



The RETROSPECT

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL

June 2023 VOLUME 29, NUMBER 6



MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



To our MOAA Tampa Chapter members and all those reading our newsletter this month, hello and welcome to June! At this month's close, we will have completed half of 2023... wow, what a year! We are pleased with the successes experienced thus far and look forward to making a difference over the next six months. Just as the first four months of the year whisked by, the month of May proved that it would not disappoint. Our Tampa Chapter remained engaged throughout the month at the local, state, and national levels with MOAA leaders and walked the talk... "Never Stop Serving." A highlight of last month's activities was the Florida Council of Chapters' annual convention in St. Augustine. In all, it was a very informative and productive state convention. Four Tampa Chapter members were able to attend and our Director of Communications, CAPT Sara Marks (U.S. Navy, Retired) accepted the

Chapter's 2022 COL Marvin J. Harris Communications Award for both our website and newsletter. Congratulations again!

On a personal note, the year's midpoint offers an opportunity for introspection as your Chapter President. Although arduous at times and just plain tough due to full-time work and other obligations, serving this Chapter remains a pleasure. I am humbled to have your continued support and look forward to continuing our climb...bettering our posture to advocate for the retention of earned benefits and the preservation of critical programs that members of our Uniformed Services deserve.

My Appeal to You

As we continue to transform our organization, optimizing both our capabilities and impact, we have truly maintained pace with the requirements of MOAA's current and future strategic goals/initiatives (download the MOAA Strategic Plan 2022-2026 at [MOAA - Mission](#)). Our deliberate focus on and alignment with core objectives of the Florida Council and MOAA National such as advocacy, community outreach/service, and MOAA membership at echelon have had tangible results and spawned greater purpose.

MOAA Tampa Chapter will continue to grow and remain relevant by changing to meet the needs of our uniformed servicemembers — past, present, and future. I ask our members to continue to advocate — to write letters and lend their voices to advance MOAA's

initiatives and narrative. As 2023 evolves, we have another incredible opportunity in August to engage our local lawmakers on issues of great importance to our members. Please look for Reggie's legislative insights and our Florida Council's guidance in the coming month.

I also ask our members if they are able to get involved. I ask that you make the choice to contribute your time, in any measure, and talents towards the accomplishment of our Chapter's mission. I think we have proven to be good stewards of our volunteer's time. Our impact is real, and our voices are heard. Thanks in advance for your consideration and decision to serve in a more tangible way alongside us.

More Great News

The 2023 Community Outreach Grant awards were announced via phone last month, and our Tampa Chapter is one of 42 affiliates that received an award. Even more, our Chapter is one of four Chapters nationwide to receive grants for two programs — our Transition Program and our JROTC/ROTC Outreach. Congratulations Tampa Chapter and thanks to Paul McAneny, Indira Cozine, Pettis Sims, Kiley Stinson, and Ken Martin for your work behind the scenes making this happen.

Member of the Month

It is a privilege to commend Chapter members that are selfless, sacrificial, dutiful, and consistently contributor to the advancement

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UPCOMING EVENTS

1 June
10:00 AM
Board of Directors Meeting
Virtual

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

15 June — 6:00 PM - 8:00 PM
OpHH Dinner
USF Embassy Suites

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

Father's
12 June *day*

REMINDER:

SUBMISSION DEADLINE
FOR THE JULY 2023
ISSUE IS 20 JUNE 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 still have work to accomplish and we need more of our members to join the digital ranks. By [signing up](#) at the [MOAA's Legislative Action Center](#) Legislative Action Center today, you'll be able to lend your voice to MOAA's advocacy work with ease. You can learn more about the center via our [online tutorial](#), and below explains why it is important to our grassroots efforts when it comes to our advocacy efforts supporting our servicemembers, retirees, veterans, and family members.

Help Strengthen MOAA's Message: Sign Up for Our

Legislative Action Center

By signing up at the MOAA's Legislative Action Center Legislative Action Center today, you'll be able to lend your voice to MOAA's advocacy work with ease.

- **Strength in Numbers:** The Legislative Action Center provides a fast, easy-to-use method for members to reach out to their lawmakers on issues of importance to MOAA. The more members who interact with the platform, the louder our voice on Capitol Hill.
- **Latest Information:** The Legislative Action Center homepage keeps track of all active MOAA advocacy campaigns. Did you miss a MOAA.org article about an issue of importance to you? Don't worry — a quick scroll can get you caught up and allow you to interact with your legislators.
- **More Details for You ... :** Members can explore information about their representatives and Senators, learn where MOAA-supported bills sit in the legislative process, report meetings with lawmakers to MOAA's Government Relations team, and get a breakdown of [MOAA's core advocacy mission](#).
- **... and for MOAA:** The Legislative Action Center allows MOAA to keep track of which issues have the most interest among members, in addition to providing tools for our advocacy experts to use as they interact with lawmakers. It also lets members share stories of how

proposed legislation would affect their lives — information collected through the center on Advocacy in Action topics was useful in crafting messages that resonated with lawmakers and members alike.

TAKE ACTION: [Fight TRICARE Pharmacy Network Cuts](#) | [Restore the Basic Allowance for Housing](#)

If you've already registered for the Legislative Action Center, thank you for taking an extra step in support of MOAA's work on behalf of servicemembers of all ranks past and present, and their families. If you're still on the fence, check out our answers to frequently asked questions about the center [at this link](#).

While Advocacy in Action may be over, the legislative session is just ramping up. Critical decisions regarding the National Defense Authorization Act, expanded VA benefits and programs, and much more are going to be made in the coming months, and the more members MOAA can count on, the better chance we have to cut through the Beltway noise and continue making a difference.

These MOAA-Backed Bills Will Help the VA Support

Older Veterans

MOAA joins the VA in celebrating the resilience, strength, and contributions of older veterans during Older Americans Month. This year's national theme, "Aging Unbound," emphasizes the diverse aging experience of older Americans and how their communities are supporting their health and well-being.

continued on page 2

LEGISLATIVE LOWDOWN *cont.*

“Older adults play vital, positive roles in our communities,” reads a VA statement on Older Americans Month. “They are our family members, friends, mentors, volunteers, civic leaders, members of the workforce and more. In May, the VA recognized Older Americans Month as we celebrated the meaningful contributions of older adults and raise awareness of services available to support older veterans’ unique needs, wants and preferences.”

TAKE ACTION: [Urge Your Lawmakers to Support Services for Older Veterans](#)

A top MOAA health care priority this Congress is to secure funding, staff, and other resources to accelerate delivery of VA home and community-based services (HCBS), long-term care (LTC), and caregiver support while sustaining VA programs and services to meet current and future needs of veterans, their caregivers, and their families.

Like most Americans, veterans want to age in place at home in comfortable and familiar surroundings, rather than in a residential or institutional care setting like a nursing home where they can feel disconnected from life (and where care is more costly).

To support these wishes, congressional champions for veterans and their caregivers have reintroduced MOAA-backed legislation that failed in the 117th Congress. MOAA needs our members and veteran-caregiver advocates to join our push to get this legislation signed into law this year.

[Expanding Veterans’ Options for Long Term Care Act \(S. 495 | H.R. 1815\)](#)

With bipartisan support in both chambers – this bill would allow VA to launch a pilot program to look at the effectiveness of paying for assisted living services. At present, VA is unable to pay room and board fees at these locations.

TAKE ACTION: [Urge Your Legislators to Support S. 495 and H.R. 1815](#)

[Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act \(S. 141 | H.R. 542\)](#)

The Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act, also known as the Elizabeth Dole Home Care Act, is another bipartisan, bicameral bill reintroduced by Sens. Moran and Tester, alongside Reps. Julia Brownley (D-Calif.) and Jack Bergman (R-Mich.). The bill would:

- Improve HCBS for veterans and their caregivers transitioning between VA caregiver support programs.
- Establish a needs assessment tool to determine the level of support needed to care for the veteran.
- Expand mental health and support services for caregivers.
- Enhance communication and coordination between veterans and their families and veterans service organizations like MOAA, among other improvements.

On April 26, Tester offered a Senate amendment to a bill, S. 326, the VA Medicinal Cannabis Research Act — a bill that would direct the VA to carry out a study and clinical trials on the effects of cannabis use among veterans with chronic pain and post-traumatic stress disorder (PTSD). The amendment struck out all the existing language in S. 326 and replaced it with:

- A new bill title, the *Elizabeth Dole Veterans Programs Improvement Act*.
- The bill text from S. 141, to include improve-

ments to VA HCBS services and to the family caregiver program, care coordination and communication, and grants to cover mental health care for caregivers.

- The medicinal cannabis research study provisions from the original S. 326 bill which included research and veteran interviews to find out whether evidence warranted a clinical trial on the effects of cannabis on PTSD and chronic pain. It would also allow the VA Secretary to decide whether the department could conduct a clinical trial using cannabis (Note: The bill does not allow the VA to prescribe or distribute cannabis to veterans in a clinical trial unless the above conditions are met).
- Improvements for Native American veterans using VA home loans.
- Outreach and assistance grants for states to assist veterans and their spouses, children, and parents in applying for benefits and programs.
- Requirement for the VA to submit a plan to Congress on how it will obligate and expend funding under the Cost of War Toxic Exposures Fund established in the [PACT Act](#) last year.

The amendment was expected to pass by unanimous consent, but did not advance after last-minute opposition from senators, citing the cannabis provisions and concerns with procedural issues related to the amendment process.

