

MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



Greetings to all! While the freshness and newness of Spring spawns excitement, the month of May harnesses that momentum and launches us into summer. This year, May offers great opportunities for engagement. At every level, we will touch lives in pursuit of our Chapter's mission and objectives. Whether presenting MOAA awards to deserving JROTC/ROTC students, providing scholarships to three outstanding leaders/scholars, learning and listening to various management and operational insights at the Florida Council of Chapters' annual convention in St. Augustine, offering family and community based transition assistance to servicemembers leaving the military, or following up on our recent Advocacy in Action suc-

cesses with local Congresspersons, May is packed with reasons to "Never Stop Serving."

Great News

The results are out and congratulations to Tampa Chapter!. We recently learned that the Chapter was again awarded MOAA's 5-star Marvin Harris Communications Award for both our newsletter and website. A tremendous effort on all parts, these products enable our outreach and advocacy. I want to publicly thank the people that are behind the scenes making these missives possible. Sara, Emily, Mike, and Nick thanks so much for your energy and effort. Kiley, Barbara, and the crew of proofreaders, thank you for your support. Also, to the cast of regular contributors — photographers (Bob and Ben), writers, and more — thanks for your creativity and care. Every contribution matters!

Next, I extend our sincere thanks to our newest volunteer. MG Frank Moore (USAF, Retired) joined our ranks as our Chapter's General/Flag Officer Liaison. Sir, thanks for stepping into the position and on behalf of the Board, welcome to the Team!

Member of the Month

Our Honored Member of the Month for May 2023 is Colonel Lewis VanDyke

(USA Retired). Lewis is a longstanding member of the Chapter and currently serves as our Treasurer. Engaged, discerning and always insightful, Lewis' professionalism and personal decorum is second to none. A truly incredible teammate and consummate leader, Lewis remains an invaluable asset to our Chapter.

Please join us on 11 May at our monthly luncheon as we honor Colonel Lewis VanDyke. Also, please be sure to read his biographical information later in this newsletter.

Wrapping up:

In closing, I offer that our Tampa Chapter is continuing to improve upon our legacy of outstanding service and uncompromising mission focus. To sustain this team and continue to grow our capacity to serve, we must increase our ranks with eligible and engaged members.

We have a winning team. We have a willing team. Thank you for your support and confidence. Thank you for staying engaged. Let us remain steadfast in targeting issues relevant to those we represent.

All the best,
Charles Dalcourt

UPCOMING EVENTS

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

4 May
10:00 AM
Board of Directors Meeting
Paradise Grill Safety Harbor

11 May
Chapter Luncheon
11:30 AM – 12:00 PM Social
12:00 PM – 1:30 PM Lunch
Columbia Restaurant
([see page 6](#))

18 May – 6:00 PM - 8:00 PM
OpHH Dinner
USF Embassy Suites

19-21 May
Florida Council of Chapters
2023 Annual Convention
World Golf Village
St. Augustine, FL
Click the link for details
<https://www.moaafl.org/Convention>

REMINDER:

SUBMISSION DEADLINE
FOR THE JUNE 2023
ISSUE IS 20 MAY 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

We've completed our live Advocacy in Action campaign by engaging our Representatives in person last month. We need to follow up and continue our efforts by requesting their support on issues that will protect our all-volunteer force, veterans, families, and survivors.

From MOAA's President: Call to Restrict VA Benefits Breaks Faith With Veterans¹

The American military has been an all-volunteer force for nearly 50 years, and that force has served well in protecting our American freedoms and way of life. [A scant 7%](#) of

our population chooses this path of service, and our country has asked a lot of those volunteers, particularly over the last 20-plus years.

Many of our servicemembers deployed into Iraq, Afghanistan and other locations across the globe as much as six or more times. They lost brothers- and sisters-in-arms. Many were even exposed to toxic chemicals via burn pits. Nevertheless, these volunteer servicemembers continued to fulfill their commitments and serve honorably.

As we approach the 50-year anniversary of our all-volunteer force, it is disheartening to read a call to action from *The Washington Post* to strip away disability pay and benefits to reduce the VA's growing budget. [The April 3 editorial](#) endorses means-testing disability compensation for those harmed by their service, plucking a line item from the Congressional Budget Office biannual report that examines a wide range of cost-savings ideas. The CBO report is always eye-opening and designed to offer outside-the-box ideas many which they admit could be difficult to implement. They are correct.

Means testing is typically utilized to ensure those truly in need can receive unearned benefits like social insurance or welfare aid as part of a government grant or gift. Military and veteran health care benefits are not gifts or grants: They are earned based on the sacrifices and commitments made by volunteers and their families. We don't means test federal medical benefits in any other part of the government, with the president paying the same premiums as the lowest-ranking civilian employee. And unless we want to disincentivize service, or disincentivize success after service, we shouldn't means test the benefits military members and veterans have earned through their sacrifices, either.

In addition, the timing of this proposal could not be worse, and this idea would prove disastrous for preserving a military force 100% dependent on volunteers and already struggling to recruit. The newspaper's Editorial Board turns a blind eye to sacrifices made by our servicemembers and the promises made to our war veterans. Such actions would undermine landmark legislation like the [PACT Act](#), which will provide benefit to 5 million veterans exposed to harmful and cancer-causing toxins while deployed.

We fought the War On Terror in a new way, a protracted engagement where many of the same men and women endured multiple combat deployments. The burden of these wars was borne by a far lower percentage of our nation's citizens than ever before. Advances in battlefield medicine mean more from the Post 9/11 generation were wounded in action, not killed in action. For those who are injured in the line of duty, they may apply for service-connected disability payments to rectify the harm received fulfilling their commitment in service to our nation.

As the CBO states, "VA paid about \$110 billion in disability benefits, four times the amount that it paid in 2000 (after removing the effects of inflation)."

Missing from the report is a recognition of 20 years of war and the millions of new servicemembers, veterans, and surviving families. In 2001, we had more than 2.3 million veterans receiving disability compensation. After two decades, that figure rose to more than 5.2 million.

We also can't discount what's still owed to our Vietnam veterans, many whose medical ailments were only just now recognized as related to exposure to toxins.

We readily and willingly accept lawmakers must always

continued on page 2

LEGISLATIVE LOWDOWN cont.

remain positive stewards of taxpayer money. We must also be clear as to what not honoring past obligations will mean to the future of the all-volunteer force with the Post 9/11 generation now holding the biggest influence over whether or not they'll recommend service to the next generation. How will that proposition look under means testing?

When someone raises their right hand, swearing an oath to our nation, they are offering their service in an open-ended commitment. Our nation makes a promise back. We swear that we will care for them if they are injured, attempt to make them whole for the harms of service, and care for their family if they make the ultimate sacrifice on behalf of our nation. Not that we'll only do that if you fall below some artificial financial gate. There is an obligation and commitment made by our government that must be met.

We should never forget, minimize, or ignore the true cost of war and the human toll we pay for our freedom. To means-test service-connected disability payments does exactly that. This attempt to balance the budget on the backs of those who serve and have served is a violation of a social contract we must dismiss outright.

Support Expanding Arlington National Cemetery with Second Location and Full Burial Benefits

The years long campaign to preserve the burial eligibility for military retirees in Arlington National Cemetery continues.

ANC will not reach capacity with current eligibility standards for another 42 years and a long-term solution to protect the equivalent level of benefits is warranted.

Here are the FACTS TALKING POINTS:

- ANC will eventually run out of room.

- An enduring solution is required to maintain an equivalent level of benefits.
- The VA runs 155 national cemeteries and the DoD runs ANC.
- While DoD's primary focus for resources is national security, partnering with VA will provide an integrative approach with resources.
- Transforming a VA national cemetery to afford full military honors would sustain an equivalent of benefits at an existing facility.
- Cooperation between DoD and VA can offer a solution in which VA runs operations, and the armed services provide ceremonial honors at the same level as ANC.

Florida has the second largest number of military retirees – 210,073. We need to rally the troops to protect the benefit of in-ground burial with full military honors for those who plan for internment or inurnment at a DoD managed National Cemetery.

Send this message today asking for support for this legislation **H.R. 1413**, The Expanding America's National Cemetery Act which will transform an existing cemetery and sustain equivalent military honors provided at Arlington National Cemetery as it reaches capacity. [MOAA | Ask Your House Member to Support the Expanding America's National Cemetery Act \(quorum.us\)](#)


Though our live campaign took place the end of April we can still have an impact on those issues identified by MOAA National as key items presented during our engagements on the 26th of April. Your support is still needed and by downloading

the information papers for the background on the focus areas and engage by sending a message to your Representatives. Let's continue to advocate until we get these issues and others across the finish line. Below are the 2023 issues².

- Pay Full Housing Costs for Servicemembers**
- Join the Fight:** MOAA seeks to restore the Basic Allowance for Housing to 100%.
 - Learn More:** Download [MOAA's issue paper](#).
 - Take Action:** [Send this message](#) to your lawmakers.
- Restore the TRICARE Pharmacy Network**
- Join the Fight:** Thousands of independent pharmacies have left the network, threatening a critical benefit for many in rural areas, as well as elderly beneficiaries and those with serious medical conditions. MOAA wants increased Congressional oversight over a strong, accessible network.
 - Learn More:** Download [MOAA's issue paper](#).
 - Take Action:** [Send this message](#) to your lawmakers.
- Support the All-Volunteer Force**
- Join the Fight:** MOAA seeks meaningful quality-of-life improvements for those in uniform and their families, as well as long-term programs designed to widen the recruiting pool.
 - Learn More:** Download [MOAA's Issue Paper](#).
 - Take Action:** [Send this message](#) to your lawmakers.

