in the life of U.S. Marine mortuary affairs team will differ significantly from a day in the life of the British infantry unit, which differs from the U.S. Army's water purification unit," Frazer said.

Infantry soldiers assigned to 1st Battalion, 148th Infantry Regiment, man their foxholes before force-on-force operations during Operation Northern Strike at Camp Grayling, Mich., Aug. 15, 2022. (Army)

But the Northern Strike exercise did give the diverse units ways to work an operation together in real-time, Frazer added.

And whatever job troops performed, they had to run it like the real world. That's because the training center allows planners to use GPS jamming, radar, drones and other new tech both for offensive and defensive scenarios, Frazer said.

While air and ground got their share of attention, and space is pretty much always included when running cyber or satellite-dependent pieces, Michigan's waterways didn't escape the scope of Northern Strike.

Troops ran waterborne helocast training on Lake Margrethe, Rogers said.

The two-star called the exercise the Guard's "marquee" event and the two weeks the "premier tool for shaping our reserve forces into some of the best warfighters in the world."

Soldiers with 20th Special Forces Group conduct helocast operations from a CH-47 Chinook helicopter into Lake Margrethe during Northern Strike at Camp Grayling, Mich., Aug. 11, 2022. (Capt. Joe Legros/Army)

Todd South has written about crime, courts, government and the military for multiple publications since 2004 and was named a 2014 Pulitzer finalist for a co-written project on witness intimidation. Todd is a Marine veteran of the Iraq War.

Source: https://www.defensenews.com/news/your-military/2022/08/22/largest-annual-guard-exercise-adds-big-airpower-at-us-northern-border/

Constitution Week

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

The United States Constitution, America's most important document, stands as a testament to the tenacity of Americans throughout history to maintain their liberties, freedoms and inalienable rights. And, Constitution Week is celebrated annually during the week of September 17-23 to commemorate its history, importance, and bring attention to how it serves still today.

This celebration of the Constitution was started by the Daughters of the American Revolution. In 1955, DAR petitioned Congress to set aside September 17-23 annually to be dedicated for the observance of Constitution Week. The resolution was later adopted by the U.S. Congress and signed into public law on August 2, 1956, by President Dwight D. Eisenhower.

The DAR has also erected a structure that is built in tribute to the Constitution of the United States. DAR Constitution Hall, which is a performing arts center, opened in 1929.



The aims of the Constitution Week celebration are to:

- ☐ Emphasize citizens' responsibilities for protecting and defending the Constitution.
- ☐ Inform people that the Constitution is the basis for America's great heritage and the foundation for our way of life.
- ☐ Encourage the study of the historical events which led to the framing of the Constitution in September 1787.

Constitution Week is a great time to learn more about this important document and celebrate the freedoms it gave us. Get involved by encouraging young people to sign the **Constitution Week**

<u>Proclamation Pledge</u> and ask your local community officials to issue a proclamation about the Constitution. <u>Sample Constitution Week proclamations</u>.

Bells Across America is an annual celebration of the signing of the U.S. Constitution. Participants gather to ring bells, much as the church bells of Philadelphia rang out when the U.S. Constitution was first signed at 4 pm on September 17, 1787. Consider organizing a group to ring bells on September 17th for 1 minute at 4:00 EDT to herald the beginning of this commemorative week.

Tyrone Square Mazda

Thanks you for your service



At Tyrone Square Mazda, we've built our reputation around respect and honesty. By doing so, we are able to deliver a superior buying experience that is focused on transparency. You will never find an addendum or hidden fee on any of our vehicles. We think of our customers as family, so we strive to maintain your satisfaction throughout your vehicle ownership.

Active Duty and Military Veterans can take advantage of exclusive discounts and incentives offered by Mazda and our dealership.



Tyrone Square Mazda
3300 Tyrone Blvd
St. Petersburg FL, 33713
727-344-3344 www.tyronesquaremazda.com

CHAPLAIN'S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



As I write this article, I realize that it was just one week ago today that one of the most influential individuals in my ministry life died. His name was Frederick Buechner and he died peacefully in his sleep on August 15th at age 96. I never met him although every time I was asked the question, "whom would you most like to meet in your life?" my answer was always his name

Buechner was for me, first, a theologian and author of many books based on faith and ministry. He was also a novelist, a teacher at Phillips Exeter Academy in New Hampshire, and a preacher. His sermon books sit on the shelves in my home office and his words reveal the presence of God in the midst of daily life and they work to revitalize belief and faith. His almost forty books were several times finalists for the National Book

award and one for the Pulitzer Prize for fiction.

His book I use most in my ministry is *Beyond Words*, a compilation of 366 words from "Aaron" to "Zero" in which he brings a fresh perspective on names, words, and concepts. I often used

his words in my premarital counseling with the dozens of couples I have married. He wrote that couples vow to "love, comfort, honor each other to the end of their days...to cherish each other and be faithful to each other always. They say they will do these things not just when they feel like it, but even...when they don't feel like it at all...They give away their freedom. They take on each other's burdens." And then he asked what a couple gets in return for this commitment.