It is unclear whether the amendment will come to the floor again, and, if it does, whether it will contain the medicinal cannabis research study. Meanwhile, MOAA and our stakeholder partners are working with the Senate to assess next steps on how to advance the HCBS and caregiver provisions from the original bill, S.141 (the Elizabeth Dole Home Care Act), and ensure they become law.

Additionally, MOAA will continue to work with the House to advance H.R. 542 to press both chambers to act on these life-saving provisions.

TAKE ACTION: [Urge Your Legislators to Support H.R. 542 and Provisions in S. 141](#)

MOAA commends VA’s continued prioritization of age-friendly care (with emphasis on veterans aging in place) and attempts to bolster HCBS and LTC programs on its own. However, efforts continue to lag demand, and programs and services remain significantly limited across its health care system.

While the VA is clearly focused on supporting older and vulnerable veterans, it is essential for Congress to assist the department in accelerating and improving its efforts to expand HCBS, long-term care, and caregiving programs for continuity and consistency of care across the system.

Progress on these pieces of legislation is of the essence. Veterans are counting on Congress to get these bills across the finish line this year.

What Would a Debt Default Mean for Servicemembers, Retirees, and Veterans?

Negotiations to raise the debt ceiling and avoid defaulting on the nation’s debt are ongoing as time runs short before June 1, the earliest date Treasury Secretary Janet Yellen estimates the government could reach the limits of its authorized borrowing.

Although the precise date the debt limit will be reached is uncertain, especially as the Biden administration may take unprecedented measures to prolong the time before the limit

is reached, House Speaker Kevin McCarthy is seeking resolution as both parties search for consensus on how to pay the nation’s bills and appropriate funds to keep the government open.

What happens if no deal is reached before the Treasury reaches the limits of its borrowing power? And how does that affect the uniformed services community?

[Currently Serving](#)

A default could halt or delay pay for servicemembers. Defense Secretary Lloyd Austin recently testified to the Senate Appropriations Committee that a default “would mean realistically for us is that we won’t, in some cases, be able to pay our troops with any degree of predictability.”

These delays in pay could arrive just as thousands of military families are in the middle of a PCS, stopping their moves when they are at transition points with leases, and further straining families’ finances during an already stressful time.

Furthermore, planned training, construction, and other modernizing projects could be halted or delayed, and the cost of ongoing projects could rise as payments to industry are slowed. For a force already overstretched and struggling to meet recruiting challenges with an operational tempo as high as deployment rates during the height of the surge in Iraq and Afghanistan, deferred pay for personnel at a higher cost to taxpayers is an unacceptable cost of default.

[Retirees, Veterans, and Survivors](#)

Although there are no proposed cuts to retirement compensation, payments to retirees of the uniformed services are paid out of the Military Retirement Trust Fund. Default could result in payment disruptions for retirement and Dependency and Indemnity Compensation (DIC). And with no additional contributions which support these obligations to those who have served, there may be compounded consequences for months and years to come.

The situation is also dire for veterans receiving VA benefits. Payments for disability benefits and educational programs are likely to be delayed or stopped, including payments on June 1 and June 30, and critical programs for mental health, caregivers, and unhoused veterans will also likely see disruptions.

[So, What Next?](#)

The House passed [H.R. 2811](#), the Limit, Save, Grow Act of 2023, on April 26 to raise the debt ceiling and reduce spending over the next 10 years, but has seen no action from the Senate since a May 4 Senate Budget Committee hearing. President Joe Biden was to leave May 17 for a weeklong tour of the Pacific that was curtailed so he could attend negotiations, and the House and Senate both have scheduled recesses that could be canceled to allow further action.

The downstream effects of a default are uncertain, but what is clear is that our uniformed services, veterans, and their families deserve regular, timely, and adequate appropriations to support our national defense and protect the all-volunteer force.

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

- Sources:
- 1) www.moaa.org, article by MOAA Staff, May 03, 2023
 - 2) www.moaa.org, article by René Campos, May 15, 2023
 - 3) www.moaa.org, article by Ingrid Meyers, May 17, 2023

MESSAGE FROM THE PRESIDENT *cont.*

of our Chapter. This month, we have the pleasure of honoring an incredible member that has stepped in, up, and enabled progress. The Chapter’s Member of the Month for June 2023 is Lieutenant Colonel Matt Mularoni (USA, Retired).

Matt serves as our Chapter’s Second Vice President and is also our Membership Chair. He routinely shares his transition and work experiences with transitioning servicemembers at the Thriving After Military Service seminar hosted quarterly by our Chapter. Personally, Matt’s character, humility, gentleness, and patience are hallmarks that set him apart. Truly an invaluable asset to our Team, we are pleased to honor Matt this month and thank him for his service and commitment to the

Tampa Chapter. Please take time to read Matt’s biographical information later in this newsletter and share your appreciation of him at the next luncheon.

Closing Out:

In closing, I am very appreciative of our members – you are the Chapter. I am so thankful for the blessings we have received, the advances we have made, and the purposeful work that stands before us. I remain in prayer for your safety, protection, healing, and joy. May God continue to bless you all, this Chapter, our Council, and this great Nation. Please reach out to reach out to members that you haven’t seen or heard from and share what we are doing. Please do the same with

those that aren’t on the Team but benefit from the work we do. Remember, your voice resonates, revives, and recruits when relaying the fact that we exemplify “camaraderie with purpose.”

On behalf of the Board of Directors, thank you again for your trust and support. We look forward to the future and remember to “Never Stop Serving.”

All the best!
Charles



“You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you. In company with our brave Allies and brothers-in-arms on other Fronts, you will bring about the destruction of the German war machine, the elimination of Nazi tyranny over the oppressed peoples of Europe, and security for ourselves in a free world.

Your task will not be an easy one. Your enemy is well trained, well equipped and battle hardened. He will fight savagely.

But this is the year 1944! Much has happened since the Nazi triumphs of 1940-41. The United Nations have inflicted upon the Germans great defeats, in open battle, man-to-man. Our air offensive has seriously reduced their strength in the air and their capacity to wage war on the ground. Our Home Fronts have given

us an overwhelming superiority in weapons and munitions of war, and placed at our disposal great reserves of trained fighting men. The tide has turned! The free men of the world are marching together to Victory!

I have full confidence in your courage and devotion to duty and skill in battle. We will accept nothing less than full Victory!

Good luck! And let us beseech the blessing of Almighty God upon this great and noble undertaking.”

— Dwight D. Eisenhower

Source: <https://www.goodreads.com/quotes/tag/d-day>

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



2023 OFFICERS:

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1ST VP: WILLIAM SCHNEIDER COL USA RET
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MOAA MISSION STATEMENT

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

MOAA Tampa Chapter



Military Officers Association of America

TAMPA CHAPTER MISSION:

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

GENERAL CONTACT INFO:

The Tampa Chapter of the
Military Officers Association of America
Post Office Box 6383
Tampa, FL 33608-0383
E-Mail: Secretary@moaatampa.org



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



May was a very busy month for so many wonderful events. The MOAA Florida Council of Chapters (FCOC) Convention was held May 19-21 with our Chapter recognized as one of the winners of the Col Marvin J. Harris Communications Award for our newsletter and website, and our President Charles Dalcourt was sworn in as an FCOC Area Vice President! At our May luncheon three students were awarded a scholarship from our Chapter, and I was privileged to attend the US Naval Academy Graduation ceremony for the Class of 2023. Read more about these events and enjoy the photos in this newsletter.

We are honored that our luncheon guest speaker this month is BG John P. Cogbill, the current Deputy of Operations at US CENTCOM. Make sure to read his bio. This month we are highlighting our Member of the Month Matt Mularoni, LTC USA (Ret). Matt, I've so enjoyed knowing you and working with you in our Chapter. You are so inspiring with all that you do as our membership chair, how you coordinate with MacDill AFB in involving them in our Chapter, and you're just such a fun person to know. Please read Matt's bio in the newsletter.

As always, I appreciate articles submitted by our chapter members and their contributions to *The Retrospect*. Thank you, Ben Ritter, former Marine and Honorary MOAA Tampa member for taking the May luncheon photos, most especially of the students awarded MOAA scholarships from our chapter. Carol Zieres, thank you for providing such wonderful photos from your attendance at the JROTC awards at Strawberry High School and for participating in handing out one of the awards. Take the time to read about the history of Flag Day and Father's Day as well articles about our National Guard in Sitka, Alaska and

our military working on disaster relief in Guam among the many articles as well as information about opportunities to volunteer with Honor Flight, Tunnel to Towers run in July and with our very own MOAA Tampa Chapter!

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.

"If you are silent, be silent out of love. If you speak, speak out of love." – Saint Augustine

Let us never forget. - NEVER STOP SERVING!

Sara Marks, CAPT NC USN (Ret)

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

OUR EDITORIAL POLICY:

MOAA National, the Florida Council of Chapters, and the Tampa Chapter are non-partisan organizations. The views expressed in individually signed articles and the advertisements that appear in this publication/website do not reflect an endorsement by MOAA or this affiliate. Articles in the

newsletter/website are the opinions solely of the individual authors and do not necessarily express the policy or opinions of the newsletter's editor or publisher, nor do they reflect an endorsement by the Tampa Chapter or the National organization of the Military Officers Association of America, unless so indicated. The views expressed in individually signed articles do not necessarily reflect Chapter policy. MOAA National, the Florida Council of Chapters, and the Tampa Chapter are nonpartisan organizations. Our chapter membership is open to all Military officers (Commissioned and warrant), including Active Duty, National Guard, Reserve, former officers, and spouses/surviving spouses of military officers.

