

MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



Hello members of the MOAA Tampa Chapter and all that have decided to enjoy our newsletter. It is my pleasure to share a few areas of interest and entreat your support in areas essential to our calling. I pray all have had a wonderful start to the month and look forward to seeing you at the luncheon. We have a great guest speaker, Mrs. Kellie Kuhar, and as always, good food to accompany the camaraderie we'll share.

Advocacy in Action

Last month, I mentioned that we were preparing for the Advocacy in Action Campaign (AiA). All is on course for our first face-to-face meetings with lawmakers since the COVID crisis wherein we will address critical topics on MOAA's legislative agenda.

Wherever you are, please remain engaged by writing letters in support of AiA and stay in tune via MOA's Legislative Action Center.

Key Events

We will present our annual awards to deserving JROTC students at this month's luncheon. Please be sure to personally meet and congratulate each of these incredible students and their parents. They represent our future leaders, both civilian and military, and will be edified by your words and encouragement.

Also, thanks to those that have registered for the 2023 MOAA Florida Council of Chapters Convention, 19-21 May at Renaissance Hotel World Golf Village, St. Augustine, FL. This will be a great event. I look forward to seeing many of you there and having a strong number of Tampa Chapter members in the audience.

Thank You

To all who have stepped up and volunteered to serve our Chapter...to meet the needs we have, thank you! This is a volunteer organization that makes a difference. You enable our collective effort and are the source of power behind MOAA's voice. There are still a few critical positions in the Chapter we need to fill, thanks in advance to those ready to step forward.

Your continued service is appreciated.

Member of the Month

Our Honored Member of the Month for April 2023 is Lieutenant Colonel Kiley Stinson (USAF Retired). Kiley serves as the Chapter's Secretary and facilitates the continuity of effort across many aspects of the Chapter. He is the glue that keeps us together. His leadership, selflessness, and welcoming nature are all hallmarks that distinguish Kiley amongst giants.

Please join us on 13 April at our monthly luncheon, in-person or virtually, and help us thank Kiley for his outstanding contributions to our Chapter. Also, please be sure to read Kiley's biographical information later in this newsletter.

Closing Out:

In closing, we have already completed a quarter of the year and the next quarter looks very exciting. I am very appreciative to all who have been working in support of the Chapter's business. On behalf of the Board of Directors, thank you for your trust and support. We look forward to the future and remember to "Never Stop Serving."

All the best!
Charles

UPCOMING EVENTS

6 April
10:00 AM
Virtual Board of Directors Meeting

13 April
Chapter Luncheon
11:30 AM – 12:00 PM Social
12:00 PM – 1:30 PM Lunch
Columbia Restaurant
(see page 6)

20 April 6:00 PM - 8:00 PM
OpHH Dinner
USF Embassy Suites
(see page 12)

24 – 28 April
Advocacy in Action (DC)

2 May 9:00 AM – 4:30 PM
"Thriving After The Military"
Five Labs, Tampa FL
(see page 5)

19-21 May
Florida Council of Chapters
2023 Annual Convention
World Golf Village
St. Augustine, FL
(see page 16)

REMINDER:

SUBMISSION DEADLINE
FOR THE MAY 2023
ISSUE IS 20 APRIL 2023

Please submit articles in a Word Document and photos in JPEG
Email articles to
coms@moaatampa.org

NOTICE: if you have a change of address, please notify our membership team via email—Matt Mulatroni at membership@moaatampa.org or Tom South at tsouth1811@gmail.com

LEGISLATIVE LOWDOWN



BY LTC REGINALD WILLIAMS, USA RET

MOAA's Advocacy in Action campaign is in full swing. We are prepping to engage our legislators from 24 – 28 April in D.C. In the meantime, we need for you to go online to the Legislative Action Center at <https://moaa.quorum.us> to engage your representatives and senators prior to the 24th of April to send a clear message to our lawmakers about our priorities focusing on Housing, TRICARE, and Recruiting/Retention. Specifically, our 2023 Advocacy in Action campaign will focus on two primary goals: **Resotore Basic Allowance for Housing to 100%** and **Reverse Tricare Pharmacy cuts**. During this campaign season, please

keep track of your engagements and responses as you have a voice in the legislative process. Those priorities will have a direct impact to the President's 2024 budget.

From Pay Raise to PACT Act, What You Need to Know About the Biden Budget'

The president's budget request for FY 2024 comes in at \$6.8 trillion — can such a hefty request survive this Congress?

It will take several months to assess the support from both parties and chambers. In the mix will be strong debates about the budget's impact on Medicare, taxes on the wealthy, and the nation's growing deficit.

Our focus now is to break down key provisions for the Departments of Defense, Veterans Affairs, Homeland Security, Health and Human Services, and Commerce. These departments represent all eight of our uniformed services.

Defense

The budget requests \$880 billion for defense programs (an increase of 3.3% over last year). From those programs, DoD garners \$842 billion (\$26 billion more than FY 2023) and nearly \$100 billion more than FY 2022. The remaining portion of that overall budget includes \$38 billion to DoD to maintain a strong nuclear deterrent.

This budget includes a 5.2% pay raise for uniformed servicemembers — consistent with the statutory requirement to keep pace with the Employment Cost Index. Although some news outlets are reporting this increase as "the largest military pay raise in 20 years," our servicemembers' pay is still 2.6% behind ECI after falling short of the index from 2014

to 2016. The budget also includes a 5.2% pay increase for federal civilians, an area where competition for talent has struggled with the private sector.

Per budget documents, one of the administration's focus points is to ensure the budget "Fulfills America's Commitment to Military Families." Noted is the continued support for families, which are key to readiness and the well-being of the all-volunteer force. The proposed budget acknowledges program increases for things like expansion of community-based child care fee assistance, and efforts to address the challenges of child care capacity. MOAA will follow this closely to understand the actual amounts committed and the effectiveness of these concerted efforts.

Overall military end strength, both the active and reserve components, increases by 12,355. This includes a reduction in the Army Reserve by 2,200, and plus-ups for the Marines (683), Navy (6,247) and Air and Space Force (7,625).

The budget includes \$1.45 billion to subsidize commissary operations, \$27 million more than last year.

Under the Department of Labor, impacting military spouses, is a provision to expand anti-discrimination and reemployment protections to spouses of all active duty and reserve members. MOAA will review the finer details when they become available and assert the need for these provisions to apply to all eight of our uniformed services.

Veterans

The budget requests \$325 billion for the VA, a 5% increase over the previous year. The proposal includes over \$142 billion in discretionary funding, much of which goes toward veterans' health care, and over \$182 billion in mandatory

LEGISLATIVE LOWDOWN *cont.*

funding to cover compensation and pensions, readjustment benefits, and insurance and indemnities accounts. As required by law, the administration is also requesting advance appropriations of \$134 billion for medical care and \$193 billion for benefits programs for FY 2025.

The budget proposal supports many of MOAA's [legislative priorities for veterans](#) with the 118th Congress, as recently highlighted during a joint session of the House and Senate Veterans' Affairs Committees on March 8, stressing the need to implement toxic exposure reforms, modernize and fully fund the VA, preserve and expand servicemembers' consumer protections, and help reserve component members access the benefits they've earned.

A few key priorities in VA's budget proposal:

- ▣ **Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act of 2022.** Focuses on implementing the historic measure signed into law last year to provide more than 5 million eligible veterans health care and disability compensation benefits.
- ▣ **Medical Care.** Fully funds inpatient, outpatient, mental health, and long-term care services and enhancements to improve health care quality and delivery. The proposal once again includes the administration's desire to establish a third budget category for veterans' medical care. Currently, discretionary funding in the federal budget is categorized as either defense or non-defense or domestic spending. The proposed third category would prevent growing VA medical care costs from competing with other non-defense federal program spending.
- ▣ **Veteran Suicide.** Expands suicide prevention and mental health programs and services to include free emergency health care to veterans in crisis and grant funding to local communities to provide suicide prevention services to eligible

veterans and their families.

- ▣ **Women Veterans Health Care.** Prioritizes support to the more than 627,000 women veterans using VA services. The budget expands health care to include reproductive services, gender-specific care, support for full-time women veteran program managers at 172 VA medical centers, and expanded child care programs.
- ▣ **Homeless Veterans.** Provides more than 40,000 homeless and at-risk veterans with permanent housing and access to health care and support services.
- ▣ **Medical Facilities.** Invests in construction and expansion of critical medical infrastructure and facilities including non-recurring maintenance and construction grants for state extended care facilities to deliver health care and benefit services for veterans. The median age of a VA hospital is nearly 60 years old compared to 13 years in the private sector.
- ▣ **Memorial Benefits.** Supports the maintenance of the 158 VA-managed cemeteries and the operations and activation of three new national cemeteries.

Homeland Security (United States Coast Guard)

"The President's budget provides \$12.1 billion in net discretionary funding to sustain readiness, resilience, and capability while building the Coast Guard of the future," noted Secretary of Homeland Security Alejandro Mayorkas.

Modernizing the Coast Guard will shape their capability and presence in the Arctic region, supported by \$579 million for the Offshore Patrol Cutter program, \$55 million to advance the Great Lakes Icebreaker acquisition, \$170 million for a third new Polar Security Cutter, and another \$150 million for commercial polar icebreakers to augment Coast Guard operations.

Health and Human Services (U.S. Public Health Service)

As a uniformed service, the USPHS falls under the DoD pay tables for pay raises and other compensation matters. As such, officers and civilian employees would both get the 5.2% pay raise proposed in the budget.

The budget extends the National Parks and Federal Recreation Lands Pass Program benefit to USPHS Commission Corps officers.