Make your voice heard and Take Action now: <https://moaa.quorum.us>

- Sources:
- [www.moaa.org](#), article by Brian T. Kelly, April 12, 2023
 - [www.moaa.org](#), Advocacy in Action, April 2023




MOAA's 2023 Advocacy in Action

—By: COL Charles Dalcourt, USA (Ret)

On Wednesday, 26 April I was blessed to participate in MOAA's 2023 Advocacy in Action (AiA) event. Nearly 200 MOAA board members, state council leaders, and chapter members from across the nation met with lawmakers on Capitol Hill to discuss MOAA's seminal legislative priorities including, restoring basic allowance for housing to 100% (H.R. 2537 – 118th Congress 2023-2025: BAH Restoration Act), reversing TRICARE pharmacy network cuts, and supporting the all-volunteer force.

Please take a moment to read Mr. Kip Hanley's article - https://www.moaa.org/.../advocacy-in-action-moaa-members...





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**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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LEGISLATIVE AFFAIRS: REGINALD WILLIAMS LTC USA RET



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.

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

2020-2022 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.

GENERAL CONTACT INFO:

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



It is with great pleasure that I learned MOAA Tampa's newsletter The Retrospect and our website have once again been awarded the MOAA 5 Star Col Marvin J. Harris Communications Award! I echo our Chapter President's acknowledgement and thanks to all who contribute to both the newsletter and website, specifically Emily Yates our publisher and Michael Higgins our web master as well as Nick Nicholson who volun-

teers his technical support to our chapter. I want to personally thank the many members who submit articles to our newsletter to include Kiley Stinson and Barbara Brotherton who take the time on short notice to assist me as "a second pair of eyes" to edit before publication, Bob Sawallesh and Ben Ritter for their photography support and everyone in the Chapter who takes time to submit articles, especially all of our regular contributors. This is our Chapter Award, and it happened all because of everyone's consistent efforts and support. I thank you for making my editor work easier.

Our MOAA Tampa Chapter Awards Luncheon co-sponsored by USAA was such an uplifting event last month. I loved meeting the youth of our future and their proud parents and instructors. Take the time to read the article about them. This month we will award our MOAA Tampa Scholarships at our luncheon, so hope that many of you will attend to congratulate all the winners. Paul McAneny, COL USAF (Ret) has the next "Thriving After The Military" Seminar will be held on May 2nd and The Florida Council of Chapters MOAA Convention will be held in St. Augustine this year May 19-21. Our luncheon guest speaker this month is Jonathan Shannon from the National Oceanic and Atmospheric Administration. With hurricane season approaching, I'm sure he'll have many interesting remarks. Make sure to read his bio.

This month we are highlighting our Member of the Month Lewis VanDyke, COL USA (Ret). Lewis recently volunteered to take over as our Chapter Treasurer and is such a great guy to work with. I've known Lewis and his wife Ruth since I joined this Chapter, and they are both wonderful to work with and I'm pleased to call them "shipmates" and friends. Please read

Lewis' bio in the newsletter.

As always, I appreciate articles submitted by our chapter members and their contributions to The Retrospect. Thank you, Bob Sawallesh, LTC USA (Ret) for providing such an interesting photo of a WWI memorial statue with a link to more information. We are also so blessed to have strong support from our Coalition Partners with insightful updates from BGEN Larsen. On a very personal note, this month always tugs at my heart, so I thank you in advance for reading my article about two of my uncles who made the ultimate sacrifice in WWII as we remember all who served and did not come home. There are many 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 will be traveling once again so will miss you at this month's luncheon but keep your stories and photos coming to me. Happy Mother's Day to all mothers and let us remember and honor all those who have served our nation and are no longer with us this coming Memorial Day.

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." – Jeff Miller

Let us never forget. - NEVER STOP SERVING!

Sara Marks, CAPT NC USN (Ret)

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

OUR EDITORIAL POLICY:

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

First female US Naval Academy superintendent nominated

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



—Rear Adm. Yvette Davids has been nominated to become the first woman to serve as superintendent of the U.S. Naval Academy. (Navy)

—By Diana Stancy Correll

Secretary of the Navy Carlos del Toro and Chief of Naval Operations Adm. Mike Gilday have nominated Rear Adm. Yvette Davids, the director of the Navy's Learning to Action Drive Team, to serve as the 64th superintendent of the [U.S. Naval Academy in Annapolis, Maryland](https://www.navytimes.com/news/your-navy/2023/04/21/first-female-us-naval-academy-superintendent-nominated/).

If the U.S. Senate confirms Davids, she will become the first woman to serve in that role.

This isn't the first time Davids has made history. She was the first Hispanic American woman to lead a Navy warship when she became the commanding officer of the guided-missile frigate Curts in 2007.

"For this milestone, Davids was a 2008 recipient of the Mexican American Women's National Association's Las Primeras Award for Latinas who demonstrate important 'firsts' in their fields with a national impact," the Navy said in a news release.

Davids, who graduated from the Naval Academy in 1989, has also served as the commanding officer of the guided-missile cruiser Bunker Hill, and as commander of Carrier Strike Group 11. She has served as the director of the Learning to Action Drive Team since August 2022.

Vice Adm. Sean Buck, the current [superintendent of the U.S. Naval Academy](https://www.navytimes.com/news/your-navy/2023/04/21/first-female-us-naval-academy-superintendent-nominated/), has served in that role since 2019.

Source: <https://www.navytimes.com/news/your-navy/2023/04/21/first-female-us-naval-academy-superintendent-nominated/>

2023

Advertise in the monthly MOAA Tampa Chapter Newsletter

The

RETROSPECT

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL

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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	Cost	Cost
Ad Deadline	(Artwork supplied)	(Ad creation)
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	Cost
	(Artwork supplied)	(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.

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DEADLINE: See Digital Publishing table.

ADs are for 12 months.
We can discuss pro-rating for shorter periods.

Call, email or visit moaatampa.org to reserve your spot today!

Email: Secretary@moaatampa.org
www.moaatampa.org

MEMBER OF THE MONTH

LEWIS VANDYKE COL USA RET

I grew up on a small farm in the western part of North Carolina. After high school, I attended the University of North Carolina at Chapel Hill where my adventures with the Army began through the ROTC program. One memorable adventure was that during my junior year I was selected to attend airborne school where I got on a perfectly good airplane and jumped out of it several times. I graduated with a degree in chemistry and received a commission in the Chemical Corps.

My first assignment was to Ft McClellan, AL and while there I had the opportunity to travel and see significant aspects of the Army as an aide-de-camp to the Commandant of the Chemical Corps, a Brigadier General. As an Army Chemical officer, I had the opportunity to gain experience in a variety of positions, most related to Combating Weapons of Mass Destruction. Assignments included serving as a Brigade Chemical officer in Germany and Korea; Commanding a Field Artillery Headquarters

Battery; Assistant Executive Officer for the Deputy Chief of Staff for Logistics; followed by serving as the Surety Officer at Johnston Island for chemical weapons demilitarization operations; 25th Infantry Division Chemical Officer; Chief, Weapons of Mass Destruction Domestic Preparedness Branch, Director of Military Support (DOMS) providing Defense Support to Civil Authority (DSCA) and implementation of the Department of Defense support for the Nunn-Lugar-Domenici Legislation which involved planning for and development of training and equipping first responders preparedness for and response to terrorism; Mission Commander for Chemical Weapons Convention Inspection Team escorting international inspectors to various declared locations throughout the United States; and Acting Director of the Chemical/Biological Directorate, Defense Threat Reduction Agency having responsibility for Science & Technology development and financial execution and management of the Chemical

Biological Defense Program (CBDP) Program Objective Memorandum. I completed my career serving as Training Inspections Team Chief with the Department of the Army Inspector General (DAIG) conducting inspections throughout the world to include Kosovo, Afghanistan, and Iraq. After retiring I continued serving by assisting the J8, Joint Requirements Office for Chemical Biological Radiological Nuclear Defense (CBRND) in support of Combatant Commands and service schools through involvement in training, education, and exercises in defense against weapons of mass destruction.

During this great opportunity to serve our country I met the love of my life Ruth, another Army Chemical Corps Officer, who I have been married to for over 40 years. Now completely retired, we live in Tampa continuing to enjoy traveling, playing tennis, pickle ball, and running (or our version of running). We are both serving on various boards and keeping quite busy.



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.

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](#)



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."

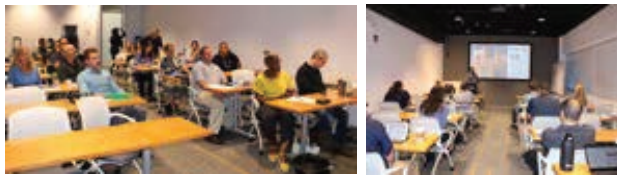
"This was an amazing day; so much info that I didn't get from my Base."

"Love the energy and purpose!"