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

ON THE WEB:

Tampa Chapter <https://moaatampa.org>

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

FACEBOOK: [MOAA Tampa Chapter](#)

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

A password protected MOAA Tampa MEMBERSHIP DIRECTORY is posted on the website under the "MEMBERSHIP" category.

FL COUNCIL of CHAPTERS: www.moaafl.org

MOAA NATIONAL: www.moaa.org

OPERATION HELPING HAND: www.operationhelpinghandtampa.com

TAKE ACTION: <https://moaa.quorum.us/>

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

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

National PTSD Awareness Month – June 2023

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



National PTSD Awareness Month is observed in June and it ushers in an array of awareness campaigns run for the benefit of PTSD survivors. PTSD, which stands for post-traumatic stress disorder, occurs in people after they have experienced a particularly traumatic event like war, violent physical/sexual/verbal assault, accidents, and so forth. Symptoms include depression, anxiety, nightmares, paranoia, insomnia, disturbing thoughts, and much more. Many people recover from PTSD after a few days, weeks, or months. Yet, for others, the recovery road might mean one year or more. This mental disorder is highly treatable, but due to the lack of knowledge around it as well as the stigma attached to seeking mental help, many choose to ignore the problem and suffer through it.

HISTORY OF NATIONAL PTSD AWARENESS MONTH

In 2010, the U.S. Senate declared June 27 to be National PTSD Awareness Day. However, in 2014, it designated the whole month of June to be observed as National PTSD Awareness Month. This was a welcome move by many PTSD organizations and support groups as many felt that more awareness campaigns needed to be held for people to seek help when it came to PTSD. The U.S. Department of Veterans Affairs, one of the most active forerunners in the fight against PTSD, has released a special June calendar that people can download. This special calendar features several activities (like raising awareness on social media through sharing PTSD helplines, articles, subscribing to YouTube channels, finding local PTSD therapists, etc.) aimed to increase awareness and support for PTSD survivors.

PTSD is not a newly recognized mental disorder. The disorder dates back to 50 B.C. when it was described in a poem by Hippocrates. He talks about the experiences of a soldier returning home after a battle. PTSD started gaining more attention after the wars between England and France when many people, civilians and soldiers alike, reported experiencing symptoms like anxiety, insomnia, intrusive and disturbing thoughts, and flashbacks. This continued throughout WW1 and WW2, with PTSD being named as 'Shell Shock' and 'Battle Fatigue', respectively. It was during the 1970s' Vietnam War that the mental disorder was renamed PTSD. Earlier treatments related to electric shock therapy and other painful options. But today's modern technology and extensive research have led to much better and effective treatments like group therapy, counseling, and antidepressants.

Read more at: <https://nationaltoday.com/national-ptsd-awareness-month/>

2023

Advertise in the monthly MOAA Tampa Chapter Newsletter

The

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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		Advertising	Cost (Artwork supplied)	Cost (Ad creation)
Ad Deadline	Inserts	Half page (12.95" wide x 9.75" tall)	\$1,000.00	+\$75.00
Dec. 20 (2023)	Jan. 1	Quarter page (6.5" wide x 6.25" tall)	\$500.00	+\$50.00
Jan. 20	Feb. 1	1/8 page (6.5" wide x 3.5" tall)	\$250.00	\$35.00
Feb. 21	Mar. 1	DIGITAL AD FORMAT: Digital ads must be submitted in PDF, JPEG or EPS formats.		
Mar. 21	April 1	NEED HELP? If you do not have a digital ad, we can create one for you. See chart above for pricing based on desired ad size.		
April 20	May 1	DEADLINE: See Digital Publishing table.		
May 20	June 1	<div>ADs are for 12 months. We can discuss pro-rating for shorter periods.</div>		
Jun. 20	July 1			
July 20	Aug. 1			
Aug. 19	Sept. 1			
Sept. 20	Oct. 1			
Oct. 20	Nov. 1			
Nov. 21	Dec.1			

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

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

MEMBER OF THE MONTH

LTC MATT MULARONI USA, RET

Lieutenant Colonel (R) Matt Mularoni is currently a Department of the Army Civilian employee serving as the US Army Central (USARCENT) Liaison Officer to US Central Command at MacDill AFB. He also is currently serving as the 2nd Vice President of the MOAA Tampa Chapter. Additionally, he serves as the Foundation Chairman and Military Liaison for the Florida West Coast Chapter 30 of ASIS International, the world's largest membership organization for security management professionals. As a member of ASIS, he was one of the first 150 members worldwide to earn the Associate Protection Professional (APP) certification. Finally, if you are ever at Raymond James Stadium, you can find Matt working as the North End Zone Supervisor as member of Tampa Sports Authority event staff.

LTC(R) Mularoni retired after 26 years of active duty US Army service in September 2018. LTC (R) Matt Mularoni enlisted in the U.S. Army in 1990. He attended Military Police Training at Ft. McClellan, AL. In 1997, LTC Mularoni graduated as a ROTC Distinguished Graduate, BS from Northwestern State University, LA and commissioned a



Second Lieutenant in the Military Police Corps. He earned his Master of Arts in Business & Organizational Security-Management, Webster University in 2002. LTC Mularoni's final assignment before retirement was the US Army Central Deputy Command Liaison Officer to USCENTCOM HQ, MacDill AFB, FL. His previous assignments include: Executive Officer and Deputy, G36 (Operational Protection Division), HQ, USARCENT, Shaw AFB, SC. Deputy Protection Chief, G3, I (US) Corps, Joint Base Lewis McChord, WA; Battalion XO, Headquarters and Headquarters Battalion, I (US) Corps, JBLM, WA; CJ5 Plans Officer (ISAF Joint Command Team Lead for Borders and Afghan Border Police), ISAF Joint Command HQ, Kabul, Afghanistan; G5 and Provost Marshal Plans Officer, I(US) Corps, JBLM, WA; BN XO, 504th Military Police Battalion, Ft. Lewis, WA and Kandahar, AFG; Current Operations Officer, Directorate of Emergency Services, Fort Hood, TX; Brigade Adjutant, 89th Military Police Brigade; Commander, Headquarters and Headquarters Company, 89th Military Police Brigade; Ft Hood, TX and Baghdad, Iraq; Commander, 545th Military Police Company, 1st Cavalry Division; Ft. Hood, TX and Baghdad, Iraq; Provost Marshal Plans and Operations Officer, 1st Cavalry Division, Ft. Hood, TX and Baghdad, Iraq; Brigade Long Range Plans Officer, 89th MP Brigade, Ft. Hood, TX; Adjutant, 793d MP Battalion, Bamberg, Germany; and Platoon Leader, 615th MP Company, Grafenwoehr, Germany. LTC Mularoni's deployments include Operation Safe Haven, Panama; Task Force Hawk, Albania; Task

Force Falcon, Kosovo; Operation Iraqi Freedom 2, Baghdad, Iraq; Operation Iraqi Freedom 06-08, Baghdad, Iraq; Operation Enduring Freedom, Kandahar, Afghanistan, and Operation Enduring Freedom/NATO ISAF, Kabul, Afghanistan. His awards and decorations include: Combat Action Badge, Legion of Merit Medal, Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Iraqi Campaign Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal, Global War on Terrorism Expeditionary Medal, NATO Medals for Kosovo and Afghanistan, Kosovo Campaign Medal, Humanitarian Service Medal, Good Conduct Medal, NCO Professional Development Ribbon, National Defense Service Medal; Army Service Ribbon, Overseas Service Ribbon, Joint Meritorious Unit Award, and Meritorious Unit Commendation. He also has been awarded the German Armed Forces Efficiency Badge in Silver (Das Abzeichen für Leistungen im Truppendienst in Silber (Grade II)). He has been awarded the Military Police Corps' Order of the Marchaussee in Bronze.

LTC (R) Mularoni is married to the former Tracey Baylis of Kingston, Jamaica. They have two sons, Kyle, age 25 and Luca, age 13. They reside in Lithia, FL. When not walking 5k and 10ks while his wife runs, Matt can be found either on the golf course or supporting his son's Boy Scout troop and maybe even a roller coaster or 2 at Universal Orlando or Busch Gardens.



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!"

REGISTER: <https://www.eventbrite.com/e/thriving-after-militaryservice-all-ranks-transition-seminar-tickets-579057074297>
**Space is limited and personal masking is optional for this event.



Thriving After Military Service Transitioning Veteran Event

Hosted at the
FIVE Labs Conference Center
4115 W Spruce St., Tampa
Tuesday, 8 August, 2023
9:00 am - 4:30 PM

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



JUNE LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting

DATE: Thursday, 8 Jun **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, 2 Jun. 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, 5 Jun 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.