Commerce (National Oceanic and Atmospheric Administration)

NOAA officers also fall under the DoD pay tables so they, and their federal civilian counterparts, would get the 5.2% pay raise.

The budget requests \$231 million for NOAA's climate research programs, \$7 million more than last year. Another \$60 million is requested to expand offshore wind permits – this is \$39 million more than last year.

What's Next for the Budget?

Like other federal program proposals in the budget, more information on the specific departments will become known in the coming weeks. The president's budget serves as a starting point for lawmakers' negotiations. Department secretaries will be required to justify their budget proposal before the House and Senate committees starting this month.

While the road ahead is uncertain and there is much more to be learned about this budget, some committee members have signaled their opposition to the budget request, and others seek better controls over the rising costs of programs within the varying departments.

Make your voice heard and Take Action Now: <https://moaa.quorum.us> and endorse and send letters that are included in this month's MOAA magazine.

Sources:
1) www.moaa.org, article by Dan Merry, February 15, 2023



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You dedicated your life to our country. Now we'd like to return the favor, with exceptional senior living at Brookdale Bayshore.

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*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 the initial monthly fee/basic service rate.
**Discount is only applicable to new clients 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.

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



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MOAA MISSION STATEMENT

The Military Officers Association of America (MOAA) is a nonprofit veterans’ association dedi-
cated 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.

**Tampa Chapter**



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

2020, 2021 Recipient of the
5 Star Col. Marvin J. Harris
Communications Award

Chairman of the Joint Chief's
Outstanding 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.

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



It is with great delight that I tell you I returned from my pilgrimage to the Holy Land at the end of March. Exploring Israel, the State of Palestine and Jordan was a trip of a lifetime. I was able to visit with my Israeli friends and made so many new friends traveling with me and met so many wonderful people along the way. Our Retrospect publisher also returned from a wonderful overseas trip a week after my return, so I

thank everyone for your patience and understanding on a later publishing date for the April edition of our newsletter. My advice is to travel as much as you can.

Our MOAA Tampa Chapter has many things planned for the next few months. This month we will honor JROTC students at our luncheon and next month at our May luncheon we will announce the MOAA Tampa scholarship winners. Paul McAneny, COL USAF (Ret) has the next "Thriving After The Military" Seminar will be held on May 2nd. The Florida Council of Chapters MOAA Convention will be held in St. Augustine this year May 19-21, and there is still time to register. Come and get involved, especially since our Florida Chapters contribute tremendously to MOAA National efforts. I'm also pleased to highlight volunteer opportunities throughout this newsletter.

This month we are highlighting our Member of the Month Kiley Stinson, Lt Col USAF (Ret). Soon after coming to our MOAA Tampa Chapter luncheons Kiley stepped up to the Secretary position and has been doing an amazing job. I personally have appreciated his support in helping me to ensure that the Retrospect is accurate for all of our upcoming events and since he's the main POC for correspondence for the Chapter he's forwarded many of your updates and articles for the newsletter. Kiley, thank you for all you do for the entire Chapter. Please read his bio in the newsletter.

As always, I appreciate articles submitted by our chapter members and their contributions to The Retrospect. Bob Sawallesh, LTC USA (Ret) provided a most interesting article about scam artists and another about one of his early morning runs. There is info from the 6th Medical Group about making online appoint-

ments using new GENESIS system. I stay connected with my Navy Nurse Corps organization and many fellow shipmates. One friend and shipmate gave me permission to rerun an article she wrote about working with Boulder Crest Warrior PATHH in dealing with her PTSD. I think you'll find her story compelling and hope that you'll share to those who may be interested. Please read the other articles provided and hope you find them interesting and informative.

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 has our Chapter Secretary's email, so send any articles or questions to secretary@moaatampa.org or you may contact me at coms@moaatampa.org.

It is always my pleasure and honor 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. I look forward to seeing everyone at our luncheon this week.

"By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest."
— Confucius

Let us never forget. - NEVER STOP SERVING!

Sara Marks, CAPT NC USN (Ret)

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

OUR EDITORIAL POLICY:

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

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

Communications directed to specific board members listed in the main menu ABOUT US then LEADERSHIP may be made by emailing secretary@moaatampa.org 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 MOAA Tampa 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: <https://moaa.quorum.us/>

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.

TUNNEL TO TOWERS FOUNDATION

Tampa Bay Event Updates & Call for Volunteers

Veterans and Patriots

Tunnels to Towers has a number of great events on the calendar for 2023 and they will need volunteers to help make them successful. The following are the first two events.

Let Us Do Good Village second home dedication/ribbon-cutting - April 29 - **HELP NEEDED**

Those of you who volunteered with us at the Thornton family's ribbon cutting/home dedication at the Let Us Do Good Village in Land O' Lakes in December saw the two other homes that were under construction. The home adjacent to the Thornton's home will be used as a spec smart home so our wounded veteran program recipients can check out the features of a T2T smart home. Cool, right?! The other home up the street will be ready to be dedicated to a new family soon! Please mark your calendars for **Saturday, April 29** for the ribbon cutting and home dedication for smart home recipient Army Sergeant First Class Sualauvi "Sua" Tuimalealiifano and his family. Sua is an extraordinary hero who is more than deserving of this home. He will not be showcased on T2T's website until after he receives his home but you can learn about him here: <https://pva.org/hero-stories/sualauvi-tuimalealiifano/>. florida@t2t.org

As usual with our ribbon-cuttings, a reception will follow the ceremony. In keeping with a Polynesian Triangle theme in homage to Sua's heritage and upbringing, the reception will include a pig roast, fire dancers and more! **We will need help on Friday, 4/28 to prepare for the event as well as on Saturday, 4/29 during the event.** Times for both are still TBD. **To volunteer with us on either or both days, REPLY to the T2T local volunteer coordinator Christa Vutera at florida@t2t.org and CC me at Mil.vets.hcrec@gmail.com and provide us your first and last name, email address and phone number.** Please indicate if you are interested in volunteering on the prep day of Friday, 4/28, the event day Saturday, 4/29 or both Friday and Saturday.

This event is open to the public and everyone is welcome. There is no RSVP needed at this time for those attending as a guest. Sua's event will be smaller in scale than

the Thorntons but it will be wonderful nonetheless. Please plan to join us as a volunteer or guest.

Here is T2T's website about the [Let Us Do Good Village](#). The third home dedication/ribbon-cutting ceremony will be held in the Fall and it will be a home gifted to the family of a fallen first responder. More details later.

Clearwater 5K Saturday, July 1 - **HELP NEEDED**

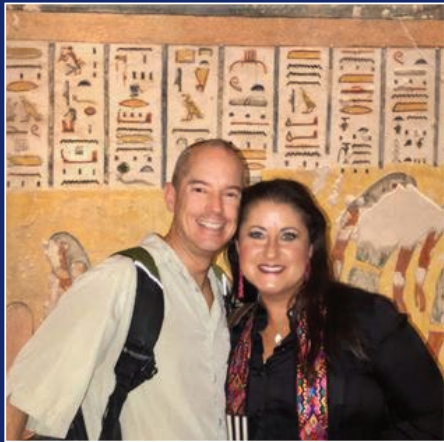
The next big event on the calendar is our Clearwater 5K which will be held on the special date this year of **Saturday, July 1**. This will replace the 5K that we usually hold the first Saturday in November. The City of Clearwater has been working hard to renovate Coachman Park which is the original site of our race. (Click here for more info on the park redevelopment: [Imagine Clearwater](#)). The City will be holding a grand re-opening of the park with many events the entire weekend of July 4 and they've asked us to hold our 5K that Saturday to help them celebrate. It will be a HUGE event since the City will be widely promoting it starting in April. They are shooting for at least 2,500 participants which means our 5K will be the largest T2T fundraising event in the country outside of the NYC 5K. The [9/11 NEVER FORGET Mobile Exhibit](#) is scheduled to be here for it. All of this means **we will need A LOT more help than usual!** We don't yet have a postcard or flyer about the race but it should be finalized and approved for distribution soon. The **participant AND volunteer registration is open** though and we've already had almost 200 participants sign up.

To REGISTER TO PARTICIPATE OR VOLUNTEER REPLY to the T2T local volunteer coordinator Christa Vutera at florida@t2t.org and CC me at Mil.vets.hcrec@gmail.com provide us your first and last name, email address and phone number. Please share the link with your friends and family. In addition to helping at the event on 7/1, we will need help on 6/28 and 6/29 to prepare for the race. Sign up to participate or help here: [7/1 T2T Clearwater 5K participant and volunteer signup](#)



MEMBER OF THE MONTH

KILEY STINSON, LT COL, USAF (RET)

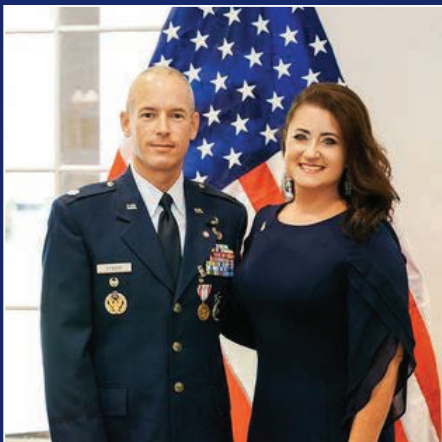


My military ambitions started my sophomore year in high school with an Air Force Academy catalog in our guidance counselor's office. Two years and a lot of hard work later I was on my way to Basic Cadet Training, and a career was launched, though not in the direction I thought it would go. I began my journey aiming to attend pilot training after graduation (I did join the Air Force, after all) and begin a career in the air. Alas, the Air Force manpower machine felt we had too many pilots in the early 90s and severely restricted pilot training allocations for several years. I was a pre-med major, though had no interest in medical school (being a veterinarian was always an option if I separated after a few years), but with the sudden prospect of a non-flying career looming, I decided on a career working with and leading Airmen, and that led me to the Security Police/Forces career field.