<https://www.eventbrite.com/e/thriving-after-militaryservice->

REGISTER: [all-ranks-transition-seminar-tickets-579057074297](https://www.eventbrite.com/e/thriving-after-militaryservice-)

**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

MAY LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting

DATE: Thursday, 11 May **TIME:** Social time 1130 hours, Meeting time 12 noon – 1330 hours

LOCATION: Columbia Restaurant, Siboney Room, 2117 E 7th Ave, Ybor City

RESERVATIONS: Reservations must be made by NOON Friday, 5 May. Call 813-676-4676 and follow the prompts OR via email to LunchReservations@moaatampa.org. Reservations are limited to 60. A reservation made is a reservation paid.

CANCELLATIONS must be made by NOON Monday, 8 May by calling 813-676-4676.

COST: Event cost is \$30 payable by check or cash, \$31 by credit card (includes service charge).

MASKS: Masks are optional.

DRESS CODE: Proper attire is business casual for all (i.e., for men, slacks/collared shirts). Military uniforms are always appropriate.

MENU: 1905 Salad, Cuban Bread and butter, Arroz con Pollo, Roast Pork, Black Beans, Fresh Green Beans, Flan, 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](tel:+13052241968)..89747483931#,...*031275# or [+16469313860](tel:+16469313860)..89747483931#,...*031275#

Meeting URL: <https://triple-strand-global-solutions.zoom.us/j/89747483931?pwd=dE5YN0gxbWY0ZEdNM2IkM2ZmTFBhZz09&from=addon>

Meeting ID: 897 4748 3931 Passcode: 031275

Join by Telephone:

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

+1 305 224 1968 US, +1 646 931 3860 US, +1 301 715 8592 US (Washington DC),
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+1 507 473 4847 US, +1 564 217 2000 US, +1 669 444 9171 US, +1 689 278 1000 US,
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+1 386 347 5053 US

Meeting ID: 897 4748 3931 Passcode: 031275



BULLETIN BOARD

CARING FOR OUR “SHUT-IN” MEMBERS

Our Chapter wants to become aware of members who are hospitalized, homebound, in care facilities or just plain sick and has provided a way for you to inform us. Please contact Lt Col Kiley Stinson USAF Ret, Sick Call Chairman 813-957-1127 so that he may call or send cards to let them know they are missed.

Alternatively, you may send an e-mail to: 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, 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.

Keep Your MOAA Contact Updated

Please email any email address changes to “membership@moaatampa.org” or go to your account at moaa.org and update mailing address, phone number, email address under the “Profile Info” once logged into your account.

Welcome New Members

Former CPT Tyler Beckham, USA
COL Eliot Harris, USA, Retired
Major Russell Pool, USMC, Retired
Lt Col Sarah Williams, USAF Active Duty



IMPORTANT DATES IN MAY

Month of the Military Caregiver
National Military Appreciation Month
1 Silver Star Service Banner Day
6-12 Nurses Week
8 VE Day
12 Military Spouse Appreciation Day
13 Navy Nurse Corps Birthday
13-20 Armed Forces Week
13 Children of Fallen Patriots Day
14 Mothers Day
20 Armed Forces Day
22 Maritime Day
29 Memorial Day

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



Honor Flight West Central Florida



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).

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

ON MEMORIAL DAY, I ALWAYS REMEMBER

By: Sara Marks, CAPT NC USN (Ret)

At every MOAA Tampa luncheon we always set a table for our comrades in arms who cannot be with us at our MIA and POW table, and I always remember. I remember the loss of my mother’s two brothers, my uncles, who each made the ultimate sacrifice in WWII. My Uncle Page’s plane went down off the coast of the Netherlands and his body was never recovered. My Mom often hoped that he was somehow still alive and was in an undercover mission. Sadly, that was not the case. Uncle Page left a wife and a baby girl he never met.

My Uncle Fred’s plane was sabotaged and blew up after takeoff in Kunming, China. The last letter my Mom received from him was the promise to share some exciting adventures. I often wonder what he would have shared with her had circumstances been different. Fred was initially buried in China, but in 1947 he was one of the first of our soldiers who was brought home to be buried on American soil. In the meantime, life went on and fast forward to 2009 when I transferred to my last duty station in Bethesda, Maryland. I had several occasions to drive back and forth from my new home in Virginia to Mississippi. Mom drove with me on one of my trips, and we stopped at the National Cemetery in Chattanooga, TN over Memorial Day weekend to honor her beloved brother. He was just 24 when he died.

I think of all the men and women who died in action for our Great Nation, and of course, I think of Uncle Page and Uncle Fred and so wish that I could have known them. Life is precious and I thank the men and women who have faithfully served, many I’ve had the honor to serve alongside. But for all who did not come home, I always remember.

So let us take time this Memorial Day to remember. And I thank you for letting me share about my family’s sacrifice and thank you in advance for taking the time to read just a little bit about my Uncle Page and Uncle Fred that I pulled from the East Tennessee Veteran’s Memorial site. May we also remember those who served with them and didn’t come home. Finally, may God Bless America.

Page Walley

Aircraft B-24H with serial number 42-64435 was on a bombardment mission to Munster in Germany. On their way back to England the aircraft was last seen over the North Sea with No. 2 engine on fire after which a large explosion was observed beneath the ship, believed to be the bombs from the plane. After the explosion the plane was seen going down out of control and headed back towards the Dutch Coast.

Crew members

- Pilot, 2nd Lt Herman H. Miller
- Co-Pilot, 2nd Lt Henry P. Walley
- Navigator, 2nd Lt John L. Becker
- Bombardier, 2nd Lt Wilbur H. Luetzow
- Radio Operator, S/Sgt Seymour Zimmerman
- Waist Gunner, Sgt William J. Baum
- Engineer/Top Turret Gunner, S/Sgt James W. Robinson
- Assistant Engineer/Waist Gunner, Sgt Arthur W. Swanson
- Belly Turret Gunner, Sgt Walter T. Gorka
- Tail Gunner, Sgt Harold T. Barton

Memorialized at Cambridge American Cemetery, Cambridge, England

The Chattanooga Daily Times, 8 June 1945

David Z. Walley, 718 Clayton Avenue, received word yesterday that his brother, Lt. Henry P. Walley, Liberator bomber co-pilot missing in action since Feb. 21, is now presumed by the War Department to be dead. The official notification of Lt. Walley’s presumed death was sent to his wife, Mrs. Dolores Mooneyham Walley, Calhoun City, Miss., and she forwarded it to the Chattanooga brother. Lt. Walley was the son of the late Dr. and Mrs. David M. Walley, Jackson, Miss. He was the brother of Lt. Fred Walley, bombardier, who was killed in action in China in July of 1944. Two other brothers are in the navy, Lt. Comdr. M.C. Walley and HA1C John M. Walley, both in the Pacific theater. Mrs. Rose Walley Marks, Jackson, Miss., is a sister.

The notification to Mrs. Walley stated: “Since your husband, Lt. Henry P. Walley, Air Corps, was reported missing in action Feb. 21, 1944, the War Department has entertained the hope that he survived, and that information would be revealed dispelling the uncertainty surrounding his absence. However, as in many cases, conditions of warfare deny us such information. Information in the hands of the War Department indicates that your husband became missing in action while on a bombing mission to Munster, Germany. The B-24 (Liberator) bomber in which he was a crew member was last seen going down out of control over the North Sea, about miles from the Dutch Coast. Since no information has been received which would support a presumption of his continued survival, the War Department must now terminate your husband’s absence as death.”

Fred Walley

Died 8 July 1944
Buried at Chattanooga National Cemetery, U, 72-A

Second Lieutenant
425th Bomber Squadron, 308th Bomber Group, Heavy

8 July 1944, aircraft B-24J with serial number 42-73502 crashed on takeoff from Kunming. Aircraft commander 2nd Lt Hollis D. Sneed, along with six other crewmen, perished; one airman survived.

Crew members

- Pilot, 2nd Lt Hollis D. Sneed
- Co-Pilot, 2nd Lt Irvin Boyd Shaffer
- 1st Lt Fred J. Walley
- F/O Cornelius R.C. Rogge
- S/Sgt William F. Short Jr.

The Chattanooga Daily Times, 21 July 1944

Killed in action was Lt. Fred J. Walley, brother of David Z. Walley, 718 Clayton Avenue. The report of the death of Lt. Walley followed by only one week the receipt by his brother here of a letter saying he was in action in India as the pilot of a Liberator bomber. The letter had been mailed out of China on July 6. A previous letter had told of Lt. Walley’s having been missing in action for a time and having escaped with an interesting story to tell when opportunity arose. It had not been many months since the Chattanooga brother received word that another of his four brothers, Lt. H.P. Walley, B-17 pilot, was reported missing over Germany, Feb. 21. Nothing has been heard since of the fate of Lt. Walley. There are two other brothers of the family in service, Lt. Comdr. M.C. Walley, captain of a naval vessel, and John M. Walley, hospital apprentice first class, serving aboard a Navy cruiser. Lt. Walley is also survived by a sister, Mrs. S.S. Marks, Elizabethton, Ky.

The telegram from the adjutant general to Walley said: “The Secretary of War desires me to express deep regret that your brother, Lt. Fred J. Walley, was killed July 8 in Kunming, China. Letter follows.”

Lt. Walley was assistant golf professional at the Jackson Country Club, Jackson, Miss., when he entered service in July of 1941. He had served as bombardier instructor at various training fields in the United States for two years and had been overseas only three months.