Guest Speaker:

MENU: 1905 Salad, Cuban Bread and butter, Cuban Sandwiches, Paella de Pollo, Seasonal Fresh Vegetables, Platanos Maduros, Yuca, Coffee, Iced Tea, Soft Drinks and Cake

PARKING: Across the street from the Columbia Restaurant and behind the Columbia Restaurant
Luncheon reminders are sent via email. If you are not receiving the reminders, please call 813-374-3309 or send an email to 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),
+1 309 205 3325 US, +1 312 626 6799 US (Chicago), +1 646 558 8656 US (New York),
+1 507 473 4847 US, +1 564 217 2000 US, +1 669 444 9171 US, +1 689 278 1000 US,
+1 719 359 4580 US, +1 720 707 2699 US (Denver), +1 253 205 0468 US,
+1 253 215 8782 US (Tacoma), +1 346 248 7799 US (Houston), +1 360 209 5623 US,
+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

WO1 Amanda Todd, USA Active Duty



In Remembrance

Lt Col Ed Geasa, USAF (Ret)



IMPORTANT DATES IN JUNE

PTSD Awareness Month
Homeownership Month
6 D-Day
12 Women Veterans Day
14 Army Birthday
14 U.S. Flag Day
11-17 National Flag Week
18 Father's Day
19 Juneteenth
23 Coast Guard Auxiliary Birthday
27 PTSD Awareness 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 three remaining flights
scheduled this year:
Jun 13, Sept 12
and Oct 24.**

REMEMBERING THOSE WE LOST IN 2022 at the Florida Council of Chapters Convention May 19-21, 2023

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



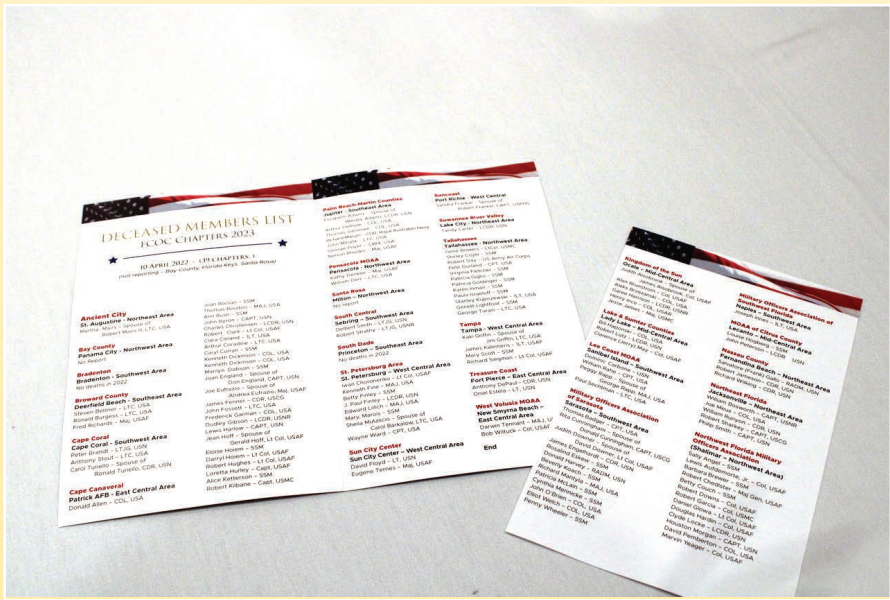
—MOAA Tampa Chapter President and New FCOC Area Vice President Charles Dalcourt, COL USA (Ret) read the names of those we've lost.



Kaki Griffin – Spouse of Jim Griffin, LTC USA
James Kalemeris — 1LT USAF
Mary Scott — Surviving Spouse
Richard Siegman — Lt Col USAF



—FCOC Chaplain and MOAA Tampa and MOAA St. Petersburg Chapter Member Tony Clark, COL USA (Ret) provided thoughts on approaching Memorial Day as we remember those who we lost in 2022.



6th Medical Group, MacDill wants YOU!

WHAT:

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

WHEN:

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

WHY:

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

POINT OF CONTACT:

Diana Pagan - 813-827-9785



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

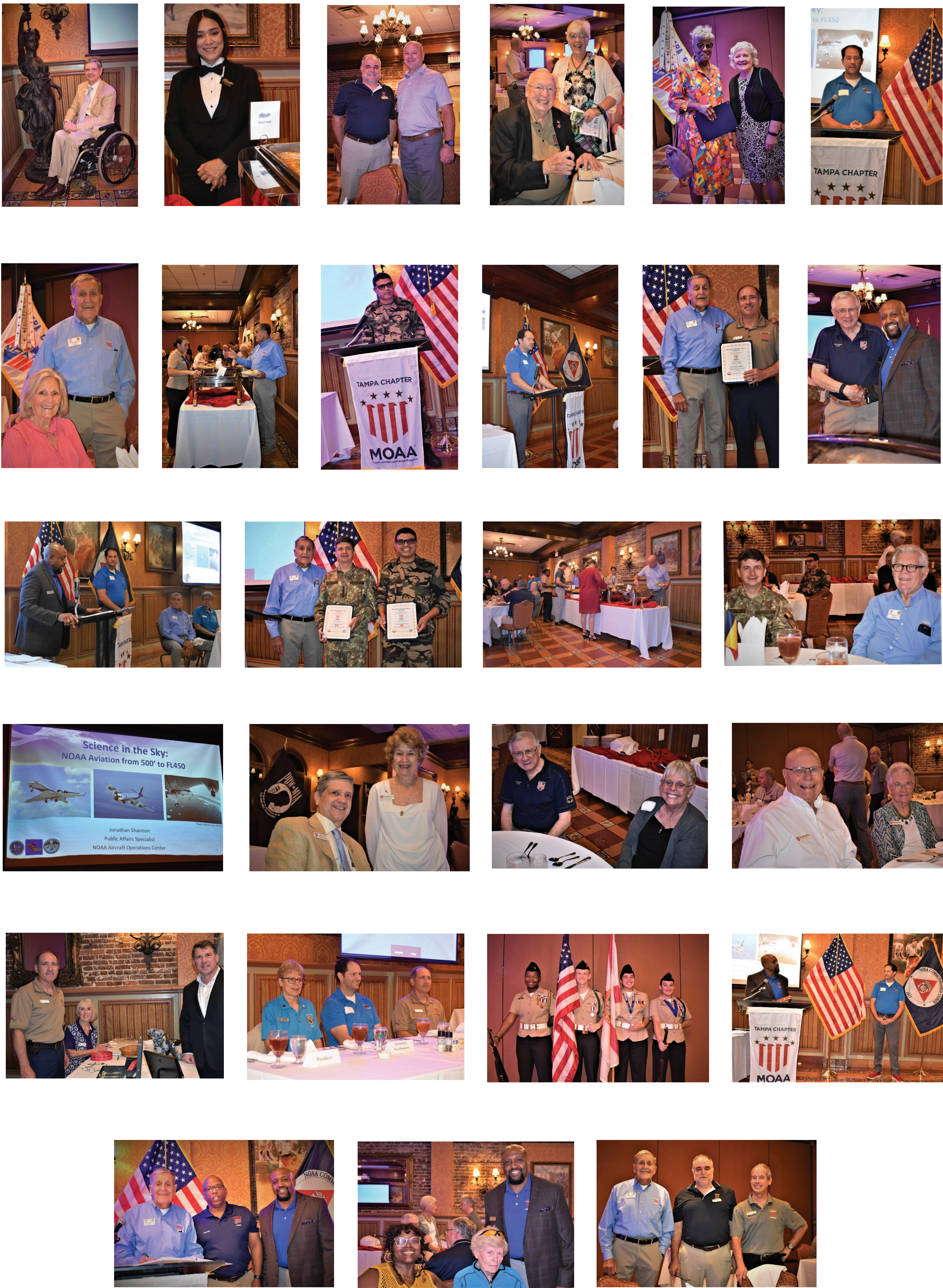
Annual Subscription Costs:

Half Page Ad: \$1000

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

E-Mail: Secretary@moaatampa.org

Photo credit: Ben Ritter



JUNE GUEST SPEAKER

BRIGADIER GENERAL JOHN P. COGBILL

Brigadier General John Cogbill was commissioned as an Infantry officer from the United States Military Academy in 1994 and has held a variety of positions in both conventional and special operations units.

His first assignment was as a Platoon Leader and Executive Officer in the 82nd Airborne Division. John then served two years in the 1st Battalion, 75th Ranger Regiment as a Platoon Leader and Civil-Military Affairs Officer. Next, he served three years in Alaska where he served as an Airborne Rifle Company Commander and the Aide-de-Camp to the Commanding General.

After earning his MPA from Harvard Kennedy School, BG Cogbill taught Economics in the Social Sciences Department at West Point. Following the Command and General Staff College, he spent two years as a Combined Arms Battalion Executive Officer in the 1st Cavalry Division. He then served as the Strategic Plans and Requirements Officer for the 75th Ranger Regiment. BG Cogbill commanded the Reconnaissance and Surveillance Squadron for the U.S. Army Third Corps and then spent a year at Stanford University as a Senior Service College Fellow.

Following that, BG Cogbill served as the Deputy Regimental Commander (Operations) for the 75th Ranger Regiment, and then as the Commander of the 3rd Brigade Combat Team “Rakkasans” in the 101st Airborne Division (Air Assault). BG Cogbill then served as the Chief of Staff of the Joint Special Operations Command. After his time at JSOC, he served as the Deputy Commander for Operations of the 101st Airborne Division (Air Assault) and the Chief of Staff of the XVIII Airborne Corps. He is currently serving as the Deputy Operations Officer for the United States Central Command. His deployments include tours in Iraq, Afghanistan, Haiti, Kosovo, and, most recently, Operation European Assure, Deter, and Reinforce in Europe. BG Cogbill married his high school sweetheart, Jenny, and together they have three children: Jack, Emma, and Madeline.



Dishonorable Dead - US Flag Not Permitted

—Contributed by LTC Bob Sawallesh, US Army, Retired

Apr 24, 2015, Joris Nieuwint, Guest Author: “Separated from the main cemetery by a hedge, and accessible only through the cemetery’s superintendent’s office is Plot E. This plot holds the graves of 94 American soldiers who were dishonorably discharged before being executed for crimes they committed during or just after World War II.

Victims of these criminals include 26 American soldiers who were all murdered and 71 British, French, German, Italian, Polish, and Algerian civilians who were raped and/or murdered.