I had a wonderful career and worked with and for many truly tremendous leaders and so many wonderful Airmen, and that's one of the things I do miss in retirement. Every assignment was unique, and there were highs and

lows with each of them. Some locations I got to choose, and others the Air Force chose for me, but each one was special in some way, and every duty station is what you make of it. Along the way I made many wonderful friends, both military and civilian, got married to my wonderful wife Jennifer, managed to travel the world (again, some places I chose, and others not-so-much), and hopefully made a difference in the lives of the Airmen I led and others I worked with. After 28 years it was time to move on to the next chapter, and I retired in June 2021.

While I'm transitioning into my next career, I've taken the opportunity to do more traveling, spend well-deserved, and sometimes overdue, time with family and friends, and continue my service, currently as the Secretary for our fantastic Chapter. I look forward to what the future holds, to spending time blowing bubbles and getting outdoors more often and seeing more of the world with my amazing wife. And, of course, to continuing my service for as long as I'm able.



Fun on an Early Sunday Morning

by Bob Sawallesh, LTC, USA, Retired

What is more fun on a cold early Sunday morning (19 March 2023) at 0800 hours than participating in a 5K with the Brandon Running Association? As a BRA member and a walker only, I did the 5K (3.1 miles) at a blazing pace of 19.19 minutes per mile. Wow!

This is BRA's 44th Annual Shamrock Classic which benefited Operation Helping Hand.



WHY? There are several events for transitioning military members, BUT none quite like this! Typical transition events and services focus on job placement, resume development, interview skills, etc. Our event goes a completely different direction...

- We focus on family, community, education, and resilience with engaging and insightful guest speakers;
- We share unique insights on healthcare, legal imperatives, finances, and other areas that help military members support themselves and their families in a positive, impactful, and long-term manner; and
- We expose you to many different ways to enjoy the opportunities available if you put down real and lasting roots in our Tampa community.

What are people saying about this event:

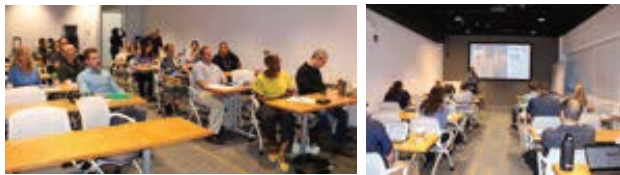
"Extremely valuable! I'm in the middle of my transition now and this was the only venue I've seen that covers these topics."

"This was an amazing day; so much info that I didn't get from my Base."

"Love the energy and purpose!"

REGISTER: <https://www.eventbrite.com/e/thriving-after-militaryservice-all-ranks-transition-seminar-tickets-579057074297>

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



Thriving After Military Service Transitioning Veteran Event

Hosted at the
FIVE Labs Conference Center
4115 W Spruce St., Tampa
Tuesday, 2 May, 2023
9:00 am - 4:30 PM

FREE & OPEN TO ALL RANKS
with complimentary lunch,
drinks, and snacks!!!



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 Costs:
Half Page Ad: \$1000
Quarter Page Ad: \$500 • 1/8 Page Ad: \$250

E-Mail: Secretary@moaatampa.org

APRIL LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting

DATE: Thursday, 13 April **TIME:** Social time 1130 hours, Meeting time 12 noon – 1330 hours

LOCATION: **Columbia Restaurant Siboney Room** in Ybor City, corner of 21st Street and 7th Avenue

RESERVATIONS: Call 813-676-4676 and follow the prompts OR via email to bab@digital.net.

REMEMBER: Reservations must be made by NOON Friday, 7 April. Reservations are limited to 60
A reservation made is a reservation paid.

CANCELLATIONS must be made by NOON Monday, 6 March 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, Ropa Vieja, Boliche, Platanos Maduros, Yellow Rice, Dulce de Leche Chocolate Cake, Coffee, Iced Tea and Soft Drinks

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 LunchReservations@moaatampa.org to be added to the distribution list.

Or by Zoom:

One Tap Mobile: US: [+13052241968.89747483931#.031275](tel:+13052241968.89747483931#.031275) or [+16469313860.89747483931#.031275](tel:+16469313860.89747483931#.031275)

Meeting URL: <https://triple-strand-global-solutions.zoom.us/j/89747483931?pwd=dE5YN0gxbWY0ZEdNM2lkM2ZmTFBhZz09&from=addon>

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2ND ANNUAL WINTER GALA

Click the link to view all the photos from this wonderful event:

<https://drive.google.com/drive/u/0/folders/1IQ84EvtxmeJ14EpACIYm1jNFZOi8C8ib>



BULLETIN BOARD



COL Paul Ray, USA, Retired
LCDR Trinstan Wagner, USN, Retired

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: Secretary@moaatampa.org

VETERANS TREATMENT COURT

Norm Bild is the MOAA Tampa contact for the highly successful Veterans Treatment Court in Hillsborough County. Contact him at (813) 205-1476 if you are interested in being a veteran mentor. He will also serve as an escort if you want to attend court sessions as an observer.

VOLUNTEER POSITIONS AVAILABLE

You'll hear the Chapter President frequently mention "Never Stop Serving," and you'll see it sprinkled throughout this newsletter. This Chapter depends on that volunteer spirit from you its members to accomplish so many great things.

Everything the Chapter does is accomplished by volunteers, and there are currently several volunteer positions open, including: Surviving Spouse Liaison, Director of Outreach, Assistant Editor for the chapter newsletter *The Retrospect*, Assistant Secretary, Assistant Membership, Historian/Archivist, Public Affairs, Guard and Reserve Liaison, General Office Liaison, Scholarship Committee, Buddy Calls, Photographer, Fundraising and Advertising, 6th Medical Group Liaison, and VA Hospital Liaison.

If you would like to volunteer for or learn more about any of these positions, please contact the Secretary at Secretary@MOAATampa.org.

IMPORTANT DATES IN APRIL

- Month of the Military Child
- 1 April Fool's Day
- 7 Good Friday
- 9 Easter
- 9 National Former POW Recognition Day
- 5-13 Passover
- 14 Air Force Reserve Birthday
- 22 March – 20 April Ramadan
- 22 Earth Day
- 23 Army Reserve Birthday
- 30 National Military Brats Day



Lt Col Edwin H. Geasa Jr, USAF (Retired), 90, died March 10, 2023. MOAA Tampa Chapter thanks you for your service Sir and extend our deepest sympathies to your family. Link to his obituary: <https://www.dignitymemorial.com/obituaries/tampa-fl/edwin-geasa-11192891>

VOLUNTEERS NEEDED

Buddy Call Program

We're restructuring the Buddy Call Program. Looking for volunteers to assist with calling our members.



Please contact
CAPT Angie Nimmo, NC
USN RET at
(760) 401-9718



LUNCHEON GUEST SPEAKER MRS. KELLIE KUHAR



Honor Flight West Central Florida



Honor Flight of West Central Florida has four flights scheduled this year: Apr 25, Jun 13, Sept 12 and Oct 24.

Applications for veterans and guardians/escorts can be printed from their web site: HonorFlightWCF.org and mailed to the address on the application. The guardian maximum age has been raised from 70 to 75, and no covid vaccine is required.

Honor Flight Mission:
To transport America's Veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifices. Priority is given to WWII and Korean Veterans, along with those other Veterans who may be terminally ill. Our NO COST mission continues as we fly our Korean, Vietnam and all Veterans on future missions. Departure for this one day trip to Washington, D.C. is from the St. Pete – Clearwater International Airport (PIE).

HIGHLIGHTS OF JERUSALEM

By: Sara Marks, CAPT NC USN (Ret)

As I mentioned in the March newsletter I would be traveling until the end of March to Israel and Jordan on a pilgrimage with my church. I was able to see preparations for Passover, Ramadan and Easter. From a Christian perspective the Holy Land and Jerusalem in particular is considered the 5th Gospel. It was such a life changing trip and Israel, the State of Palestine and Jordan have so much history. What I remember most are the people that I met in all the places I was able to visit. I hope that if you haven't been you'll be able to go one day soon, and that one day we'll have peace break out all over the world. Attached just a few photos from Jerusalem.



The Church of Nations on the Mount of Olives.



The Grotto Chapel in Gethsemane.



Gethsemane in Hebrew means "oil press." Many of these trees have been here over 2000 years.



The entrance to the Church of the Holy Sepulcher.



Pilgrims would carve into the stone walls of the Church of the Holy Sepulcher through the centuries.



A mosaic that tells the story Jesus' crucifixion.



The stairs that lead to Calvary and The Chapel of the Crucifixion in the Church of the Holy Sepulcher



The Western Wall



A view of Jerusalem and the Dome of the Rock with the golden dome from the Mount of Olives.

March Luncheon Photos

Photo credits: Ben Ritter and Sara Marks



2 Naval Aviators Part of NASA Crew Headed Back to the Moon

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

—Associated Press | By Marcia Dunn

NASA on Monday named the four astronauts who will fly to the moon by the end of next year, including one woman and three men.

The three Americans and one Canadian were introduced during a ceremony in Houston, home to the nation's astronauts as well as Mission Control.

The four astronauts will be the first to fly NASA's Orion capsule, launching atop a Space Launch System rocket from Kennedy Space Center no earlier than late 2024. They will not land or even go into lunar orbit, but rather fly around the moon and head straight back to Earth, a prelude to a lunar landing by two others a year later.