Source of info on Page and Fred Walley: <https://etvma.org>



—Photo credit Sara Marks



—Photo credit Sara Marks



—Chattanooga National Cemetery. Photo credit Sara Marks

April Luncheon Photos

Photo credits: Ben Ritter and Sara Marks



APRIL LUNCHEON GUEST SPEAKER

KELLIE KUHAR

Kellie Kuhar is a Coast Guard MilSpouse (ret), mother of two and a Financial Advisor. She joined First Command Financial Services as a Financial Advisor in February 2018. As a military spouse, she understands the unique situations and circumstances that place pressure on military families and is committed to helping them discover the confidence and peace of mind that come from financial security.

A graduate of Florida Gulf Coast University with a Bachelor's degree in Business Management with a concentration in Human Resources, Kellie holds Series 7 and 66 securities licenses plus life and health insurance.

Understanding that the biggest obstacle to financial security for most people is their own behavior, Kellie serves as a personal financial coach to clients, continually reinforcing positive financial behaviors. She advocates time-tested financial principles, including disciplined, long-term saving and investing, careful debt management, and a thoughtful insurance strategy to manage financial risk. Kellie will work with you to establish specific, meaningful goals that are consistent with your values and then develop a personalized financial plan to guide your pursuit of those goals.

First Command Financial Services was founded in 1958 by a retired Air Force officer for the specific purpose of improving the financial well-being of military professionals and their families. Today, more than 500 First Command Financial Advisors across the country and abroad, many of whom also served, are committed to the company's Mission of "Coaching those who serve in their pursuit of financial security."



MAY LUNCHEON GUEST SPEAKER

JONATHAN SHANNON



Jonathan has been the Public Affairs Specialist for the NOAA Aircraft Operations Center for three years. He loves having the opportunity to tell the stories of how the Office of Marine and Aviation Operations' platforms and programs help make NOAA's science and stewardship missions possible.

Prior to joining AOC in April 2019, he served as the Outreach Specialist for NOAA Fisheries Office of Protected Resources for 9 years. While there, he managed outreach, communications, and education efforts to promote the Office's mission of conservation and recovery of marine species through the Marine Mammal Protection Act and Endangered Species Act.

Prior to joining the Office of Protected Resources, Jonathan worked in the National Ocean Service Office of National Marine Sanctuaries as an Education Liaison for two years. Before joining NOAA, he served in the U.S. Navy as a Surface Warfare Officer for 5 years. Jonathan graduated from the U.S. Naval Academy with honors and distinction in 2002, earning a B.S. in Oceanography and minor in French. He also earned an M.S. in Mechanical Engineering from Duke University.

He lives with his wife and two daughters in Tampa, FL. Interests include running, eating, reading, and SCUBA diving, although not all at the same time. One of his favorite movies is "Joe vs the Volcano."

The Origins of Memorial Day

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

1864

Boalsburg, Pa. Women put flowers on the graves of their own Civil War dead (from the nearby battle of Gettysburg) and on other war dead in summer and fall. This is the start of their decorating the graves every year. August 1868, Boalsburg chapter of GAR organized and takes responsibility for yearly observance.

April 1865

A descendent of President John Adams, Mrs. Sue Landon Vaughn, is said to have led some women to Vicksburg, Mississippi, cemetery to decorate the graves of soldiers. 1954

May 1865

Winchester, Virginia. Local women form the Stonewall Jackson Memorial Association and decorate all the graves in the Confederate Cemetery, which is supposedly the first cemetery established for soldier dead in the South.

April 1866

Women of Columbus, Mississippi, go to "Friendship" Cemetery, on outskirts of the city, the burial ground for the Shiloh battle dead, and lay flowers on both Union and Confederate dead. Greeley's New York Tribune prints a story on the unprejudiced acts of these women that lead to widespread interest in impartial offering to memory of the dead. It is seen as a «healing touch for nation.»


Carbondale, Illinois. Inspired by seeing a woman with two children putting flowers on graves in rural Hiller Cemetery, just outside Carbondale, Ambrose Crowell, Russell Winchester, and Jonathan F. Wiseman clean and decorate other graves that day; then organize a wider-scale memorial observance at the larger Carbondale Woodlawn Cemetery on 29 April 1866. 219 Civil War veterans march to the cemetery, Southern Illinois' own Major General John A. Logan gives the principal address. Sexton James Green makes memo of the occasion on a flyleaf of old family book, complete with date, location, etc. Carbondale, therefore makes the claim of the first organized, community-wide Memorial Day observance in United States. In 1866 Carbondale Memorial Association, Inc. starts movement to establish its "first" claim. Illinois Congressman Kenneth Gray introduced House Bill No. 12175 to this end, to make Carbondale's Woodlawn Cemetery a national landmark.

May 1866

5 May, Waterloo, New York. Formal Memorial Day observations held. (see entry for May 1966)

1867

These activities inspire a young lawyer (later prominent jurist and co-founder of Cornell University) Francis Miles Finch to write the poem "The Blue and the Gray, published in Atlantic Monthly September 1867. This work became very popular and contributed to the movement for a special day to decorate graves of the soldiers.



speaker at ceremony at National Cemetery at Arlington, Virginia. First formal and official observance of Memorial Day.

1873

Memorial Day is recognized as an official holiday, when New York State designates it as a legal holiday. Other states soon follow.

1882

The Grand Army of the Republic urges that the name of the holiday be "Memorial Day". Many, however, persist in calling it "Decoration Day", because of the way it began, with the decoration of the graves of fallen soldiers.

1887

Joint Resolution 6, 23 February 1887 (24 Stat. 644), U.S. Congress allows the day of each year which is celebrated as "Memorial" or "Decoration" Day to be a holiday for all per diem employees of the Government, on duty at Washington or elsewhere in the United States.

1888

Act of Congress, 1 August 1888 (25 Stat. 353) made 30 May a legal holiday for all persona in the District of Columbia.

1901

Act of Congress, 3 March 1901 (31 Stat. 1404) provided that if this day falls on a Sunday the next succeeding day shall be a holiday. Amended by the Act of 30 June 1902 (32 Stat. 543).

1926

Joint Resolution, 19 June 1926, U.S. Congress, authorizes and directs Secretary of War to accept a tablet commemorating the designation of 30 May as Memorial Day by General Orders 11, 5 May 1868, Headquarters of the Grand Army of the Republic, Signed by General John A. Logan, Commander-in-Chief.

1966

House Concurrent Resolution 587, 10 February 1966, introduced by Congressman Samuel S. Stratton, 89th Congress, 2d Session, recognized the village of Waterloo, New York's celebration on 5 May 1866 as the "first observance of Memorial Day as a national holiday to pay tribute to those who gave their lives in all our Nation's wars." The resolution also states that Congress does "recognize Waterloo, New York, as the birthplace of Memorial Day". It further states that while "Memorial Day has since become a national holiday, observed from one end of the land to the other on May 30", the President is requested to issue a proclamation calling attention to the centennial anniversary of the first observance of Memorial Day.

January 1971

With the passage of the "Monday Holiday Law", the celebration of Memorial Day Holiday is changed from 30 May to the last Monday in May.

December 2000

"National Moment of Remembrance" resolution, which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps' was passed.

—Source: <https://history.army.mil/html/reference/holidays/memday/index.html>

Stories of Service: Children of Fallen Patriots

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

So far, the organization has given away close to \$52 million and helped 2,200 children.

JACKSONVILLE, Fla. — According to statistics, 25,000 children have lost an active duty parent in the military over the last 35 years. Most of those casualties are men, leaving behind single mothers to care for their families.

“I was 15 at the time and found out my dad had passed. I just remember not fully processing it at first,” Emma Wilkenson said.

Wilkenson, a Jacksonville native, was just a freshman in high school when her father, United States Navy Captain Wade Wilkenson, died by suicide after serving multiple deployments.

“You don’t really process grief until much later,” she said. “At first, it was kind of initial shock.”

Emma Wilkenson, her older sister, and her mother’s lives changed forever.

“It’s kind of jarring, because you go from being in this very, you know, in this community, that you’ve been part of your entire life to just being outside of it,” Wilkenson explained.

Wilkenson was connected with [Children of Fallen Patriots](#), an organization that provides college scholarships and education counseling to military children who have lost a parent in the line of duty.

“Our statistics show that most of our widows are making less than \$50,000 a year, and they have two to three children on average,” Cynthia Kim said.



Cynthia Kim is co-founder of Children of Fallen Patriots. She says, so far, the organization has given away close to \$52 million and helped 2,200 children.

“Some of the kids don’t even realize how much money is available to them. We help them access all the funding that’s available to them,” Kim added.

Because of this program, Emma graduated debt-free with her bachelor’s degree from the University of Central Florida. She now works for the organization.

“Having my dad die when I was 15 was very tragic. But, through the support that I’ve gotten from this organization and knowing the people that are behind me, I’ve been able to turn that into me helping other children like me,” Wilkenson said.

If you’ve lost a loved one in the line of duty and need educational help for your children, [click here](#).



Source: <https://www.firstcoastnews.com/article/news/national/military-news/stories-of-service-children-fallen-patriots/77-98472901-fa77-49ab-989f-3315aabb5f62>

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/>



The Military Crisis Line is Here for You

Free & Confidential

There’s no charge and you decide how much information to share.

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Accessible 24/7/365.

Trained Counselors

Many are Veterans who understand the challenges service members and their loved ones face.

Calling from Overseas?