Only one individual was ever buried in Plot E that was not convicted of rape or murder. Eddie Slovik was executed for desertion on January 31, 1945. President Ronald Reagan permitted his remains to be exhumed and brought to the US for burial in 1987.” <https://www.warhistoryonline.com/war-articles/oise-aisne-american-cemetery-plot-e-where-the-dishonorable-dead-from-wwii-are-buried.html?chrome=1>.

Sawallesh hyperlinks: See US Department of Justice website at <https://www.ojp.gov/ncjrs/virtual-library/abstracts/dirty-details-executing-us-soldiers-during-world-war-ii#additional-details-0>. Also see names and other information at https://en.wikipedia.org/wiki/Oise-Aisne_American_Cemetery_Plot_E. You may need to log into to this Wikipedia site. And see <https://www.abmc.gov/cemeteries-memorials>. Lastly, remember the “Dirty Dozen” opening scene at <https://www.youtube.com/watch?v=iYEz2SKxanY>.



—Photo by Stranger20824 CC BY-SA 3.0



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

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MOAA TAMPA CHAPTER AWARDED 5 STAR COMMUNICATION AWARD

—By Sara Marks, CAPT NC USN (Ret)

Credit for the success of the MOAA Tampa Chapter newsletter *The Retrospect* and website go to all the members of the chapter. As the Editor, I couldn't possibly do this work alone. I would like to thank all who submit articles to the newsletter and assist with the website. I especially thank Lt Col Kiley Stinson, USAF (Ret) for consistently providing proofing support and for COL Lewis VanDyke, USA (Ret) and Lt Col Barbara Brotherton, USAF (Ret) for assistance in proofing. CPT Nick Nicholson, USA (Ret) thank you for your tireless time in volunteering to assist with the website, especially those technical details that most of us take for granted.

Finally, thank you to the Board of Directors and the membership at large for supporting as part of our budget the funding for our publisher Emily Yates and our web master Michael Higgins, who make my job not only easy but enjoyable.

—CAPT Sara Marks, NC USN (Ret) represented the MOAA Tampa Chapter receiving the COL Marvin J. Harris Communication 5 Star Award for both the digital newsletter and website. Pictured is MOAA President and CEO Lt Gen Brian Kelly, USAF (Ret) and President, Florida Council of Chapters of MOAA CDR Patrick R. Kluever, USN (Ret).



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.

Always Available

Accessible 24/7/365.

Trained Counselors

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

Calling from Overseas?

In Europe

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 out there, 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. We're close to all that South Tampa has to offer – medical facilities, restaurants, downtown and MacDill Air Force Base.

Since 1976, Canterbury Tower has built a reputation for stability, comfort and grace. Offering independent living, assisted living and a Health Center with short-and long-term care options, we have the place for you.

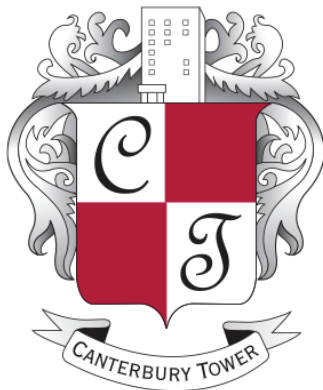
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MEET THE THREE STUDENTS AWARDED SCHOLARSHIPS FROM THE MOAA TAMPA CHAPTER

—By Bill Schneider, COL USA (Ret)

Brendon Lloyd

Brendon Scott Lloyd will graduate from Newfield High School in Seldon, New York with an unweighted grade point average of 3.6.

He received scholarships from the NYPD Emerald Society and the NYPD Holy Name Society. He was selected Newfield High School Student of the month three times.

He lettered in varsity golf, varsity ice hockey, varsity lacrosse and travels with the Club Dek Hockey team.

He is a member of the Math and Chess Clubs and is involved in Student Government.

His community involvement is with the Animal Adoption Program and Volunteering for Best Buddies program. He also participates in the “Teach Veterans to Skate” Program” in concert with the New York Islanders.

He will be attending the State University of New York at New Paltz where he will be playing lacrosse.

Brendon was unable to attend the awards luncheon due to academic requirements and his participation in a lacrosse tournament in New York City.

He is sponsored by his Grandfather, Col Bill Schneider. His grandmother, Georgia, accepted the award on his behalf.

Sarah Newcomb

Sarah will graduate from Riverview High School with an unweighted GPA of 4.0. She is a National merit scholar, AP scholar of Distinction and a member of the National Honor Society. She is ranked number 3 in a graduating class of 602 students.

Sarah swam three years with the varsity swim team and was the team captain in her senior year.

Her community involvement includes over 300 volunteer hours with the Chapter Health Systems, the Tampa Bay Sierra club, the Angel Foundation, Hospice, and several others.

Sarah will attend the University of Florida where she is admitted to the Freshman Honors Program. Sarah is sponsored by her dad, LTC Mike Newcomb and is accompanied by her mom.

Reilly Kuhar

Reilly will graduate from Newsome High school with an unweighted GPA of 3.55. He achieved Honor Roll for several semesters.

Reilly played varsity baseball all 4 years of high school. He was recognized by the Perfect Game college baseball recruiting program. He is a member of the Math and Chess clubs.

His community involvement includes Special Olympics volunteer and over 150 hours volunteering at The Kids Place, where he works with abused, neglected, and abandoned children.

Reilly will attend Thomas University where he plans to continue his baseball career. He plans to earn a degree in rehabilitation and is looking forward to someday opening his own rehabilitation clinic.

Reilly is sponsored by his dad, Commander Tom Kuhar and is accompanied by his mom.



Military prepares for disaster relief on Guam after massive typhoon

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

Andersen AFB is clearing runways as Navy, Marine Corps stand by for tasking
—By Diana Stancy Correll and Megan Eckstein

The military is launching disaster and humanitarian relief efforts on Guam after [Typhoon Mawar](#) [ravaged the island earlier this week](#), causing massive damage, power outages and water shortages.

The strongest typhoon to hit the territory of roughly 150,000 people since 2002, Mawar briefly made landfall around 9 p.m. Wednesday as a Category 4 storm at Andersen Air Force Base on the northern tip of the island, weather service officials said.

Rivers spilled over their banks in the wake of the storm, which ripped roofs off homes, flipped vehicles and shredded trees.

Andersen officials said Friday that airmen had conducted an initial damage assessment to restore the base to mission-ready status and are currently working on bringing back power and water to the base, while other military units are preparing to step in to assist.



—Typhoon Mawar struck Guam on Wednesday, devastating the island and Andersen Air Force Base, shown here. Service officials are focused on reopening runways so relief supplies for the territory can be delivered, (Air Force)

A top priority is clearing the airfield from debris so that outside agencies can provide assistance and supplies as part of recovery efforts, according to Brig. Gen. Paul Fast, 36th Wing commander.

“Thankfully, no member of Team Andersen was seriously injured,” Fast said in an Air Force statement. “Currently, our top priority is sustaining life and ensuring the well-being of our members, but we are also prioritizing opening our airfield to bring in aid for the island.”

The Air Force also recommended against visiting beaches “due to high levels of bacteria that may result in minor and more serious illnesses when being exposed to contaminated water, such as sore throats, meningitis, encephalitis and severe gastroenteritis.”

To continue reading the story click the link: <https://www.marinecorpstimes.com/news/your-navy/2023/05/26/military-prepares-for-disaster-relief-on-guam-after-massive-typhoon/>



—The Hagatna River overflows its banks and encroaches into the Bank of Guam parking lot in Hagatna, Guam, Thursday. The Category 4 typhoon pummeled the U.S. Pacific territory with howling winds, torrential rain and a life-threatening storm surge as residents hunkered down. (Rick Cruz/The Pacific Daily via AP)


UPDATE

OPERATION HELPING HAND



LTC JIM GRIFFIN
Chairman, OPHH

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



On 18 MAY, OPERATION HELPING HAND held its 210TH monthly dinner to support the wounded and injured who receive treatment at the SCI/POLYTRAUMA facilities at the JAMES A HALEY VA HOSPITAL. This was our very special MEMORIAL DAY DINNER. The very special dinner included a very patriotic, inspirational reading by a WORLD WAR II VET, MR. I J KARPAY. He knocked it out of the park! We were honored to have a fantastic group of supporters attending the dinner. But most importantly, once again we had patients, doctors and staff from the VA. EMBASSY SUITES prepared a superb dinner which was totally enjoyed by all. Special thanks to the CHEF AND STAFF AT EMBASSY SUITES. The colors were presented by the HONOR GUARD from HCSO. THEY WERE SUPURB! MS PAULINE EVANS presented us with her monthly poem especially written for MEMORIAL DAY. The NAVY JROTC from FREEDOM HIGH SCHOOL presented the detailed explanation of the POW/MIA TABLE. The cadets were truly magnificent!

This evening's dinner was sponsored by the HCSO and the dinner was served by their motorcycle unit. They were very impressive and did an excellent job. Thank you very much HCSO.

Your efforts were very much appreciated by everyone! Very special thanks to ALL OF YOU UNISEN AND VILLIAN FOLKS for attending.