The mission's commander, Reid Wiseman, will be joined by Victor Glover, an African American naval aviator; Christina Koch, who holds the world record for the longest spaceflight by a woman; and Canada's Jeremy Hansen. All are space veterans except Hansen.

"This is a big day. We have a lot to celebrate and it's so much more than the four names that have been announced," said Glover.

This is the first moon crew to include a woman and someone not from the U.S. — and the first crew in NASA's new moon program named Artemis. Late last year, an empty Orion capsule flew to the moon and back in a long-awaited dress rehearsal.

During Apollo, NASA sent 24 astronauts to the moon from 1968 through 1972. Twelve of them landed. All were military-trained test pilots except for Apollo 17's Harrison Schmitt, a geologist who closed out that moonlanding era alongside the late Gene Cernan.

Provided this next 10-day moonshot goes well, NASA aims to land two astronauts on the moon by 2025 or so.

NASA picked from 41 active astronauts for its first Artemis crew. Canada had four candidates.

Source: <https://www.military.com/daily-news/2023/04/03/2-naval-aviators-part-of-nasa-crew-headed-back-moon.html>



—The crew of NASA's Artemis II mission (left to right): NASA astronaut Christina Hammock Koch, Reid Wiseman (seated), Victor Glover, and Canadian Space Agency astronaut Jeremy Hansen. (NASA photo)



Army readies for record-setting logistics exercise in Pacific

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

—Jen Judson

HUNTSVILLE, Ala. — The U.S. Army is preparing to put its [logistics tail to the test in the Indo-Pacific](#), considered the most challenging operational theater in the world by service officials.

This summer, the service will hold a large-scale exercise in Australia [dubbed Talisman Sabre](#). As part of the two-week training event that starts in late July, the Army will deliver massive amounts of equipment across challenging terrain and large distances, Brig. Gen. Jered Helwig, the Army's 8th Theater Sustainment Command commander, told Defense News last week.

"The scale is an order of magnitude higher than anything that has ever been done before," he said during an interview at the Association of the U.S. Army's Global Force Symposium here. "It's been a huge undertaking. Just for one example, Australia's got very strict agricultural requirements, and we have quadrupled the amount of equipment that we're bringing ... one of the contested things is ensuring that we can [keep] the leopard snail from getting into Australia."

That has meant months cleaning equipment in Oahu, Hawaii, to prevent the tiny hitchhikers from waging the slowest of invasions, according to Helwig.

[Logistics and sustainment are central to carving out a key role](#) for the Army in the Pacific as the U.S. seeks to deter China and prepares to protect allies and partners.

Top military officials have said the region will require the Army [to adapt its approach to logistics](#), and the service is [standing up a team](#) focused on enabling the deployment of troops and large amounts of equipment even in constantly contested environments.

But Helwig said the most valuable way to bolster logistics in a contested environment is to exercise it.

"We have to rehearse sustainment at scale and treat logistics as a warfighting function as we rehearse it as part of our campaigning," he said.

Talisman Sabre, an exercise between Australia and the U.S. that occurs every other year, will prioritize the logistics tail with a smaller emphasis on other operations, he added. Joining the U.S. and Australian armies are South Korea, Indonesia and Japan.

Helwig's command will set up its main post in Brisbane, Australia, which it has not done outside of Hawaii before, Helwig said. Additionally, the post will consist of a joint, coalition command. "We'll have a beautiful mix of Australian, Army and joint forces contributions; it won't look like our standard [Tactical Operations Center]," he added.

The I Corps' Expeditionary Sustainment Command will set up in Townsville on the north-east coast and the 25th Division Sustainment Brigade will be in Darwin. The distance between Brisbane and Darwin is roughly the same as the distance between Fort Stewart,



—Australian Army soldiers serving with the 2nd Battalion, The Royal Australian Regiment, approach Langham Beach, Queensland, Australia, July 16, during Exercise Talisman Saber 2019. (Sgt. 1st Class Whitney C. Houston/U.S. Army)

Georgia, and Fort Carson, Colorado — about 1,617 miles.

The exercise will also include a joint logistics over-the-shore exercise where the Army will take 17 M1 Abrams tanks off of its [Army Prepositioned Stock Afloat](#) ship and onto watercraft as well as 400 pieces of rolling stock, which has never been exercised at this size in the theater. The watercraft will land on an undeveloped beach and the tanks will roll off "Saving Private Ryan-style," Helwig said.

The Army will construct its Trident Pier, a 1,200-foot pier that requires about 100 soldiers to assemble, to help off-load equipment.

Once on the beach in Australia, the 25th Infantry Division will drive the tanks and equipment 100 miles to Townsville.

During the exercise, the Army will also face interdiction of the common operating picture, Helwig said, to test the vulnerability of the logistics system.

Building up

Much of Talisman Sabre's focus areas stem from lessons learned in [a smaller annual exercise in the Philippines last year](#). The Army downloaded equipment from the APS Afloat, rehearsed configurations and drove a short distance and back, Helwig said.

Helwig said the service will increase the complexity of the annual exercise in the Philippines this year as well. While it took place over four locations last year, it now it will include nine.

The Army is also building a Theater Distribution Center in the Philippines in the area where it downloaded equipment in last year's exercise. The center will serve as a hub for equipment and supplies there so it can be used for every exercise that takes place in the region.

The Army will also set up another distribution center in Australia and will reconfigure the one it has already built in Japan, Helwig said.

While logistics will be front and center at Talisman Sabre, the Army will also exercise logistics and sustainment all year through [Operation Pathways](#), the U.S. Army Pacific Command's series of annual exercises focused on building relationships with allies and partners.

"Sustainment really doesn't get the full load against it in a single exercise," Helwig said "It's the combination, the weight, if you will, of multiple exercises that really gets us what we need to really see where the stressors are."

Source: <https://www.armytimes.com/digital-show-dailies/global-force-symposium/2023/04/07/army-readies-for-record-setting-logistics-exercise-in-pacific/>

BOULDER CREST WARRIOR PATHH EXPERIENCE

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

—By Kim Lebel

I retired from the Navy Nurse Corps in 2016 after 34 wonderful years. In 2008 I deployed to Afghanistan when I was assigned to Med IG. Eight months into that deployment LT Florence Choe, my battle buddy, was shot while running next to me. Flo, just 35, was a mom who lit up the world with her smile. She was as beautiful inside as out. For years, I was haunted by survivor's guilt and shame. I was withdrawn, isolated and broken. Now, I know why.

I was led to the Boulder Crest Foundation during a NC luncheon by Carolyn Kirkland who saw my pain. She explained it was designed to help people like me. I applied online, completed an interview and was assigned to Warrior PATHH, located in beautiful Bluemont VA near the Shenandoah River. It is 35 acres of rolling hills with stables, log cabins, gardens, bonfires, trails, a chef and even heated toilet seats! It is a high-class resort. PATHH stands for Progressive and Alternative Training for Healing Heros.

My group of seven ladies were cops and victim advocates, as well as medical and social workers. We had suffered sexual assaults, gun shots, suicide attempts and childhood trauma. The guides, themselves, Warrior PATHH (WP) grads, created a safe space for us to open up and tell our stories. We bared our souls through quivering voices and tears. We were the only class there, so we worked on ourselves and each other. We were NOT alone. At the end of the week we laughed, hugged, danced, and held each other up. I learned how I became me. The program pushed my reset button. At the end of the week of intense training, I drove home with new peacefulness and



—Kim Lebel at Boulder Crest



—Kim Lebel and LT Choe

contentment that I still have. Loa Tzu stated, “Mastering others is strength, mastering yourself is true power.”

The training continues for 90 days total, with online lessons and group activities that build on keystone post-traumatic growth practices. We are a network of thousands of WP grads who support each other online and in person. We seven ladies, stay in contact daily. I am grateful this one-of-a-kind program exists. Life is a struggle. Now I can struggle well and thrive. This was life changing for me. I can now deal with what-ever life offers as I keep going.

*Article re-printed from the Washington Metro Area Navy Nurse Corps Association Spring 2023 Newsletter with permission of the author. Kim Lebel, CAPT NC USN (Ret) and I served together during my last tour in the Navy. The young Medical Service Corps Officer, LT Choe and I served together at the Naval Medical Center San Diego and saw each other off to our respective deployments. Sadly LT Choe was killed during her service in Afghanistan. I believe it is with great courage that Kim is sharing her story of dealing with PTSD and what she has been doing to heal. Kim, thank you for sharing your journey and I know that by your example you are helping so many others to seek help and have hope. Keep healing well dear friend and shipmate. For more information about the program click the link <https://bouldercrest.org/warriorpathh/>

Support for All Who Serve

The Military Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.

Website: <https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>



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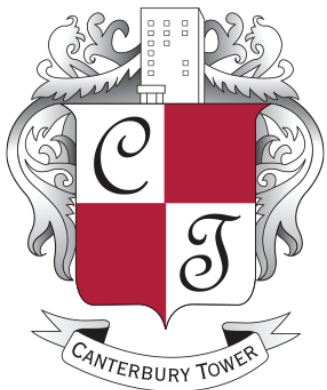
Call [00 1 800 273 8255](tel:0018002738255) or DSN 111

In the Philippines

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Finland’s Accession to NATO Strengthens Alliance Security

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

[NATO](#) Secretary General Jens Stoltenberg today welcomed the new member when Finland’s flag was raised alongside those of the 30 other nations in the alliance during a ceremony at NATO headquarters in Brussels. “From today, 31 flags will fly together — a symbol of our unity and our solidarity.”