His answer is: "they get each other in return...There will always be the other to talk to, to listen to...There is still someone to get through the night with, to wake into the new day beside...They both still have their life apart as well as life together. But a marriage made in heaven is one where a man and woman become more richly themselves together than the chance are either of them could ever have managed to become alone."

May Frederick Buechner rest in peace and may his words you have read inspire you to google his name and just perhaps to choose to read one of his books and he uplifted, illuminated, enhanced, and challenged by his wisdom as I have for the past fifty years.

"BEYOND WORDS: Daily Readings in the ABC's of Faith, HarperCollins 2004

Our History Then and Now...

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

Beginnings

When the United States entered World War I in 1917, George Vaughn Seibold, 23, volunteered, requesting assignment in aviation. He was sent to Canada where he learned to fly British planes, since the United States had neither an air force nor planes. Deployed to England, he was assigned to the British Royal Flying Corps, 148th Aero Squadron. With his squadron, he left for combat duty in France. He corresponded with his family regularly. His mother, Grace Darling Seibold, began to do community service by visiting returning servicemen in the hospitals.



The mail from George stopped. Since all aviators were under British control and authority, the United States could not help the Seibold family with any information about their son. Grace continued to visit hospitalized veterans in the Washington area, clinging to the hope that her son might have been injured and returned to the United States without any identification. While working through her sorrow, she helped ease the pain of the many servicemen who returned so war-damaged that they were incapable of ever reaching normalcy.

But on October 11, 1918, George's wife in Chicago received a box marked "Effects of deceased Officer 1st Lt. George Vaughn Seibold". The Seibold's also received a confirmation of George's death on November 4th through a family member in Paris.

On Sunday, December 15, 1918, nine days before Christmas Eve, the following obituary appeared in the Washington Star newspaper:

Lieut. G. V. Seibold Killed in Action

Battling Aviator, Recently Cited for Bravery in France, is War Victim. Lieut. George Vaughn Seibold, battling aviator, cited for bravery in action some time ago, lost his life in a fight in the air August 26, last. His father, George G. Seibold... has been officially notified of his son's death by the War Department.

Lieut. Seibold was a member of the 148th U. S. Aero Squadron. He was first reported missing in action, though a number of circumstances led to the fear that he had been killed. Hope was

sustained until now, however, by the failure to receive definite word. George's body was never identified.

Grace, realizing that self-contained grief is self-destructive, devoted her time and efforts to not only working in the hospital but extending the hand of friendship to other mothers whose sons had lost their lives in military service.

She organized a group consisting solely of these special mothers, with the purpose of not only comforting each other, but giving loving care to hospitalized veterans confined in government hospitals far from home.

The organization was named after the Gold Star that families hung in their windows in honor of the deceased veteran.

After years of planning, June 4, 1928, twenty-five mothers met in Washington, DC to establish the national organization, American Gold Star Mothers, Inc.

The success of our organization continues because of the bond of mutual love, sympathy, and support of the many loyal, capable, and patriotic mothers who while sharing their grief and their pride, have channeled their time, efforts and gifts to lessening the pain of others.

We stand tall and proud by honoring our children, assisting our veterans, supporting our nation, and healing with each other.

On May 28, 1918, President Wilson approved a suggestion made by the Women's Committee of the Council of National Defenses that, instead of wearing conventional mourning for relatives who have died in the service of their country, American women should wear a black band on the left arm with a gilt star on the band for each member of the family who has given his life for the nation. After years of planning, June 4, 1928, twenty-five mothers met in Washington, DC to establish the national organization, American Gold Star Mothers, Inc.

To continue reading this article: https://www.goldstarmoms.com/our-history.html

HAVE YOU VISITED OUR WEBSITE AND 'LIKED' OUR FACEBOOK PAGE?

WWW.MOAATAMPA.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 <u>Events Page</u> 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!

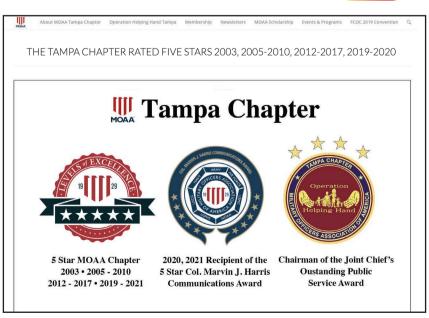
Newsletters: Here you will find the latest volume of *The Retrospect*, our award winning Tampa Chapter Newsletter. You can also access archived versions of *The Retrospect* for reference and research. In addition, you can find archived versions of the Military Spouse Newsletter, which has been merged 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.







"NEVER STOP SERVING"