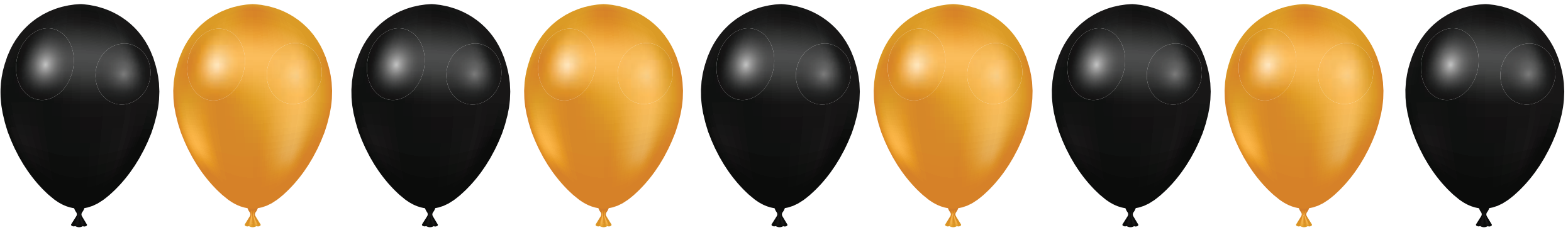
We also had the honor to welcome a new group to our OPERATION HELPING HAND FAMILY. They are TURNER CONSTRUCTION COMPANY, an international company who just happens to do a wide range of construction for VA FACILITIES, including the construction of the new BED TOWER AT THE JAMES A HALEY VA. They were a fabulous group of folks and we very much look forward to the relationship we will develop with them.

We also announced our next fund raiser- BOBBY A'S BACKYARD BBQ to be held on 1 JULY AT THE EMPTY LOT JUST SOUTH OF HANKS BBQ ON DALE MABRY HWY. It will take place from 1100-4:00. Prepared by our own PITMASTER. MR. BOBBY AHERN. All proceeds from the BBQ will be donated to OPERATION HELPING HAND. Come join us and either eat and drink with us on site or take your fantastic plate of BBQ home.

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

OPERATION HELPING HAND is an all-volunteer 501 (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. OPERATIONHELPINGHANDTAMPA.COM.

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



June 14th: The Birthday of the U.S. Army

The U.S. ARMY BIRTHDAY: America’s Senior Service

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

America’s Revolutionary War began on 19 April 1775 with exchanges of musketry between British regulars and Massachusetts militiamen at Lexington and Concord. As their fellow citizen soldiers from New Hampshire, Connecticut and Rhode Island responded to the alarm, a state of war existed between the four colonies and the British government. Called the Army of Observation, a force of New Englanders surrounded Boston and had the British troops who occupied it under siege, but they needed help. They appealed to delegates who represented all thirteen colonies to join them in the struggle for American liberty.

When the delegates to the Second Continental Congress convened in Philadelphia on 10 May, they soon learned that armed men commanded by Ethan Allen and Benedict Arnold had captured the British forts at Ticonderoga and Crown Point on Lake Champlain in New York. The constitutional crisis, in which Americans sought a redress of grievances from the British king and Parliament, had become open hostilities. The delegates realized that even though many desired reconciliation, they would now have to address the new military situation. The Congress took the next step that eventually transformed a local rebellion into a war for independence when it established the Continental Army: the force we know today as the U.S. Army.

On 14 June 1775, Congress “Resolved, That six companies of expert riflemen, be immediately raised in Pennsylvania,



two in Maryland, and two in Virginia... [and] as soon as completed, shall march and join the army near Boston, to be there employed as light infantry, under the command of the chief Officer in that army.”

The delegates then prescribed an oath of enlistment that required the soldiers to swear:

“I have, this day, voluntarily enlisted myself, as a soldier, in the American continental army, for one year, unless sooner discharged: And I do bind myself to conform, in all instances, to such rules and regulations, as are, or shall be, established for the government of the said. Army.”

The next day Congress voted to appoint George Washington “to command all the Continental forces” and began laying the foundation for “the American army.”

With words that sound hauntingly familiar two hundred forty-five years later, “The delegates of the United Colonies ... reposing special trust and confidence in the patriotism, valor, conduct, and fidelity” of George Washington, issued its first commission by appointing him “General and Commander in chief of the Army of the United Colonies, and of all the forces now raised, or to be raised by them, and of all others who shall voluntarily offer their services, and join the Defense of American liberty, and for repelling every hostile invasion...”

Source: <https://history.army.mil/html/faq/birth.html>



The Origins of Flag Day

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

That the flag of the United States shall be of thirteen stripes of alternate red and white, with a union of thirteen stars of white in a blue field, representing the new constellation.

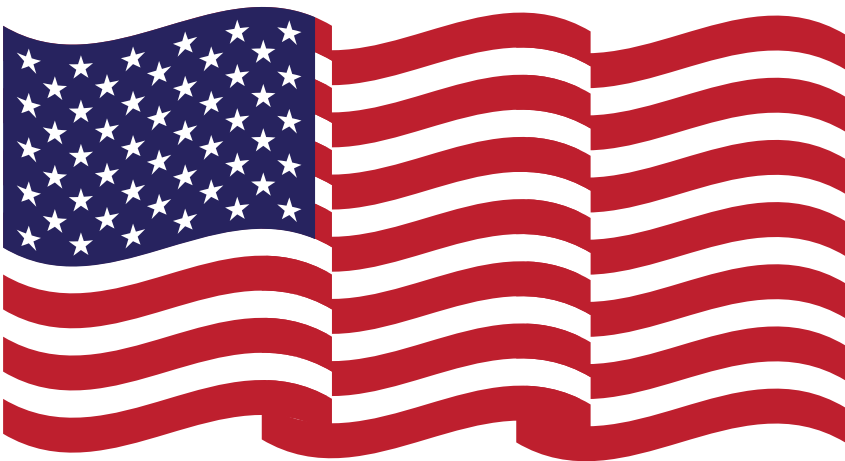
This was the resolution adopted by the Continental Congress on June 14, 1777. The resolution was made following the report of a special committee which had been assigned to suggest the flag’s design.

A flag of this design was first carried into battle on September 11, 1777, in the Battle of the Brandywine. The American flag was first saluted by foreign naval vessels on February 14, 1778, when the Ranger, bearing the Stars and Stripes and under the command of Captain Paul Jones, arrived in a French port. The flag first flew over a foreign territory in early 1778 at Nassau, Bahama Islands, where Americans captured a British fort.

Observance of the adoption of the flag was not soon in coming, however. Although there are many claims to the first official observance of Flag Day, all but one took place more than an entire century after the flag’s adoption in 1777.

The first claim was from a Hartford, Conn., celebration during the first summer of 1861. In the late 1800s, schools all over the United States held Flag Day programs to contribute to the Americanization of immigrant children, and the observance caught on with individual communities.

The most recognized claim, however, comes from New York. On June 14, 1889, Professor George Bolch, principal of a free kindergarten for the poor of New York City, had his school hold patriotic ceremonies to observe the anniversary of the Flag Day resolution. This initiative attracted attention from the State Department of Education, which arranged to have the day observed in all public schools thereafter.



Soon the state legislature passed a law making it the responsibility of the state superintendent of public schools to ensure that schools hold observances for Lincoln’s Birthday, Washington’s Birthday, Memorial Day and Flag Day. In 1897, the governor of New York ordered the displaying of the flag over all public buildings in the state, an observance considered by some to be the first official recognition of the anniversary of the adoption of the flag outside of schools.

Another claim comes from Philadelphia. In 1893, the Society of Colonial Dames succeeded in getting a resolution passed to have the flag displayed on all of the city’s public buildings. Elizabeth Duane Gillespie, a direct descendant of Benjamin Franklin and the president of the Colonial Dames of Pennsylvania, that same year tried to get the city to call June 14 Flag Day. Resolutions by women were not granted much notice,

however, and it was not until May 7, 1937, that Pennsylvania became the first state to establish the June 14 Flag Day as a legal holiday. Flag Day is a nationwide observance today, but Pennsylvania is the only state that recognizes it as a legal holiday.

Bernard J. Cigrand, a school teacher in Waubeka, Wisconsin, reportedly spent years trying to get Congress to declare June 14 as a national holiday. Although his attempts failed, the day was widely observed. “Father of Flag Day” honors have been given to William T. Kerr, who was credited with founding the American Flag Day Association in 1888 while still a schoolboy in Pittsburgh, Pennsylvania.

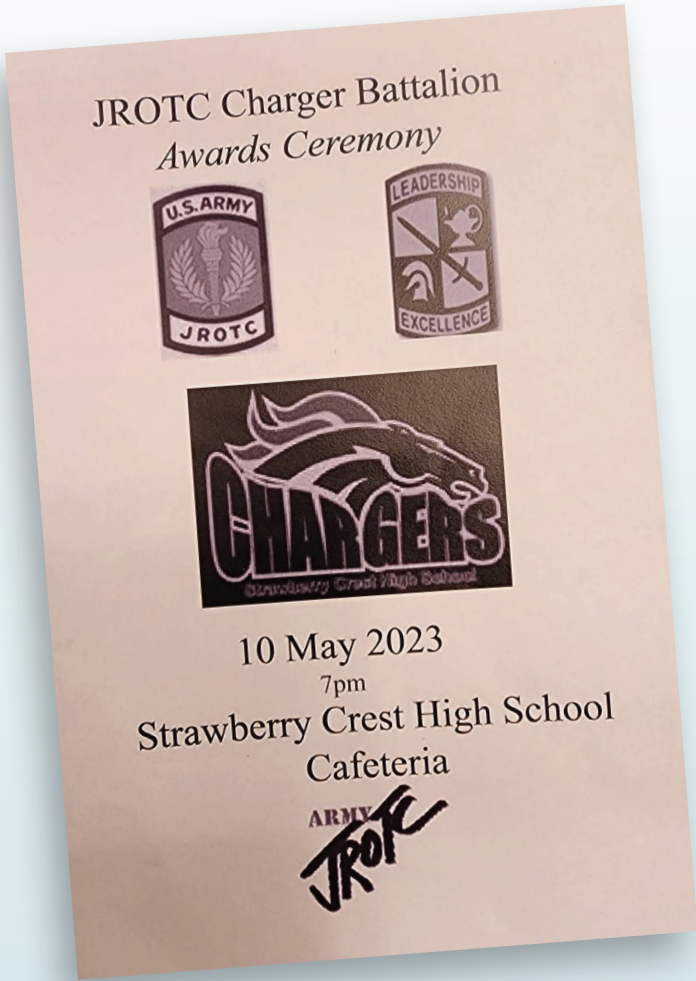
Both President Wilson, in 1916, and President Coolidge, in 1927, issued proclamations asking for June 14 to be observed as the National Flag Day. But it wasn’t until August 3, 1949, that Congress approved the national observance, and President Harry Truman signed it into law.