“Joining NATO is good for Finland, it is good for Nordic security, and it is good for NATO as a whole,” Stoltenberg said. “Finland brings substantial and highly capable forces, expertise in national resilience, and years of experience working side by side with NATO allies. I am deeply proud to welcome Finland as a full-fledged member of our alliance, and I look forward to also welcoming Sweden as soon as possible.”

Earlier, Finnish President Sauli Niinisto presented the accession instrument to U.S. Secretary of State Antony J. Blinken.

Finland has long exercised with NATO countries, but never joined the defensive alliance. Russian President Vladimir Putin’s unprovoked war on Ukraine pushed the nation and Sweden to apply for membership last year.

The secretary general said Putin had hoped his invasion of Ukraine would divide and break NATO. “President Putin wanted to slam NATO’s door shut,” he said. “Today, we show the world that he failed, that aggression and intimidation do not work.”

“As an ally, Finland will contribute to NATO’s collective deterrence and defense,” the Finnish president said. He promised Finland would be “a reliable ally that strengthens regional stability.”



—Finnish President Sauli Niinisto, left, and U.S. Secretary of State Antony Blinken shake hands while NATO Secretary General Jens Stoltenberg, center, looks on at the ceremony in Brussels where Finland formally joined NATO.

He said that Finland’s NATO membership “is not targeted against anyone nor does it change the foundations or objectives of Finland’s foreign and security policy. Finland is a stable and predictable Nordic country that seeks peaceful resolution of disputes. The principles and val-

ues that are important to Finland will continue to guide our foreign policy also in the future.”

Finland joined the alliance on the 74th anniversary of the signing of the Washington Treaty, which established NATO. In the beginning, there were 12 nations dedicated to the defensive alliance against the Soviet Union. NATO has grown and morphed over the years. Its strength was one of the reasons the Soviet Union dissolved, and the nations that were under the boot heels of Soviet tyranny rushed to join the democratic organization.

Finland and Sweden applied for NATO membership in May 2022. “Both countries are strong democracies with highly capable militaries, who share our values and vision for the world,” President Joe Biden [said in a statement released by the White House](#). “Less than a year later, we are welcoming Finland as a member — the fastest ratification process in NATO’s modern history. I look forward to welcoming Sweden as a NATO member as soon as possible and encourage Turkey and Hungary to conclude their ratification processes without delay.”



—Finnish President Sauli Niinisto, left, and NATO Secretary General Jens Stoltenberg walk through NATO headquarters to add Finland’s flag to those of the other 30 nations of the NATO alliance.

Biden, too, said Putin made a colossal strategic mistake. “When Putin launched his brutal war of aggression against the people of Ukraine, he thought he could divide Europe and NATO,” the president said. “He was wrong. Today, we are more united than ever. And together — strengthened by our newest ally Finland — we will continue to preserve transatlantic security, defend every inch of NATO territory, and meet any and all challenges we face.”

North Macedonia was the last nation to join the alliance, becoming part of NATO in March 2020.

Source: <https://www.defense.gov/News/News-Stories/Article/Article/3351900/finlands-accession-to-nato-strengthens-alliance-security/>

What Does Competition in the Pacific Look Like? Navy Experts Map a Strategy.

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

—By Konstantin Toropin

American forces need to be reliably all over the Asia-Pacific region, and highly visible, if they’re going to prevent China from dominating its neighbors, naval experts and leaders within the sea services are arguing as they lay out an American strategy that is starting to take shape.

“The U.S. [Navy](#) ... puts in an appearance once in a while and what’s the precedent? Only to soon steam away, leaving Chinese maritime forces in possession of disputed water and the skies,” Naval War College professor [Dr. James Holmes](#) told an audience largely made up of Navy officers and other military officials.

Holmes was speaking at [the annual Sea Air Space conference](#) that is held just outside of Washington, D.C., where a string of officials laid out how the Navy is planning on structuring its increased focus on the Pacific.

Read Next: [Space Force Done Testing the Fit on its Uniforms. Ending the Loose Pants Saga](#)

The academic argued that one of the strongest messages the military needs to send to local residents, like a fisherman heading into the waters surrounding his home, is that the American military will keep them safe.

“We should strive to get that fisherman to have the confidence to go out and make a living for himself and his family without undue fear of abuse at the hands of the [domineering] coastal state that’s asserting itself unlawfully and effectively in defiance of international law,” Holmes



—The guided-missile destroyer USS Chafee fires its 5-inch gun as the Royal Malaysian Navy ships KD Lekir, KD Handalan and KD Sri Indera Sakti and the guided-missile destroyer USS Chung-Hoon maneuver during an exercise, part of the at-sea phase of Cooperation Afloat Readiness and Training Malaysia 2009. (U.S. Navy photo by Lt. Edward Early)

said, referring to China.

In January, the [Marine Corps](#) announced that it is [reopening a base on Guam](#) and plans to move thousands of Marines to the island over the next several years.

Vice Adm. Andrew Tiongson, the commander of [Coast Guard](#) forces in the Pacific, said at the same conference that his service is also «pushing our fast response cutters ... that are headquartered in Hawaii and Guam.»

Tiongson added that the Coast Guard is “going to experiment with rotary wing forces out of Guam trying to get more access that way or further reach.”

On Monday, [the Philippine government announced four new local military camps, including some that face Taiwan](#), where armed American troops would be able to rotate in and stay indefinitely.

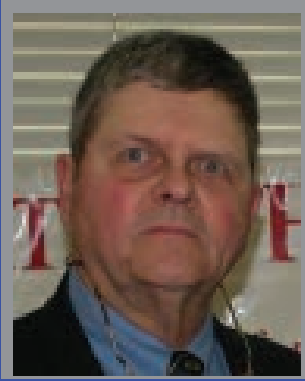
That announcement was made over strong objections from China.

“You have to step onto the field of competition and stay there for the duration of the contest, if you hope to prevail,” Holmes said.

“Let’s experiment with how to harness joint and combined maritime forces along with geography, to strategic and political gain, emboldening our hypothetical fisherman,” he added.


Source: <https://www.military.com/daily-news/2023/04/03/what-does-competition-pacific-look-navy-experts-map-strategy.html>

UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN
Chairman, OPHH

“As long as we are needed, Operation Helping Hand will be there...”



On 16 MARCH, OPERATION HELPING HAND held its 208TH monthly dinner to support the wounded and injured who receive treatment at the SCI/POLYTRAUMA facilities at the JAMES A HALEY VA HOSPITAL. We were honored to have a very large group of supporters attending the dinner. But most importantly, once again we had patients, doctors and staff from the VA. EMBASSY SUITES prepared a superb dinner which was totally enjoyed by all. Special thanks to the CHEF AND STAFF AT EMBASSY SUITES. The colors were presented by THE CHAMBERLIN HS MARINE JROTC. MS PAULINE EVANS presented us with her monthly poem especially written for the occasion.

This evening’s dinner was sponsored and served by a fantastic group from UNISEN SENIOR LIVING. THANK YOU, MICHAEL BROWN, EXEC DIR and your folks for their very enthusiastic attendance! MUCH APPRECIATED. THANK ALL OF YOU UNISEN AND VILLIAN FOLKS for attending.

Tonight, we are honored to have two very special guests joining us tonight. MR DAVID BRAUN,CHAIRMAN, VETERANS MEMORIAL PARK BOARD, and MR CHARLES CONOVER,

PRESIDENT OF THE VETERANS COUNCIL OF HILLSBOROUGH COUNTY. Thank you both for attending.

MICHAEL J. BROWN, EXEC DIR, UNISEN SENIOR LIVING presented the TITLE SPONSOR CHECK of \$20,000.

BOBBY A’S ST PADDY’S DAY BBQ was held on 18 MARCH. WEATHER REMAINED GREAT FOR THE ENTIRE TIME AND WAS A COMPLETE SELLOUT! THANK YOU, BOB AHERN!!

The final preparations for the 2023 BOB SILAH MEMORIAL GOLF TOURNAMENT presented by UNISEN SENIOR LIVING ON 24 MARCH at MACDILL AFB has been completed and we are ready to play some golf for a great cause!

All 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. You must be willing to pay the price to make it work. 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 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.

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DD214: What You Need to Know

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

—By Tiffini Theisen

What Is a DD214 Form?

Your military discharge papers are officially known as DD Form 214, or just DD214. All veterans receive this Certificate of Release or Discharge from Active Duty once they are out of the military.

In a nutshell, the DD214 is proof of your military service. All branches use this same form. There may be no more important document, as it serves as the key to unlocking benefits of all kinds.

Treat your DD214 like gold, as this piece of paper is vital to many aspects of your life in the civilian world.

The DD214 -- DD stands for Defense Department -- provides veterans with an accurate and complete summary of their active military service. It usually lists dates of service, any commendations or medals received, the reason for separation and the type of discharge.

You are entitled to your military records free of charge, unless for whatever reason, you simply prefer to pay someone to help you obtain them. Be aware of advertisements that claim you have to pay to get your DD214, or that they can get it more quickly (they can’t).

Information the DD Form 214 May Include

- ☐ Active-duty information, including entry date
- ☐ Place of entry into active duty
- ☐ Home address at time of entry
- ☐ Mailing address after separation
- ☐ Last duty assignment and rank obtained before getting out
- ☐ Military occupational specialty (MOS)
- ☐ Military education
- ☐ Decorations, medals, badges, citations and campaign awards
- ☐ Service length
- ☐ Any foreign service
- ☐ Separation information (type, character of service, authority/reason for separation, eligibility codes)

Why Is a DD214 Important?