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Call [00800 1273 8255](tel:0080012738255) or DSN 118

In Korea

Call [080-855-5118](tel:080-855-5118) or DSN 118

In Afghanistan

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

In the Philippines

Dial #MYVA or [02-8550-3888](tel:02-8550-3888) and press 7

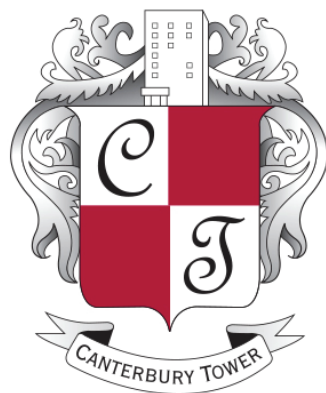
There’s a lot of retirement options, but once you visit Canterbury Tower, Bayshore Boulevard’s only CCRC, the choice is clear. You’ve planned wisely for this day and when it comes time to find the place you WANT to call home ... look no further than Canterbury.

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MOAA TAMPA AND USAA RECOGNIZE WINNERS OF JROTC MOAA AWARD

—By Ken Martin, LTCOL USMC (Ret) - Photo credit: Sara Marks and Ben Ritter

The MOAA Tampa Chapter and USAA hosted seven JROTC MOAA award winners and parents at our April luncheon. The MOAA JROTC award (medal, ribbon, and certificate) is presented to a Cadet who is in the next-to-last year of a JROTC program, in good academic standing, of high moral character, demonstrates a high degree of loyalty to the unit, school, and country, and demonstrates exceptional potential for military leadership.

The following cadets were recognized:

Alonzo High School Cadet Kaylei Marr
Cadet Marr is the Charlie Company Commander and a member of the drill team.

King High School Cadet Orlando Santiago
Cadet Santiago is the Assistant Officer in Charge, Honor Student, a member of the Color Guard, Orienteering Team, Academic Team, and Sword Detail. He is also a USF youth boxing champion.

Freedom High School Cadet Julian Cabrera
Cadet Cabrera is a member of the drill (assistant color guard commander), marksmanship (assistant commander), academic and drone teams. He also plays baseball on the Freedom High team.

Middleton High School Cadet Chandler Glover
Cadet Glover is the Operations Support Squadron Commander who oversees all Middleton AFJROTC extracurriculars. He is the Color Guard Commander. He maintains a 4.67 weighted GPA in the Computer System Engineering magnet program.

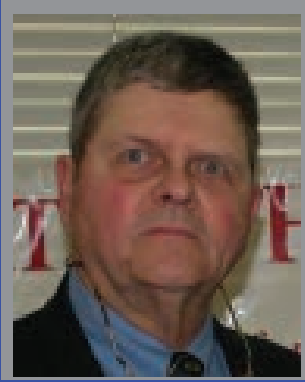
Plant High School Cadet Adam Acord
Cadet Acord is a former flight commander currently serving as the unit's vice IT. He is on the marksmanship team and works part time in his off hours.

Sickles High School Cadet Tyler Szymanski
Cadet Szymanski is on the unit's nationally ranked Precision and Small-Bore Marksmanship team. He is the Commander of the Joint Leadership Academic Bowl team that has advanced to the National Championship to be held in Washington DC this summer. He is also an Eagle scout.

Steinbrenner High School Cadet Peyton Ramsey
Cadet Ramsey is an active participant of the Drill Team, Color Guard, and Academic JROTC Leadership and Academic Bowl team. He focuses on school and classes, and has a 3.9 Weighted GPA.




UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN
Chairman, OPHH

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



On 20 APRIL, OPERATION HELPING HAND held its 209TH 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. In fact, we moved the DINNER to a larger dining room at EMBASSY SUITES due to an increase in participation from both patients and hospital staff and guests. The larger dining room will be able to accommodate up to 150 guests. 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 FREEDOM HS 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, BRANDON RUNNERS ASSOCIATION. THANK YOU, STEVE SWIFT and your folks for your very enthusiastic attendance! MUCH APPRECIATED. THANK ALL OF YOU UNISEN AND VILLIAN FOLKS for attending.

CAPTAIN STEVE SWIFT, USN, RET. Presented a donation to OPERATION HELPING HAND from the very successful ST PADDY’S DAY FUN RUN.

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!!

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 link 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](https://operationhelpinghandtampa.com).

STAY SAFE, HEALTHY, AND RESILIENT
OUR TREMENDOUS GROUP OF VOLUNTEERS
MAKE ALL OF THIS POSSIBLE!
THE PATIENTS ARE BACK!

Honoring Military Moms

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

— By Heather Longfellow



—Reflecting on absence

No Military Without Moms

Active duty military members and veterans display tremendous courage, dedication, patriotism, and mental and physical fortitude. But there are unsung heroes residing in their shadows that I want to honor today: moms of military members. Their service and sacrifice to their children in the military, their military, and their country merits remembering and honoring. There are no soldiers, airmen, or sailors – and no military – without them.

The Profound Challenges of Military Moms

As a mother of two sets of twins, I can certainly attest to the challenges faced by mothers – all mothers. Raising children the right way so that they evolve and grow into well-rounded, responsible adults who lead lives of integrity is perhaps the hardest, yet most rewarding duty a person can have. And as the mother of a U.S. Army soldier, I can attest to the unique and particularly profound challenges of being a military mom. This role is one that is constantly testing your perseverance, and one that is ever-reminding you of what’s truly most important in life – to never take your loved ones for granted.

A New Chapter

When my son wanted to discuss his interest in joining the Army, I had conflicted feelings. It was a lot to sort through in my mind. I had so many burning questions. Would he stay safe? Would he be happy? How would he adjust to this new life? How would I adjust? Would he survive Boot Camp? Above all of these feelings and considerations, however, I was proud of him because of what it means to serve your country in the military. I was proud of his desire to serve alongside other men and women who exemplify the traits of courage, dedication, and selflessness that are required to serve in the military.

Never Asked for “Easy”

My son followed his ambition, and I encouraged him to do what was right for him. Fast forward a few years, and my son is enjoying a successful career in the Army. Turns out, it really was the right choice for him. It has certainly not been easy, but given the traits that lead someone to join the military in the first place, is someone like that really ever seeking “easy?” My son has no regrets and has gained very valuable career and life experience that will serve his future well.

Serving with Honor

Being the mother of a military member often means missing out on holidays and family celebrations with your son(s) or daughter(s). It can mean rarely seeing the children you raised day-in and day-out for so long. Most challenging of all, it can mean worry and anxiety over your child’s safety and/or well-being – particularly in times of military engagement overseas. This may be especially true if your son(s) or daughter(s) is not able, for security or communication restraint reasons, to divulge the details of what they are doing or where they are. It takes great strength and perseverance to be the mom of someone serving in the military. Moms must be strong for their sons and daughters of whom they are so proud. And those who serve honor the moms who raised them by serving their country with honor.

All Grown Up Now

As any mother knows, they grow up so fast... This may be more true than ever when your son or daughter joins the military. Your child is fully embracing adulthood, with the weight of responsibility, discipline, work ethic, and commitment that come from experience in the military. Despite that, they’ll always be our babies, regardless of their chronological age. It will always be tough to watch them embark on this exciting journey alone. When we do see them, we cherish that time more than we ever could have envisioned. The impact of the distance and concerns moms have, which can be amplified when their child is in the military, are profoundly felt.

Seeking Support

Are you the mom of a military member (or members) who is wondering where to turn for support? “Today’s Military” offers a wealth of links to support resources for Moms with children serving in different branches of the military [here](#). You are there for your children, now let others in the military community be there for you. Whether your child is in the Army, National Guard, Marines, Air Force, Navy, or Coast Guard, you will find tools to help you there.

Active-Duty Moms in the Military

I want to mention another group of moms who deserve recognition. They are the moms currently serving in the military who must endure so much time separated from their families in service to their country. Their sacrifice is tremendous, and we owe them an enormous debt of gratitude. To all of you moms that are serving in the military, thank you so much for your service and sacrifice.

We are always mindful of the sacrifice active-duty military members and veterans have made in service to our great country and people. If you’d like to read more about some of the veterans working at Global Dimensions, you can check out our blog post [here](#).

Soucre: <https://globaldllc.com/2022/05/08/honoring-military-moms/>

Interesting Facts About Victory In Europe Day (VE DAY)

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



—U.S. Army Military Police soldiers read about the German surrender in Stars and Stripes.

“The western world has been freed of the evil forces which for five years and longer have imprisoned the bodies and broken the lives of millions upon millions of freeborn men. They have violated their churches, destroyed their homes, corrupted their children and murdered their loved ones. Our armies of liberation have restored freedom to those suffering peoples, whose spirit and will the oppressor could never enslave.”

– President Harry S. Truman, V-E Day Proclamation

On May 8th, 1945 – known as Victory in Europe Day or V-E Day – celebrations erupted around the world to mark the end of a nearly six year war that had cost the lives of millions; destroyed homes, families, and cities; and brought huge suffering to the populations of entire countries.

Millions of people rejoiced in the news that Germany had surrendered, relieved that the intense strain of the war was finally over. In towns and cities across the world, people marked the victory with street parties, dancing and singing.

Here’s what you need to know about VE Day and how it was celebrated in the U.S.

There Were Two Surrender Signings

The first was on May 7, 1945, when German Col. Gen. Alfred Jodl signed Germany’s surrender on all fronts in Reims, France.



—General Alfred Jodl (seated center) signs the surrender terms in Reims, France, on May 7, 1945.