Source: <https://www.va.gov/opa/publications/celebrate/flagday.pdf>

JROTC AWARD PRESENTED AT STRAWBERRY CREST HIGH SCHOOL

—By Carol Zieres, COL USA (Ret) and photo credit Carol Zieres

The MOAA JROTC medal was presented to Cadet Corporal Peyton Ramsey for excellence in scholastic achievement at Strawberry Crest High School May 10, 2023 by COL Carol Zieres, USA (Ret).





Florida Council of Chapters

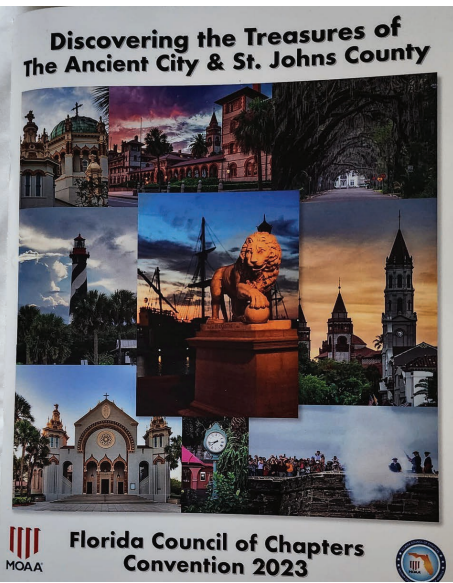
Military Officers Association of America



FCOC 2023 Convention - May 19th to 21st

St. Augustine, Florida

—Photo credits: Sara Marks and Carol Zieres



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



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I give my permission: signature: _____

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

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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 that you are all doing great enjoying the very nice weather here in the Tampa Bay area. We have seen some rain, but the temperatures remain very nice, and the humidity is still acceptable - for now!

In preparation for this input, I went back to check the topics for the June input one year ago. One topic was related to the COVID-19 situation back then. I am indeed very happy that it has been a very long time since we have had to address the COVID issue. Let's hope it will stay that way. Obviously, the war in Ukraine was mentioned with a possibility of Finland and Sweden to join NATO as a result of the Russian aggression on a sovereign neighbor nation. Today we all know that Finland has joined the alliance and I firmly believe Sweden will be next. In my opinion the inclusion of Finland and Sweden will have a major geo-strategy impact as it relates to the Nordic areas, the Baltic Sea, and also the Arctic area.

As I am writing this input the Memorial Day is just around the corner. Again, this year Senior National Representatives, team members and spouses from the International Coalition will be attending the Commitment, Respect, Integrity, Service, and Pride (CRISP) memorial event in downtown Tampa at the MacDill Park on the River Walk. We are very honored and grateful for having the opportunity to participate in this event as most nations worldwide have similar events on different dates. As members of our respective armed forces around the world the Memorial Day event allows all of us to remember and honor our fallen colleagues.

There are no changes to the International Coalition associated with US Central Command. Actually, the member nations will increase in late June as Oman is planned to join. That brings the total number up to 45 nations. Oman is one of the regional nations inside US CENTCOM area of responsibility. With Oman joining the number of regional nations will end up being 14 (out of 21), which of course is extremely valuable whenever we are discussing issues related to the current and future situation in Middle East and Central Asian area. Despite all Senior National Representatives and almost all team members are military we also have a very solid understanding on the political situation in our respective nations, a firm knowledge of working in a multinational environment including whole of government perspectives.



—Flag Oman

Explanation of the colors

The white color depicts the conviction of the Omani people in peace. The red band is from the old Omani flag which was all red. It symbolizes the battles fought by Omanis to evict foreign invaders from the country. The green band represents the fertility and greenery of the land.

I will keep introducing new Coalition members during the monthly MOAA luncheons and Operation Helping Hand dinners. On top of that I hope to be able to have my colleagues from the regional nations providing inputs from their nations for the Retrospect. I know they all have some interesting perspectives and insights that would be very beneficial for all of us outside the region. The situation in the Middle East and Asia is constantly changing and thereby affecting the context in which we have to carry out our various missions. Even more importantly is of course to obtain more knowledge on the nations and getting their view on challenges and opportunities.

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

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

Surviving Spouse Corner: SBP Open Season Basics: How to Enroll, How to Disenroll, and What It Will Cost

By: Lila Quintiliani

The National Defense Authorization Act of 2023 authorized a rare open season for the Survivor Benefit Plan (SBP), which is a way for military retirees to ensure their eligible survivors receive a continuous lifetime annuity. The open season began Dec. 23 of last year and continues through Jan. 1, 2024. Without SBP coverage, retired pay stops upon the death of the retiree.

There have only been four open seasons since the establishment of SBP in 1972, and the most recent one was almost two decades ago, in 2005. What is unusual about this open season is that it allows retirees not only to opt into the plan, but also to opt out of their current coverage.

It's important to note that retirees cannot *change* coverage during this open season: They can only enroll in the plan or discontinue SBP coverage. They cannot increase or decrease coverage amounts, or change or add beneficiaries. Retirees also cannot disenroll and then enroll again to change their coverage.

Here are some answers to key questions about SBP open season. Need more? Check out [MOAA's recent webinar on the topic](#).

How Do I Enroll?

Enrollment is a four-step process:

1. Submit a Letter of Intent, which can be found on the Defense Finance and Accounting (DFAS) [website](#).
2. Once this letter is submitted, DFAS will send an estimate of future monthly premium costs as well as a one-time "buy-in premium" figure.
3. If you decide to enroll, you will have to submit an enrollment form and choose how you will pay – a lump sum, 12 equal monthly payments, or a combination of the two.
4. DFAS will confirm your enrollment and provide instructions on how to submit payments. You are allowed 30 days from the date you sign your enrollment to cancel; cancellation must be in writing and must be received by DFAS within the 30 days.

The Coast Guard's Pay and Personnel Center, the pay agency for the Coast Guard and members of the commissioned corps of both the U.S. Public Health Service and NOAA, has a similar [enrollment process](#). Currently serving Guard and Reserve members should contact their branch of service for information.

How Much Will It Cost?

The one-time buy-in premium is determined by several things. The first is the amount by



which your retired pay would have been reduced if you had elected to participate in the SBP at the first opportunity afforded to you. That amount is 6.5% of whatever portion of your pay you want to cover: Survivors receive 55% of whatever "base amount" of your pay you choose.

Then there is a buy-in "factor" covering back interest payments and an "additional amount" added to preserve the actuarial soundness of the Military Retiree Fund. The amount differs based on the number of months it's been since your retirement.

For example, someone who retired in June 2018 and wanted to enroll would have a buy-in factor of 57.25. If they wanted to cover their entire retired monthly pay of \$4,750, the calculation for their buy-in premium would be: \$4,750 x 6.5% x 57.25 = \$17,675.94.

Going forward, the monthly SBP premium would be \$308.75 (\$4,750 x 6.5%). A survivor would get \$2,612.50 per month, which is equal to 55% of the base amount.

Each person will have a unique buy-in amount, which is why everyone who wants to enroll must complete a Letter of Intent so that their pay agency can calculate their specific premium.

How Do I Discontinue SBP?

Disenrolling from the plan is fairly simple: Complete a [discontinuance form](#) and submit it to your pay agency. The member must get concurrence from their spouse and any beneficiary over 18. There is no refund of premiums already paid.

Retirees should consider the pros and cons deeply before discontinuing the annuity, and should have a plan to provide for their loved ones. SBP premiums are heavily subsidized by DoD; it might be difficult to find alternate sources of income for survivors, especially for retired who are older or in ill health. If many years of SBP premiums have already been paid, it just might not make sense to cancel.

Don't Wait Until the Last Minute

While the open season doesn't close until Jan. 1, 2024, retirees shouldn't delay sending in their forms. DFAS says the normal processing time is 30 days from when its office receives a valid Letter of Intent.

While the forms can be submitted by mail, it is undoubtedly going to be quicker to fax your materials (800-469-6559) or use the [askDFAS online upload tool](#).

Source: <https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/finance/sbp-open-season-basics-how-to-enroll-how-to-disenroll-and-what-it-will-cost?ite=3821&ito=2538&itq=223d2786-e0c4-4f45-bcc0-f03d8f2ba79b&itx%5Bidio%5D=5827697>

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MEDICAL CORNER

Exercise Might Boost Your Tolerance for Pain

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

One potential solution to reducing chronic pain: Get moving.

A new Norwegian study finds that physically active folks have greater pain tolerance compared to sedentary types. Those with higher levels of activity also had higher pain tolerance, according to the report published online May 24 in PLOS ONE.