This separation document contains information normally needed to verify military service for benefits, retirement, employment and membership in veteran organizations.

This form also gives civil and government agencies the information needed to apply any federal and state laws relevant to members who separate from the military.



A DD214 generally is needed for the following:

- ☐ Home loans
- ☐ Civilian employment
- ☐ Veteran organizations membership
- ☐ Social Security
- ☐ Burial/flag
- ☐ Education
- ☐ Homeless veteran services
- ☐ Medical services
- ☐ Deals and discounts for veterans (sometimes)

The [Department of Veterans Affairs](http://www.va.gov) (VA) uses the form to determine eligibility for specific benefits.

The Department of Labor uses DD214 to determine eligibility for unemployment compensation. Additionally, the form will be used to determine reemployment rights. Inaccurate information on the DD Form 214 could result in a delay or denial of benefits.

The surviving [spouse](#) of a military veteran also needs to know how to access the DD214 in order for the service member’s funeral service to receive patriotic honors. These include the folding and presentation of the United States burial flag; and the sounding of taps, at no cost to the family.

Source: <https://www.military.com/benefits/records-and-forms/dd214.html>

Largest air exercise in NATO history to include hundreds of Guardsmen

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

—By Rachel S. Cohen

JOINT BASE ANDREWS, Md. — NATO countries this summer will launch the largest military air exercise in the transatlantic alliance’s 74-year history, spanning more than 220 aircraft and 10,000 participants from 24 nations.



—Four U.S. Air Force F-35A Lightning II aircraft assigned to the Vermont Air National Guard’s 158th Fighter Wing depart Spangdahlem Air Base, Germany, to support the NATO air shielding mission alongside French, British, Estonian and Belgian allies at Amari Air Base, Estonia, July 6, 2022. (Senior Master Sgt. Michael Davis/Air Force)

Exercise Air Defender, slated for June 12-23, aims to project a united front in Europe as Russia’s yearlong war in Ukraine slides toward stalemate.

Around half of those assets will belong to the U.S. Air National Guard, which is dispatching units from 46 wings across the country, an unusual show of force for the part-time component.

The trip marks the Air Guard’s biggest transatlantic deployment since the Gulf War, ANG boss Lt. Gen. Michael Loh said at a media briefing here Wednesday.

“This is now putting the alliance together quickly, with a credible force, to make sure that if Russia ever lines up on the NATO border, that we’re ready to go,” he said. “We’re going to defend every inch.”

Air Defender — the German-led aviation counterpart to the U.S. Army’s annual Defender Europe exercise — has been in the works since 2018.

There’s no set scenario that pits NATO forces against a particular foe, Loh said. But the event will broadly offer Guard units the chance to gain valuable experience in the region and to work hand-in-hand with their European counterparts, Loh said.

“You have to start with the basics,” he said. “The first will be defensive counter-air. The second one will be more focused on close air support and ground attack. The third one will be offensive counter-air.”

Participating assets include the U.S. Air Force’s A-10C attack plane; F-15C, F-16 and F-35A fighter jets; MQ-9 reconnaissance and attack drones; C-17 and C-130H cargo aircraft; and KC-46 and KC-135 tankers. They’ll be joined by U.S. Navy F/A-18 fighters, NATO E-3 airborne target tracking jets, German A400 tankers, and about a dozen other types of aircraft.



—A KC-135R Stratotanker from the 155th Air Refueling Wing, Nebraska National Guard, refuels a German Tornado Sept. 9, 2022, during Ample Strike. The exercise involved forces from the U.S., Czech Republic, Germany and other allies. (Master Sgt. R. Denise Mommens/Air National Guard)

Finland, which officially joined NATO on Tuesday, will take part as well. Ukraine is not involved in the event, Loh said.

Troops will begin arriving in Europe on May 29, nearly two weeks before Air Defender officially begins. Allies plan to stage operations from Iceland to Romania, with most flights taking place over three regions of Germany and the North Sea. They’ll also practice quick-turn missions to remote airfields in Eastern Europe.

Airmen will face simulated surface-to-air missiles, electronic communication jammers and other replicas of real threats. Some could be told to work through their options after sustaining battle damage.

One challenge for airmen: ensuring that ground crews can take care of any type of aircraft, anywhere in NATO, if weather, damage or an attack diverts it from its route.

“One of the air bases doesn’t actually have ... enough fuel, if you actually had to load up all the tankers out of there. So, how do we expand [refueling]?” Loh said. “How do we get fuel out of aircraft into bladders on the ground, so that we can refuel other things?”

Mobility bases may be asked to receive fighter jets and return them to the fight. European maintainers would be tasked to fix American aircraft. Foreign joint terminal attack controllers — the name for ground troops who direct aircraft to their targets in the field — would get the chance to call in A-10C Thunderbolt II attack planes and MQ-9 Reaper drones.

Introducing aircraft like this can show the international force what capabilities every platform has to offer, and it let’s airmen learn from each other. It’s also a trial run in case NATO becomes embroiled in a war.

“We don’t want the first time A-10s check in ... with German JTACs to be when Russian tanks are crossing into NATO,” said Capt. Adam Casey, an A-10 pilot in the Michigan Air National Guard.

The exercise will also help troubleshoot more forward-looking ideas, like using the [KC-46 Pegasus tanker as a communications node](#) to pass information between faraway jets.

Airmen said the deployment will provide the chance for the Air National Guard to think bigger and more critically than it has in the past, or in the repetitive practice of their daily routines.

“This kind of experience is something that we don’t have the opportunity to do on a regular basis, especially with our NATO partners,” said Lt. Col. Adam Uhan, a KC-135 Stratotanker pilot with the Wisconsin Air National Guard. “We’re getting out of our comfort zone, and this is the kind of experience that we can take back ... to the younger generation.”

It’s a ripe opportunity to smooth out the logistics of shipping cargo and setting up bases in a conflict that could span millions of square miles, Uhan told Air Force Times. Mobility crews have to piece together the puzzle of who is best equipped to deliver materiel in a timely manner, and how to most efficiently keep hundreds of aircraft fueled up across several different countries.



—Members of the 147th Attack Wing Aircraft Maintenance Squadron prepare to launch an MQ-9 Reaper during a readiness exercise at Ellington Field JRB in Houston Nov. 4, 2022. (Senior Airman Hannah Kirschman/Air National Guard)

Others like Maj. Karl McGarvey, an MQ-9 pilot with the Texas Air National Guard, look forward to reconnecting with the European service members whom American guardsmen advise under the State Partnership Program.

Czech troops will handle launching and recovering the MQ-9 while McGarvey sits at the controls, he said.

A successful exercise can pave the way for other large-scale air deployments in Europe as the security situation on NATO’s eastern flank evolves.

“With Air Defender, we send a clear signal that we absolutely guarantee the security of the alliance, without ifs or buts,” the German air force said. “The war in Ukraine determines our present and shapes our future.”

Lt. Gen. Ingo Gerhartz, the German air force’s top officer, says the aircraft speak for themselves.

“We won’t write [Russia] a letter,” he said. “I think they get the message.”

Source: <https://www.airforcetimes.com/news/your-air-force/2023/04/06/largest-air-exercise-in-nato-history-to-include-hundreds-of-guardsmen/>



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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!



The Tampa Chapter of the Military Officers Association of America, Inc.

P.O. Box 6383
Tampa, FL 33608-0383



Name _____

Rank _____ Service _____ Status (Active, Retired, Former) _____

Street Address _____

City _____ State _____ Zip Code _____

EMAIL address _____

Phone (HOME or CELL) _____ Date of Birth: Month: _____ Day: _____

Spouse _____ Phone _____

Emergency Contact: Name _____ Phone _____

MOAA National Member Number _____ If not a MOAA National member, can we set up a Basic membership for you at no cost? I give my permission: signature: _____

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

World War II _____ Korean War _____ Vietnam Era: _____ Vietnam (in country) _____

Gulf War (Desert Shield/Storm) _____ Lebanon, Grenada, Panama _____

Iraq/Syria (OIF/New Dawn/OIR) _____ Afghanistan (OEF/ORS/OFS) _____

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

Tampa Chapter Annual Dues: \$25.00; after 1 July: \$15. No fee for Active Duty or Surviving Spouses.

Chapter name tag \$13 YES ____; NO ____: Name as you want it on name tag: _____

You may bring the completed form to any Chapter event, or you can mail it with your check (payable to **MOAA Tampa Chapter**) to: **Matt Mularoni, C/O MOAA Tampa, PO Box 6383, Tampa, FL 33608-0383.**

Email questions to: membership@moaatampa.org

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

Coalition Corner



Dear MOAA Members,

I trust you are all doing well enjoying the great weather around the Tampa Bay area.

Here with the International Coalition to US Central Command we are all having a fantastic time. The coalition still counts more than 40 nations and there are no indications that this will change dramatically in the near future.

Senior National Representatives, Team members, spouses and families are frequently rotating in and out of Tampa. It is such a privilege to meet people from around the globe listening and discussing different views and perspectives on the world in general and of course the situation inside the US CENTCOM area of responsibility. The composition of the international coalition members offers a unique platform from which we can have a nuanced and balanced debate on numerous topics, challenges, and issues of concern to almost all of us. Obviously, we are all military, but we do have a pretty good insight and understanding on the political and economic situation in our respective nations. This allows us to discuss a holistic approach covering much more than simply the military issues as they relate to security perspectives. I always walk out of our coalition building having a better understanding on various topics affecting us in the US CENTCOM area of responsibility, but also global

issues in general. As you are all aware there is a reason why we have been allowed two ears and (only) one mouth. There is so much to learn in an international environment like the International Coalition. I am kind of convinced that the world somehow perhaps would be a better place to live or certainly in a better condition if more people were able to better communicate across national borders, different cultural backgrounds etc.