Adolf Hitler committed suicide on April 30th, 1945 after Berlin was surrounded by Allied forces. His named successor was Grand Admiral Karl Dönitz. During his brief spell as Germany’s president, Dönitz negotiated an end to the war with the Allies, and tried to save as many Germans as possible from falling into Soviet hands.

A German delegation arrived at the headquarters of British Field Marshal Bernard Montgomery at Lüneburg Heath, east of Hamburg, on May 4th. There, Montgomery accepted the unconditional surrender of German forces in the Netherlands, northwest Germany and Denmark. On May 7th, at his headquarters in Reims, France, Supreme Allied Commander General Eisenhower accepted the unconditional surrender of all German forces. The document of surrender was signed on behalf of Germany by General Alfred Jodl and came into effect the following day.



Field Marshal Wilhelm Keitel signs the ratified surrender terms at Soviet headquarters in Berlin, Germany, on May 8, 1945.

The second signing – insisted upon by Soviet Premier Josef Stalin – was by German Field Marshal Wilhelm Keitel the next day in Berlin. Dönitz’s plan was partially successful and millions of German soldiers surrendered to Allied forces, thereby escaping Soviet capture.

Jodl and Keitel were later found guilty of war crimes by the International Military Tribunal in Nuremberg, Germany, and both were subsequently executed.

How VE Day Was Celebrated In the U.S.

In the U.S., the victory was dampened by the recent death of President Roosevelt. His successor, Harry S. Truman, dedicated the day to Roosevelt and ordered that flags be kept at half-staff. Additionally, the war was not won yet in the Pacific, where U.S. and Allied forces fought the Japanese in Okinawa, the Philippines and other places. President Truman urged Americans to temper their elation until all hostilities ended. Despite this, many Americans rejoiced.



—President Truman sits before a microphone, holding his speech, at the White House, Washington, DC, May 8, 1945, after he had finished reading his announcement to the nation that Allied Armies have won unconditional surrender from the German forces on all fronts. (AP Photo/sf)

New York was the site of the largest V-E Day celebration within the United States. Crowds gathered in Times Square, and thousands marched down Fifth Avenue with confetti raining down on them.

Even before the official declaration of victory, New York officials knew what was coming, and they were prepared. A few days before the anticipated announcement of V-E Day, the *New York Times* told its readers that 15,293 police officers would be on duty “to ensure that celebrants are held within the bonds of sane and reasonable hilarity.”



—New York’s Times Square is packed with crowds celebrating the news of Germany’s unconditional surrender in World War II. (AP Photo/Tom Fitzsimmons)

Some U.S. cities observed V-E Day in a subdued fashion, adhering to Truman’s advice. From coast to coast, Americans flocked to houses of worship to pray. In Chicago, churches arranged special services, reported the *Chicago Daily Tribune*. Government and labor leaders asked workers to stay on their jobs, and liquor stores were closed for 24 hours. New Orleans “had no frenzied celebration,” and a similar calm prevailed in Dallas, Boston and Denver, according to *Newsweek*. The mood in Atlanta was “somber, reflective,” while in Los Angeles, the mayor proclaimed: “This is not a holiday.”

On this special anniversary, the ASOM recognizes with gratitude the sacrifices made over 76 years ago in the European Theater of Operations.

Victory in Europe Day will always be remembered.

To learn more about World War II, and the role Airborne forces played in it, click [here!](#)

Source: <https://www.asomf.org/interesting-facts-about-victory-in-europe-day/>



—Victory in Europe Day, 1945 · Tue, May 8, 1945 – 1 · Journal and Courier (Lafayette, Indiana) · Newspapers.com



—In Chicago, celebrators take to the streets during V-E Day on May 8, 1945. (historical photo)



— V-E Day Celebrations in London, 1945.

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We are extending EMPLOYEE pricing to all MOAA members, their friends and family.



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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 / 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? **YES** or **NO**

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: \$30.00; ----- No fee for Active Duty or Surviving Spouses.-----

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 good while still enjoying the nice weather now that the humidity has not yet set in significantly bad.

Just a short note from the International Coalition this time. Up front we are doing great and having a fantastic time here in Tampa, Florida. In terms of numbers there are no indications that the International Coalition will decrease in the near future. Actually, I am aware of considerations to even increase the number of nations present with US Central Command. In all aspects related to a whole of government approach, to include the diplomatic, information, military, and economic domains a significant demand for working closely together with partners and allies exists. Whenever engaging in security related perspectives operating together with partners and allies is the way we conduct business. Someone told me that the word “Allies” appears more than 140 times in the recently released US National Security Strategy. In almost all - if not all our national capitals priority strategic partnerships, focusing on a coalition approach, considering new options to enhance existing alliances etc. are discussed daily both at the military and political level.

We always need to aim to be prepared for things we have no idea will occur within a very

short timeframe. The war in Ukraine and the current security related escalations in Sudan are very good examples. From a military perspective part of that preparedness must be based on a partnership or alliance approach. All nations need to ensure that they remain a relevant partner of choice no matter the situation. That is very easy to state, but obviously a lot more complicated to actually implement given the context in which we have to base our decision making is very dynamic and characterized by continued changes coming with little or no warning. In other words, and in my opinion, we need to think carefully before considering terminating partnerships, alliances, and existing coalitions. It is never a big thing to end an existing cooperation, but it takes a lot of complicated political decision making, time etc. to establish one. And....time is almost always a very critical element as it comes to react to a establishing a specific military mission.

“The only thing worse than fighting with Allies, is fighting without them” —Mr. Winston Churchill

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

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

Surviving Spouse Corner: Resources for Surviving Spouses

By: Barbara Smith

As a surviving spouse and a member of MOAA, you have access to a host of people who are there to guide you through any difficulties or questions you might have. MOAA exists to protect military benefits and to offer you resources which cannot be found elsewhere.



MOAA membership is 350,000 strong, of which 16% are surviving spouses. Experts in the Washington, D.C., area advocate for legislation benefiting our community; they are equally vigilant when fighting legislation that would harm our benefits.

You are encouraged to visit [MOAA.org](#), where you can sign up to receive [The MOAA Newsletter](#) and choose areas of most interest to you, such health care and earned benefits, finance, and spouse and family.

On the homepage when you see the prompt “I AM A,” scroll down and click on “Surviving Spouse,” which will lead you to the [Surviving Spouse Page](#). This site provides information relevant to our community.

MOAA has a Surviving Spouse Advisory Council (SSAC) consisting of eight surviving spouses advocating for issues and concerns of interest to our community. Email SSACouncil@moaa.org with any questions or concerns you may have.



MOAA's Surviving Spouse Virtual Chapter meets once a month and is open to all MOAA surviving spouses and surviving spouse liaisons. Speakers cover important information regarding issues and concerns one month and the next is an open forum meeting taking questions and hearing concerns of attendees. [Learn more about the chapter, including how to join.](#)

Additionally, [MOAA's Surviving Spouses and Friends](#) Facebook group provides information, answers questions, and offers an opportunity to interact with others traveling the same course. Although not sponsored by MOAA, another Facebook group, [DIC Surviving Spouses & Friends](#), is open to all surviving spouses who receive or who have questions regarding Dependency and Indemnity Compensation.

[RELATED AT [MOAA.ORG: Dependency and Indemnity Compensation](#)]

Check out your [local MOAA chapter](#) where you can meet new people and other surviving spouses. Some of our events have speakers on a variety of subjects that might interest or concern you, with some other events providing entertainment. Most chapters have a surviving spouse liaison who is there to assist you with any issues or concerns you might have or just to provide some comfort or a sounding board.

Task Force 51/5 Conducts Joint Training with U.S. Army

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



—Coming in hot
U.S. Marine Corps photo by Staff Sgt. Gabriel Washington/Released 230410-Z-KQ118-1193.JPG

—By Capt. Joseph Leitner 5th Marine Expeditionary Brigade

NORTHERN ARABIAN GULF -- Earlier this week, Soldiers assigned to Task Force Spartan, U.S. Army Central Command's Crisis Response Task Force, trained with Marines and Sailors assigned to Naval Amphibious Task Force 51/5th Marine Expeditionary Brigade aboard Expeditionary Sea Base USS Lewis B. Puller (ESB-3) to better enable crisis response options and joint-service interoperability within United States Central Command.

“This week our combined arms CRTF consisting of aviation and infantry elements joined together with our partners in the U.S. Navy and U.S. Marine Corps to conduct deck landing qualifications and marksmanship training,” said U.S. Army Maj. Gen. Mark McCormack, Commanding General of Task Force Spartan. “This Joint Service training is vital to maintaining critical response capabilities in the CENTCOM Area of Operations for any potential employment and real-world crisis reaction. Task Force Spartan, the sailors of the USS Lewis B. Puller, and the Marines of MARCENT, are a lethal and ready force prepared to defend all national interests in the region.”

Soldiers from Task Force Spartan operated aboard the Puller for eight days, culminating with a mock air assault originating from the ship. Not only did this training allow for pilots from Task Force Spartan's aviation element to increase proficiency in landing and taking off from an underway U.S. Navy vessel, but the CRTF's infantry element was afforded a unique opportunity to train and operate within a naval environment.

“Here in CENTCOM it's vital that our joint services stay proficient at operating together. Over the last year or so we've worked with our U.S. Army partners to achieve this and we've had some great results.» U.S. Marine Corps Brigadier General Matthew S. Reid, Commanding General of TF 51/5none

“This last week in particular their pilots, aircrew and infantry got to experience life and operations aboard an embarked Navy vessel, while our Sailors and Marines got to practice planning, logistics, and support to our Army brothers and sisters,” said U.S. Marine Corps Brigadier General Matthew S. Reid, Commanding General of TF 51/5. “At the end of the day, this kind of training only gives us more flexibility in responding to crises, deterring external threats, and supporting our partners together in the region”.

This week's events were not the first time TF 51/5 and Task Force Spartan collaborated on training together. Over the last several years, multiple training events of a similar size and scope have been conducted by the U.S. Army aboard the USS Puller.

Task Force Spartan is a unique, multi-component organization, made up of Active Army and National Guard units, and rounded out by U.S. Army Reserve support units. Through Operation Spartan Shield, Task Force Spartan maintains a U.S. military posture in Southwest Asia sufficient to strengthen U.S. defense relationships and build partner capacity.

The Puller is forward - deployed to the U.S. 5th Fleet area of operations to extend U.S. Naval Forces Central Command's maritime reach. The Puller supports counter-piracy operations, maritime security operations, humanitarian aid, disaster relief and crisis response operations.

During steady-state operations the Puller falls under tactical command of TF 51/5, a crisis response-capable headquarters that is led by a cadre of U.S. Marine Corps and Navy professionals. The Puller makes TF 51/5 unique in its ability to organically support amphibious operations within CENTCOM and is one of the few U.S. Navy vessels in the world to fall under tactical control of a U.S. Marine Corps general officer.

Source: <https://www.marines.mil/News/News-Display/Article/3372501/task-force-515-conducts-joint-training-with-us-army/>

MEDICAL CORNER

Exercise May Be More Effective Than Medication for Anxiety, Depression, Study Finds

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

Exercise plays a key role in our health, and studies have shown that being active can [boost your memory](#), [lower your risk of future hospitalization](#), and even [lower your risk of cancer](#). Now, there's evidence suggesting that exercise may be more effective than medication at managing mental health disorders like depression and anxiety.

The study, published in the [British Journal of Sports Medicine](#), encompassed 97 different analyses over 1,039 trials, involving 128,119 participants, making it the most comprehensive review to date. The researchers found that physical activity significantly improved symptoms of depression, anxiety, and distress.

Specifically, they found that physical activity is 1.5 times more effective than counseling or the leading medications (important note: the study did not indicate what medications were included in the analysis). The results also showed that introducing periods of exercise that were 12 weeks or shorter was the most effective at reducing mental health symptoms, highlighting the speed at which physical activity can make a change.

The largest benefits were seen in people with depression, HIV and kidney disease, in pregnant and postpartum women, and in healthy individuals. Higher intensity physical activity was associated with greater improvements in symptoms, likewise with shorter bursts of activity versus longer durations.

Physical activity is known to help improve mental health. Yet despite the evidence, it has not been widely adopted as a first-choice treatment, said Ben Singh, M.D., lead researcher, in a [press release](#). "Our review shows that physical activity interventions can significantly reduce symptoms of depression and anxiety in all clinical populations, with some groups showing even greater signs of improvement."

This study also highlighted the fact that all movement is good movement—that all types of physical activity and exercise were beneficial, including aerobic exercises such as walking, resistance training, Pilates, and yoga.

How does exercise improve mental health?

Among other things, exercise improves resilience, reduces anxiety and stress, and reduces the perception of pain, which is a major contributor to depressed mood for many, explains [Amit Sachdev, M.D.](#), director of the Division of Neuromuscular Medicine at Michigan State University.

Any attempt to exercise usually helps with our mental well-being, says Dr. Sachdev. "For those who aren't engaged at all, doing something [active] often refocuses some of their energy. For those seeking pain relief and, by extension, depression relief, they will need to work hard to very hard to get natural endorphins released."

It's important to keep in mind that this study did not look at the actual mechanisms of action of physical activity on mental health, but most scientists agree there are likely multiple factors that contribute to the impact of pa on mental health and well-being, says Carl Marci, M.D., physician, neuroscientist, and author of [Rewired: Protecting Your Brain in the Digital Age](#). "These include direct physiological factors including reduced heart rate from increased [vagal tone](#) [or activity of the vagus nerve] and the release of [BDNF](#), [a key molecule involved in changes related to learning and memory], both of which are good for brain health."



— Exercise may be more effective than medication at managing mental health disorders like anxiety and depression, new research shows. Experts weigh in.© Hero Images/getty images - Getty Images

Then there are the psychological benefits of taking action and having a sense of accomplishment, Dr. Marci adds. "For some, there may be a social aspect to going to a gym or just getting out of the house. All of these things are likely to contribute [to your mental health]."

Can exercise replace medications for mental health disorders?

The answer is not one size fits all, and no one should stop any medication prior to speaking with a healthcare professional. But for some people, yes, says Dr. Sachdev. "The challenge is, brains are really hard to predict."

We have many drug classes available to medicate mental health, says Dr. Sachdev. "Take anxiety for example. If we had a single nerve transmitter problem leading to all anxiety, then we would need just one drug class." However, brain chemistry is not so simple, he notes. "I would include exercise in the routine of every patient with anxiety, but I would not be discouraged if exercise alone left a gap that still needed to be treated."

Dr. Marci believes the consistency of the findings in this study is comparable to any review of medication or psychotherapy interventions. "Keep in mind, all three (meds, therapy, physical activity) likely work on different mechanisms and so the combination can be very complementary."

No treatment or intervention is a perfect solution, so we have to set expectations, says Dr. Marci. "There is a difference between mild to moderate depression and anxiety and major mental illness like schizophrenia or severe bipolar disorder. I believe some form of physical activity can and should complement a comprehensive treatment plan that often includes medication, therapy, a good diet, and a commitment to setting clear and achievable goals."

The bottom line

Good body health and maintenance more directly affect good brain health and maintenance than most would recognize, explains Dr. Sachdev. Still, that doesn't mean that you should stop taking any prescribed medications.

If you're currently taking medication to improve your mental health, talk to your doctor before making any decisions to exchange the daily dose for a workout. "Talk to your clinician about options and be aware that you never want to just stop taking antidepressants without medical advice," says Dr. Marci. That said, there is an opportunity, especially for some people with mild to moderate depression or anxiety, to start an exercise program and have a goal to get off of their medication, he adds.

For some scenarios, however, like severe phobia, suicidal thoughts or panic attacks, these conditions require immediate medical attention, says Dr. Sachdev. "Moderate [mental health disorders] can be supplemented with exercise. But if you feel that you may need help, there's never a wrong time to reach out to your doctor. A good physician can help you gain insight anytime, says Dr. Sachdev.

For those with chronic health conditions, check with your doctor before starting a new exercise routine, advises Dr. Marci. And, "when symptoms are interfering with work or relationships in some consistent or significant way, seek help."

If you or someone you know is at risk, call the [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255) or text HOME to 741741 to message a trained crisis counselor from the [Crisis Text Line](#) for free.

Source: <https://www.msn.com/en-us/health/medical/exercise-may-be-more-effective-than-medication-for-anxiety-depression-study-finds/ar-AA19juY0?ocid=hpmnsn&cvid=9bbc00192e6948579a04dc29113b1e8c&e>

6TH MEDICAL GROUP PATIENT & FAMILY PARTNERSHIP COUNCIL

—By Jeanne Richard, Lt Col USAF (Ret)

On several occasions I have been asked if retirees can continue to get medications at the 6th Medical Group at MacDill. April 27, 2023, I attended the quarterly Patient and Family Partnership Council meeting and confirmed retired military can continue to pick up prescriptions on base.

PLEASE NOTE:

- You must be registered in MHS GENESIS Patient Portal. If you do not have an account, you can sign up at <https://patientportal.mhsgenesis.health.mil>

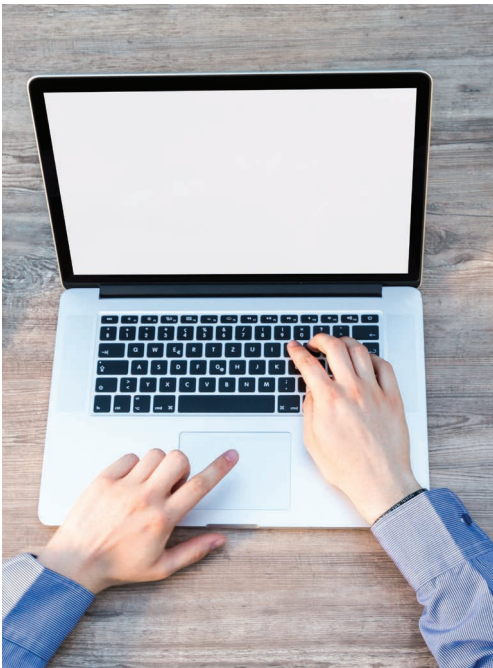
OK- now that you are in the "system":

1) Civilian (off-base) providers will electronically submit prescriptions to:

DOD MACDILL EPHCY
NCPDP# 5740849
3250 Zemke Ave, MacDill AFB, FL 33621
Phone # 813-827-7910

If the correct address is not entered, the prescription will not come through.

You will be required to access the Patient Portal (patientportal.mhsgenesis.health.mil), select Provider: MacDill Pharmacy Services and send a message to "activate" the prescription. You should receive a message confirming the "activation" The medication will be ready for pick-up at the Drive-Thru Pharmacy **after two (2) duty days**. Keep in mind that if the request was made during holiday weekends, an additional day for processing is required (**three duty days**).