Even though our primary focus is oriented towards what is going on in the Middle East and Central Asia, the current variety of nations with the coalition offers a great possibility to address other issues around the globe. Obviously, the war in Ukraine, great power competition in general, China and Russia specifically, climate changes etc. etc. are all very complex problem sets. Obvious or immediate solutions are nonexistent. Walking the corridors in the coalition building is indeed very helpful whenever trying to grasp the underlying elements to any given problem even though not all nations are represented. However, I believe you are clearly able to see where I am getting here and my profound respect for an international environment.

“Break - Break”

A small team from the coalition had the pleasure to support the Operation Helping Hand Golf Tournament at the Bay Palms Golf Complex on MacDill Air Force Base. It is always a pleasure to support Operation Helping Hand and we highly appreciate the invitation to join the tournament. This time

we had Senior British Military Advisor to Gen Kurilla (Senior National Representative) from the UK, the Spanish and Danish Senior National Representatives on board. We did not win any prizes, but we all had a fantastic day out there meeting a lot of nice folks from the local community here in Tampa.

On behalf of the entire International Coalition, I wish you all a fantastic and safe April.

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



—From left the UK, Danish and Spanish SNRs

Surviving Spouse Corner: Tax Time Considerations

By: Pat Green

Note: Always consult a tax professional for your specific financial situation.

If you have already filed your 2022 taxes, bravo! Some have not. Some are procrastinating. Others might have been receiving documents through mid-March, depending on investments held, and are just beginning the process. Please review your documents carefully, and make sure that information is correct. If not, ask for a correction before you file.



—Courtesy image via Air Force

The deadline for filing 2022 taxes is April 18, 2023. You may file an automatic extension, but taxes are due on the April date. Don't wait to file until the extended due date; file as quickly as you can. A relocation, an illness, or a family death could happen to you or your preparer (consultant) in that time frame and create more complications.

[RELATED: [More Financial Resources From MOAA](#)]

Here are some issues and information for your consideration:

- Look for changes in the first few pages of instruction publications of the IRS forms and schedules that have been used in other years to report your

income. Find them at www.irs.gov/forms-instructions. For example, some of the changes mentioned in the Form 1040 2022 include Clean Vehicle Tax Credits, Residential Home Improvement Energy Credits, and Increases in Standard Deductions.

- If you changed jobs in 2022, make sure you have not overpaid the FICA withholding.
- If your spouse died in 2022, you can still file 2022 taxes as married as long as you have not remarried in 2022. But next year, 2023, you must file as single if you have not remarried or have no dependents. This can cause tax consequences you should consider and prepare for. For example, a lower single income is taxed at a higher rate than married income. If your spouse was the higher income earner, there will be a change in tax owed, but it might be a manageable increase, or it could be less. If you are the higher income earner, you will have a lower standard deduction, and you might pay taxes at a higher rate.

Investigate the above changes or discuss them with your tax preparer. Be prepared.

If you have overpaid taxes this year, you may apply the refund to 2023 taxes. If you are required to make estimated payments, the overage might save a quarter filing of the estimated tax for 2023. You can also ask for a refund to place in savings until next year. Also, if you need to convert an investment to cash, be aware of the tax consequences.

Possibly your spouse always did the tax filings, and this is new to you. If you are overwhelmed, get help. If a mistake is made or some income or deduction is overlooked, you can always file an amended return. Try to file by April 18.



Florida Council of Chapters Military Officers Association of America



FCOC 2023 Convention
Renaissance Hotel World Golf Village
St Augustine FL
May 19th to 21st
Registration closes on: 4/27/2023



MEDICAL CORNER

Genesis Patient Portal

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

Now you will “Choose a location”

Genesis Patient Portal

HomeHealth RecordMessagingAppointmentsClipboards

Schedule Appointment

Choose a location

Please select

Air Force Medicine MacDill Family Medicine Team B

Air Force Medicine MacDill Family Medicine Team C

Air Force Medicine MacDill Warrior Operational Medicine

Air Force Medicine Sabal Park Family Medicine Team B

Air Force Medicine Sabal Park Family Medicine Team C

Air Force Medicine MacDill Internal Medicine

Air Force Medicine Sabal Park Internal Medicine

Air Force Medicine MacDill Immunizations

Air Force Medicine Sabal Park Immunizations

Air Force Medicine MacDill Flight Medicine

Air Force Medicine MacDill Pediatrics

Air Force Medicine MacDill Sabal Park Pediatrics

7. Click on drop down.

8. Scroll down and look for “Air Force Medicine MacDill” and select the clinic you or your child are assigned to.

****NOTE**** The clinic list will not appear as shown here.

Clinic name is correct.

How to Book an Online Appointment in GENESIS Patient Portal

Please follow the instructions given below. This is the easiest and preferred way to book an appointment

After you have successfully logged onto the Patient Portal. Follow steps 1-13 below

Genesis Patient Portal

HomeHealth RecordMessagingAppointmentsClipboards

Appointments

Schedule Appointment

View Existing Appointments

View Available e Visits

Who is this appointment for?

Please select

1. Click on Appointment

2. Click Schedule a New Appointment

How would you like to begin your search?

3. Click Visit Reason

Choose a Provider

Please select

Search

Schedule Appointment

Who is this appointment for?

Please select

4. In drop down select who the appointment is for

***See box below**

How would you like to begin your search?

5. Click on Visit Reason Again

Choose a reason for your visit

Please select

6. Click on drop down, then select a reason for visit, this is the clinic you want to be seen in.

Flight Medicine Appointment

Hearing Conservation Program Appointment

Immunizations Appointment

Internal Medicine Appointment

Optometry Appointment

Pediatric Primary Care Appointment

Primary Care Appointment

Request Appointment (Other) Online

Sports Medicine Appointment

Virtual Primary Care (Non Face to Face) Appointment

*To make an appointment for a child, the child’s name will appear under the AD member. If both parents are AD, then the child will be under the AD member who they are assigned to in DEERS.

Select your Provider and preferred appointment date/time.

Genesis Patient Portal

HomeHealth RecordMessagingAppointmentsClipboards

Select a Time

Start Date

Enter date in MM/DD/YYYY format

Advanced Filter

Thursday, Dec 01, 2022

10:00 a.m. EST

Stanley, Jimmy D PA

View all availability

01:20 p.m. EST

Stanley, Jimmy D PA

View all availability

02:00 p.m. EST

Stanley, Jimmy D PA

View all availability

Need a specific provider?

Please select

Related Providers

Stanley, Jimmy D PA

All Providers

9. Click on drop down, the 1st Provider under “Related Provider” is your PCM, select that name, click apply.

10. Now chose a date and time and click on select.

Lastly, enter details for your visit

Genesis Patient Portal

HomeHealth RecordMessagingAppointmentsClipboards

Review and Schedule Appointment

Indicate a required field

Describe any specific requests or special needs you want us to consider in preparation for your visit.

Nausea

If follow-up is needed regarding this appointment, how should we contact you?

By secure NHS GENESIS Patient Portal message

By phone (please provide number)

Example: (555) 555-5555

Send me an email with my appointment details

Schedule Appointment

11. In the free text box put in the information you want to be seen for.

12. Select your preferred contact method.

13. Then click Schedule Appointment

Free Lifetime National Parks Passes Are Here for Veterans and Gold Star Families

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

—By Amy Bushatz

All U.S. veterans and Gold Star family members can get a free lifetime entrance pass for federal parks and recreation sites nationwide starting Nov. 11, 2022.

The pass, an expansion on the annual free pass for currently serving troops and their families, grants free access to about 2,000 parks and lands managed by the National Park Service; U.S. Fish and Wildlife Service; U.S. Forest Service; Bureau of Land Management; Bureau of Reclamation; and the U.S. Army Corps of Engineers, according to an announcement on the park service website. It also gives discounted amenity fees in some locations.

While not every park or visitor area requires an entrance fee, many do. For example, Yosemite National Park in California charges a \$35 entrance fee per vehicle, while Craters of the Moon National Monument charges \$20. Other locations charge for entering museum or curation areas in the visitor center. For instance, the Begich, Boggs Visitor Center in the Chugach National Forest, Alaska, charges \$5 per adult to access a film and exhibits.

Those fees are waived for holders of the new lifetime pass, as well as those with the free active-duty America the Beautiful military pass or other passes sold or awarded by the agencies. The new pass covers the holder and any accompanying passengers in a private vehicle at sites that charge per car, or the pass owners and up to three adults age 16 and over at sites that charge per person.

The new lifetime pass program does not exclude veterans with so-called “bad paper” discharges. To get the pass, veterans must submit one of the following:

- Unexpired Department of Defense Identification Card (DD Form 2, DD Form 2765, or Next Generation USID replacement)
- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veteran designation on a state-issued U.S. driver’s license or identification card

To receive a pass visit a National Parks or parks and land agency store or staffed fee kiosk, or order via the [U.S. Geological Survey store](#). Passes ordered online carry a \$10

processing and shipping fee. Passes received in-person are free.

Gold Star family members can receive the pass by presenting a self-verification form certifying they are the next of kin to a military member killed during service overseas. The form includes a signature block and confirmation that the user is an “eligible next of kin (NOK) of a member of the United States Armed Forces who lost his or her life in qualifying situation.”

No other identification or proof is required for Gold Star family members who want to get a lifetime pass.