2) Ordering refills:

REFILL CALL-IN LINE: 813-828-5367 or 800-272-0201
- for 30 day supply, call 7 days prior to prescription running out
- for 90 day supply, call 22 days prior to prescription running out
Refills will be available for pick-up after 8 AM in **three duty days (four duty days if ordered during a holiday weekend)** at the Drive-Thru Pharmacy.

If the medication is not picked up within **five duty days**, it will be returned to stock, and you will be required to re-order.

3) Controlled Substance and VA Prescriptions:

There is a drop box located inside the Urgent Care Pharmacy for these prescriptions. Prescriptions dropped off before 12 noon will be ready at the Drive-Thru Pharmacy in **two duty days**. If dropped off after 12 noon, the prescription will be ready in **three duty days**.

NEED HOME DELIVERY of your medications? Express

Scripts provides a convenient and secure Home Delivery option (co-pays may apply)

<https://militaryrx.express-scripts.com/home-delivery>

PLEASE NOTE: 6th MED GROUP personnel have worked tirelessly to make the transition to MHS GENESIS less painful. They are working under serious constraints in this system and have gone above and beyond finding "work arounds" to accommodate your needs.

‘Complacency’ must be avoided to maintain U.S. superiority in space, Saltzman says

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

(AFNS) -- Chief of Space Operations, Gen. Chance Saltzman April 19 praised the United States’ proud and trailblazing history in space but said the rapidly changing and more dangerous domain requires new actions, thinking and focus.

“This crowd is passionate about space; I see no signs of apathy,” Saltzman said during his keynote speech at the 2023 Space Symposium, a large gathering of government, military, industry, and experts in space held annually in Colorado Springs, Colorado.

But, he said, “I’m worried about a far more subtle form of complacency. One that grows out of the comfort of continuity, the comfort of our expertise, the comfort of our successes. What we have done and how we have done it has worked and worked well, but I fear we think it will work well forever.”

Saltzman, who became the Space Force’s highest-ranking military officer in November, declared, “now is not the time to allow for any measure of complacency. ... We are now at the precipice of a new era in space.”

“This new era,” he said, “comes with new challenges and new opportunities and mandates that we adopt new methods and mindsets to address them. The Space Force, our industry partners, our allies, and inter-agency teammates must collectively pivot to new ways of doing business to keep up with the new operating environment.” Space today is “far more contested and U.S. access to space capabilities is not a given,” Saltzman said.

It is defined by “increased competition from adversaries able to execute space-enabled attack on our forces in air, land and sea,” he said.

It also is a time of “rapidly diminishing launch costs and the ability to manufacture small, highly capable satellites with speed and scale.”

Saltzman’s appearance was the concluding portion of a “one-two punch” first from Department of the Air Force Secretary Frank Kendall detailing the changing nature of space. Both highlighted space’s critical importance to both national security and everyday life and each outlined what is needed to meet both the threats and growing number of nations and private entities now active in space.

Like Kendall, Saltzman enumerated the activity and threats but, in more detail, to support the Space Force’s mission and its goals.

“We are seeing an incredibly sophisticated array of threats including the traditional SATCOM jammers and GPS jammers to more destabilizing Direct Ascent ASATs across multiple orbital regimes, on-orbit grapplers, pursuit satellites, nesting dolls, directed energy weapons (and) cyber-attacks,” Saltzman said.

Like Kendall, Saltzman said China is one of the most active and capable competitors in space.



— Chief of Space Operations Gen. Chance Saltzman delivers his keynote speech during the Space Foundation’s Space Symposium in Colorado Springs, Colo., April 19, 2023. (U.S. Air Force photo by Andy Morataya)

“The PRC, our pacing challenge, has doubled the number of their satellites just since the U.S. Space Force was established. Now they have over 700 operational, with approximately 250 dedicated to ISR,” meaning intelligence, surveillance, and reconnaissance.

The picture is further complicated, he said, by a vast proliferation in space of privately maintained, commercially available and sophisticated services.

“What was once state of the art and limited to only a few well-resourced nations is now the state of the world and far more accessible and even commonplace,” he said. “I think you will agree that things are quite different from a threat perspective but also all of the other elements contributing to congestion and competition,” he said.

It falls to the Space Force to spearhead the nation’s response to these changing and challenging conditions. To do that, Saltzman has outlined three “lines of effort” that, together, form the 3-year-old service’s broadly drawn blueprint for success. [The three focus areas are: Field Combat-Ready Forces, Amplify the Guardian Spirit, and Partner to Win.](#)

“But this is just a framework to focus and organize our activities. The real work is to go about these activities in a fundamentally different way acknowledging that new problems require new answers derived from new thinking... old ways of doing business will come up short,” Saltzman conceded.

“We must pivot,” he said. “This is an imperative for the collective national security space enterprise, our industry partners, and our allies. The old ways of doing business are too slow, too late to need, and too behind the times to meet the challenges we are facing today.”

In real terms, Saltzman said the budget proposal for fiscal year 2024, “underwrites the pivot to a more survivable posture, with investments to the tune of \$2.3 billion for proliferated LEO missile warning and tracking architecture.”

It includes \$300 million to further develop novel programs that will yield higher fidelity simulators, advanced ranges for tactics validation and training against simulated adversaries.

Despite the challenges, Saltzman said he is optimistic. The U.S. industrial base, which Space Force considers an indispensable partner, is “an innovation engine” that will provide solutions.

“Finally, for the U.S. Space Force, the asymmetric advantage that I lean on every day is the talent of our remarkable workforce,” Saltzman said. “The character, courage, connection, and commitment that the Guardians of the U.S. Space Force demonstrate each and every day assures me that we will be ready whenever and wherever the call to action comes.”

Source: <https://www.spaceforce.mil/News/Article/3368200/complacency-must-be-avoided-to-maintain-us-superiority-in-space-saltzman-says/>



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CHAPLAIN’S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



On May 12th there will be at many military installations some sort of event honoring that day as “Military Spouse Appreciation Day.” President Ronald Reagan was the first sitting President in 1984 to issue a proclamation in recognition of the day. It is a day set aside to honor the military spouses who have in the past and are still impacting the lives of active-duty service members and those of us who have served.

My very favorite way of honoring spouses who also “served” our country by being the stay-at-home, raising the children, paying the bills individuals while the service member was deployed or in a no-family overseas assignment is to quote the Erma Bombeck’s salute to military spouses. Here it is:

The good Lord was creating a model for military wives. He was into his sixth day of overtime when an angel appeared at his side. She said, “Lord, you seem to be having a lot of trouble with this one. What’s wrong with the standard model?” The Lord replied, “Have you seen the specs on this order? She must be completely independent, yet she cannot even get on base without a sponsor. She must possess the qualities of both father and mother, be a perfect host to four or 40 with an hour’s notice, run on black coffee, handle every emergency imaginable without a manual, carry on cheerfully even if she is pregnant and has the flu, and be willing to move to a new location 10 times in 17 years,

“Oh! I almost forgot! She must have six pairs of hands.” The angel shook her head. “Six pairs of hands? No way!” The Lord continued. “Don’t worry. We will make other military wives to help

her. And we will give her an unusually strong heart: one big enough to swell with pride in her husband’s achievements and sustain the loneliness of long separations; one that beats soundly when it is over-worked and exhausted, that says ‘I understand,’ even when she doesn’t and ‘I love you’, regardless.”

“Lord,” said the angel, “Go to bed and get some rest. You can finish this tomorrow.”

“I can’t stop now,” said the Lord. “I am so close to creating something unique! Already this model heals herself when she is sick, can put up six unexpected guests for the weekend, wave good-bye to her husband from a pier, a runway or depot and understand why he must leave.”

The angel circled the model of the military wife and inspected it closely. She sighed, “It looks fine. But it’s too soft.” “She might look soft,” replied the Lord, “but she has the strength of a lion. You would not believe what she can endure.” Pausing, the angel bent over and ran her finger gently across the cheek of the Lord’s creation. “There’s a leak,” she announced. “I am not surprised that it has cracked, Lord. You are trying to put too much into this model.” The Lord was offended at the angel’s lack of confidence.

“What you see is not a leak,” He said. “It’s a tear.” “A tear? What function does that serve?” asked the angel. The Lord replied, “It stands for joy, sadness, pain, disappointment, loneliness, pride. It’s a dedication to all the values she and her husband hold dear.” The angel fell silent. “You are a genius!” she exclaimed finally.

The Lord had the grace to look slightly abashed. “But you see, I didn’t put it there.”

Thanks be to the Lord for the creation of military spouses.

National World War I Memorial - “Return Home”

—Contributed by LTC Bob Sawallesh, USA, Ret.

The “Return Home” section of the monumental sculpture clay for the National World War I Memorial in Washington, DC is assembled and prepped for final sculpting at the Sabin Howard Studio in Englewood, NJ in April.

The completed section will be shipped to the Pangolin Foundry in the UK this June to be cast in bronze. Sabin has some eight feet left to complete of the almost 60-foot long “A Soldier’s Journey” sculpture that will be the largest high relief freestanding bronze in the Western Hemisphere when installed at the Memorial in September 2024.

See <https://doughboy.org/an-overview-of-the-doughboy-foundation-and-their-mission/dispatch-newsletter/>.



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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!

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