Source: <https://www.military.com/daily-news/2022/11/09/free-lifetime-national-parks-passes-are-coming-veterans-and-gold-star-families.html>





MOAA Tampa Scholarship Announcement



To: MOAA Tampa Chapter members

The Scholarship Committee is pleased to announce that the MOAA Tampa Chapter will award college scholarships of up to \$2,000.00 each to high school seniors who are planning to attend college during the academic year 2023-2024. Applicants must be a dependent or grandchild of a MOAA Chapter member who has been in good standing for at least one year prior to the date of application. The selection committee reserves the right yo limit scholarship awards to one per sponsor.

The application form and further requirements can be found at the chapter website: www.moaatampa.org.

Completed applications and documentation must be submitted no later than midnight April 15, 2023 to:

Colonel (Ret) William A. Schneider,
15888 Sanctuary Drive
Tampa, FL 33647

Scholarship winners will be announced on May 1, 2023.

If you have any questions, please contact Colonel Schneider at (813) 977-2572 or via email at wajs33647@gmail.com.

Sincerely,

MOAA Tampa Chapter Scholarship Committee.

Eligibility Requirements

1. Be a dependent or grandchild of a MOAA Tampa Chapter member who has been in good standing for a minimum of one year prior to the date of application.
2. Have a GPA of 3.0 or higher.
3. Complete the scholarship application
4. Attend the May 11, 2023 Luncheon and Awards Ceremony. Attendance is required by the recipient or immediate family member in order to receive the award.

Required attachments

1. Submission of proof of the Military affiliation of the sponsor. (Military ID or DD form 214)
2. Submission of transcript reflecting 3.0 or higher GPA.
3. Submission of two Letters of Reference from persons other than relatives. (teachers, work supervisors, clergy, etc.)
4. An acceptance letter from an accredited college, community college or university.
5. A letter written by the student, in which he or she explains his or her goals and academic experience and extracurricular and community volunteer experience.
6. A completed Scholarship Application Form
7. A photo of the student.

The selection committee reserves the right to limit scholarship awards to one per sponsor.

Submit application and attached documents not later than midnight April 15, 2023 to:

Colonel (Ret) William A. Schneider, USA
15888 Sanctuary Drive, Tampa, FL 33647
(813) 977-2572
wajs33647@gmail.com



MOAA Tampa Scholarship Application



Date of application _____

Sponsor name _____

Date sponsor joined chapter _____

Student name _____

Address _____

Telephone _____

Email _____

Graduating school _____

College accepted _____

Academic awards _____

School activities _____

Community activities _____

Completed application and supporting documents must be submitted no later that April 15, 2023.

MOAA Tampa Transition Seminar

—By: Paul McAneny, COL USAF (Ret)

On Tuesday, May 7th, the MOAA Tampa Chapter hosted it's sixth ever quarterly event for transitioning military members and their families. The popular event is titled "Thriving After Military Service" and, rather than the typical transition events focused on, job skills, resume writing, networking, etc., the MOAA event addressed leading fulfilling lives following your military service.



Why are we doing this? Simple...because nobody else is.

The theme of the morning portion of this unique seminar was "a focus on the family" with speakers from TRICARE and the Veterans Administration as well as local Financial Advisors and Attorneys.

The afternoon was dedicated to "a focus on the community" with representatives and volunteers from organizations such as MOAA's own Tampa Chapter, Association of the US Army Suncoast Chapter, the Hillsborough County Veterans Treatment Court Mentors Group, 1st US Volunteer Cavalry Regiment – Rough Riders, Tampa Sports Authority, EoS Fitness, and charity organizations addressing both veteran homelessness and mental health.

For this event we were particularly honored to have CSM (Retired) Jack Tilley, the 12th Sergeant Major of the Army, join us for lunch and talk to the entire group about his journey to find a fulfilling post-military career following 36+ years serving as a Soldier.

All that plus free drinks and snacks all day including lunch and a chance to meet other great transitioning military families.

THIS WAS NOT A VIRTUAL EVENT...you had to be in Tampa to attend.

Attendees included a variety of ranks (officer and enlisted) from all military services. One enthusiastic attendee stated, "Extremely valuable! I'm in the middle of my transition now and this was the only venue I've seen that covered these topics."

We are continuing to work with our full time partners, Tampa's own FIVE Labs/USbioskills Lab and Conference Center. The FIVE Labs CEO comes from a military family and also a member of our local South Tampa Chamber of Commerce; he wanted to participate in an event supporting our local military and veteran community.

Do you want to come to the next MOAA Tampa Transition Seminar? GREAT NEWS...YOU CAN!!! This event is held quarterly with the next scheduled for Tuesday, 2 May. Here is the registration URL: <https://www.eventbrite.com/e/thriving-after-military-service-all-ranks-transition-seminar-tickets-579057074297>

Keep your eyes peeled on this newsletter and the MOAA Tampa Chapter Website for further details coming about this exciting event.

2023

Advertise in the monthly MOAA Tampa Chapter Newsletter

The

RETROSPECT

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL

The Retrospect is published monthly by the Tampa Chapter of the Military Officers' Association of America (MOAA), P.O. Box 6383, Tampa, FL 33608-0383. The MOAA Tampa Chapter is a 501-C-(19) tax exempt veterans' organization not associated with the Department of Defense. The views expressed in individually signed articles do not necessarily reflect Chapter policy.

This award-winning, informative monthly newsletter, The Retrospect, is available on-line at www.MOAA Tampa.org and published on the MOAA Tampa FaceBook site. This publication is packed with information addressing our community based projects and updates readers on the national and local initiatives that improve the quality of life for all servicemembers, their families, and survivors. It also includes myriad non-political articles that are of interest to both military and civilian communities.

DIGITAL PUBLISHING

Ad Deadline	Inserts
Dec. 20 (2023)	Jan. 1
Jan. 20	Feb. 1
Feb. 21	Mar. 1
Mar. 21	April 1
April 20	May 1
May 20	June 1
Jun. 20	July 1
July 20	Aug. 1
Aug. 19	Sept. 1
Sept. 20	Oct. 1
Oct. 20	Nov. 1
Nov. 21	Dec.1

Advertising	Cost (Artwork supplied)	Cost (Ad creation)
Half page (12.95" wide x 9.75" tall)	\$1,000.00	+\$75.00
Quarter page (6.5" wide x 6.25" tall)	\$500.00	+\$50.00
1/8 page (6.5" wide x 3.5" tall)	\$250.00	\$35.00

DIGITAL AD FORMAT: Digital ads **must be** submitted in PDF, JPEG or EPS formats.

NEED HELP? If you do not have a digital ad, we can create one for you. See chart above for pricing based on desired ad size.

DEADLINE: See Digital Publishing table.

ADs are for 12 months.
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CHAPLAIN’S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



In 1729 at Christ Church in Oxford, England a group of four students at the University of Oxford formed what came to be known as the “Holy Club.” That name was given to the group by other students attempting to mock them for what was considered excessive religious behavior. The group met together several times each week to study scripture, pray, and talk about their faith journeys. In addition to their meetings, they were active in the community by visiting prisoners, providing food for poor families, and teaching orphans to read.

Two of the members were brothers, John and Charles Wesley. After their studies at Oxford they both became priests in the Church of England. Charles was a prolific hymn writer and both are identified as the founders of what came to be known as

Methodist, a name given by others because they were so “methodical” in their spiritual disciplines and practice. Today’s United Methodist Church, in which I am an ordained pastor, is the result of that early beginning.

The Holy Club adopted a list of twenty-two questions each member was to ask themselves

each day as part of their devotional time. They would then discuss their answers with each other in their meetings.

Some of the twenty-two questions could well be part our self-examination that would challenge us to take an objective look at our own spiritual condition. Several of them are applicable to each of us regardless of our faith tradition. I hope you will read each of the following questions and give them considerable thought. Give them a shot!

Am I consciously or unconsciously creating the impression that I am better than I am?

Am I honest in all my acts and words, or do I exaggerate?

Can I be trusted?

Do I disobey God in anything?

Do I insist upon doing something about which my conscience is uneasy?

Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?

Am I jealous, impure, critical, irritable, touchy, or distrustful?

Am I enjoying prayer?

Grandparent Scam

Article & Photo by LTC Bob Sawallesh, USA, Retired

As I was completing one of my one hour morning walks in March 2023, I received a call on my iPhone. It was from my “grandson.” He said that he was DUI and that he was in an accident and he hit a car and injured the lady in the other car. His airbag went off and broke his nose and that he could hardly talk which was why I could not recognize his voice. He was almost crying.

Don’t tell anyone what happened stated my “grandson”. He further stated that he was in the Jacksonville County Court House and the arrest record is A5572197. My “grandson” further stated that a Public Defender, Mark Stevens, would call me in five minutes to get me out of the courthouse.

I then asked my “grandson”, “how many sisters do you have? He said, almost crying, “stop asking asking me questions.” I then asked him what was the name of his dog. He then abruptly hung up on me. How rude to treat a grandfather!

For more about Grandparent Scams got to <https://www.fbi.gov/news/stories/the-grandparent-scam>.

Advice to avoid being victimized in the first place:

- Resist the pressure to act quickly.
- Try to contact your grandchild or another family member to determine whether or not the call is legitimate.
- Never wire money based on a request made over the phone or in an e-mail...especially overseas. Wiring money is like giving cash—once you send it, you can’t get it back.



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

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

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

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

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

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

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

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

Check out our NEW Instagram account!

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

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

Tampa Chapter

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

2020, 2021 Recipient of the
5 Star Col. Marvin J. Harris
Communications Award

Chairman of the Joint Chief's
Outstanding Public
Service Award

“NEVER STOP SERVING”