“Becoming or staying physically active over time can benefit your pain tolerance. Whatever you do, the most important thing is that you do something,” study author Anders Årnes, a PhD student at University Hospital of North Norway, and colleagues said in a journal news release.

For the study, the investigators analyzed data from more than 10,000 adults who participated in a large population survey conducted periodically in Norway.

Using data from two rounds of the study — 2007 to 2008 and 2015 to 2016 — the researchers examined participants’ self-reported levels of physical activity and their levels of pain tolerance. Pain tolerance was tested by submersing a hand in cold water.

Those who reported being physically active in either round of the study had higher pain tolerance than those who reported a sedentary lifestyle in both rounds.

Also, participants with higher total activity levels had higher pain tolerance. Those with higher activity in the second round than in the first round had a higher overall level of pain tolerance, the findings showed.

The researchers did not find a statistically significant relationship between activity level and changes in pain tolerance between the two rounds of the study.

However, they said, the findings suggest that remaining physically active, becoming active or boosting activity is linked to higher pain tolerance.

Boosting physical activity could be a potential strategy for easing or staving off chronic pain, the study authors suggested.

Future research could help confirm whether there is indeed a cause-and-effect relationship between activity and pain, they noted.

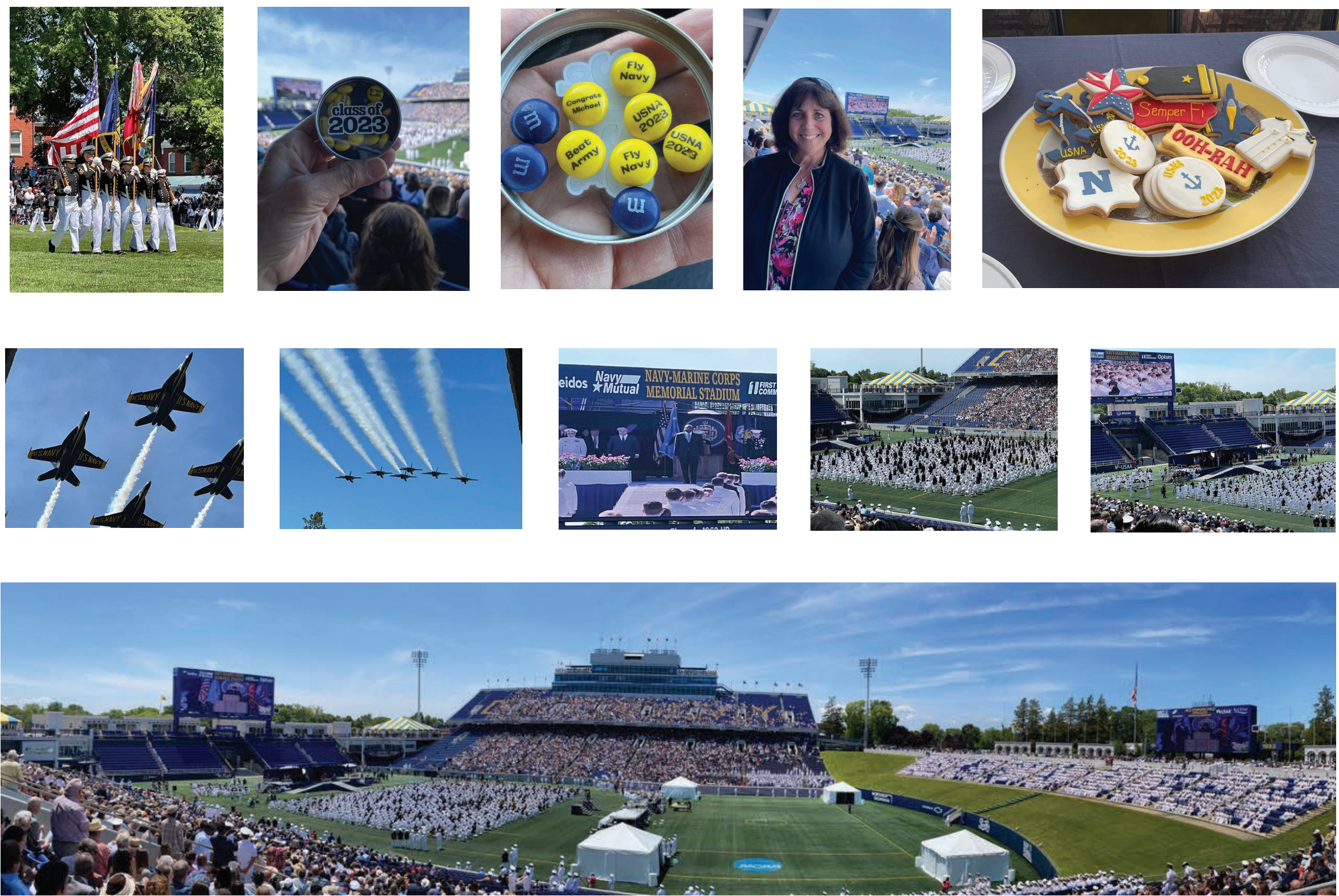
Source: <https://www.newsmax.com/health/health-news/exercise-sedentary-tolerance/2023/05/25/id/1121151/>



US NAVAL ACADEMY GRADUATION CLASS OF 2023

—By Sara Marks, CAPT NC USN (Ret) —Photo Credits: Sara Marks

What an honor to attend the graduation ceremony of the USNA Class of 2023 of the son of my dear friend! Many festivities occur during the week culminating in the graduation and commissioning of the midshipmen to either Ensigns in the US Navy or 2nd Lieutenants in the Marine Corps. There were also 11 classmates from 10 other countries to include Romania, Taiwan, Saudi Arabia, and South Korea. It is inspiring to meet these young men and women and know that our great nation is in good hands. It is also such a pleasure to meet the families of these young men and women and their many friends who came to share in their graduation and many for the first time to be involved in a military ceremony. God speed to these young men and women and may God continue to bless America.



Defense secretary tells Naval Academy graduates they’re ready to serve

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



—Newly commissioned Navy ensigns and Marine Corps second lieutenants toss their covers in celebration at the conclusion of the U.S. Naval Academy’s Class of 2023 graduation ceremony at Navy-Marine Corps Stadium, in Annapolis, Md., May 26. (Chad J. McNeeley/DoD)

ANNAPOLIS, Md. — [Defense Secretary Lloyd Austin](#) told newly commissioned officers at the U.S. Naval Academy on Friday that they are ready to “defend our democracy with honor, courage and commitment.”

Austin, speaking during the ceremony at the Navy-Marine Corps Memorial Stadium, acknowledged the Navy’s role in training allies, helping expand [Ukraine’s maritime capabilities](#) in its fight [against Russian invasion](#) and bringing relief to international conflict zones.

“Class of 2023, wherever your career takes you, remind the world of what you stand for — and what America stands for: Honor. Courage. And commitment. Democracy. Liberty. And the rule of law,” Austin told 1,018 graduates at the academy’s commissioning ceremony.

The secretary said naval officers have a special understanding of the power of teamwork, and “we need that spirit for the crucial mission that you’re all here to shoulder.”

Austin said U.S. Marines are training alongside allies [in Japan and the Philippines](#) to strengthen deterrence in the Indo-Pacific. He also said the Navy is driving forward the AUKUS partnership with Australia and the U.K.

In Europe, he said, U.S. sailors are operating [shoulder-to-shoulder with NATO allies](#).

He told the graduating class that their leadership will be at the center of American efforts for a more peaceful future.

“Our competitors openly challenge that vision,” he said. “They want to replace the hard-won postwar system of rules and rights with a lawless world of autocracy and aggression. But the American flag atop a U.S. Navy ship has long been the symbol of hope for a more free and secure world.”

The secretary noted that the class rose to the challenge of the COVID-19 pandemic in their first year at the academy.



—Secretary of Defense Lloyd J. Austin III awards a diploma at the U.S. Naval Academy’s Class of 2023 graduation ceremony May 26. (Chad J. McNeeley/DoD)

“It separated you from your classmates as you were just starting to feel like a family, but you hung in there,” Austin said. “You took care of each other.”

The class included 751 men and 267 women. There were 744 graduates who were commis-

sioned as Navy ensigns, including 539 men and 205 women. There were 257 commissioned as second lieutenants in the Marine Corps, including 198 men and 59 women. The newly commissioned officers will serve at least five years.

President Joe Biden addressed Naval Academy graduates last year, and Vice President Kamala Harris delivered remarks in 2021.



—Secretary of Defense Lloyd J. Austin III awards a diploma at the U.S. Naval Academy’s Class of 2023 graduation ceremony May 26. (Chad J. McNeeley/DoD)



—Newly commissioned U.S. Navy ensigns take the oath of office during the U.S. Naval Academy’s Class of 2023 graduation ceremony May 26. (Chad J. McNeeley/DoD)



—Newly commissioned U.S. Marine Corps second lieutenants take the oath of office during the U.S. Naval Academy’s Class of 2023 graduation ceremony. (Chad J. McNeeley/DoD)

Source: <https://www.navytimes.com/news/your-navy/2023/05/26/defense-secretary-tells-navy-graduates-they-are-ready-to-serve/>



The Forgotten History of Father’s Day

Let’s All Cheer for Fathers!

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



—Catherine Boeckmann

Father’s Day was not immediately accepted when it was proposed, and it did not become a national holiday in the U.S. until 1972 during President Richard Nixon’s administration. Why was it a hotly contested debate? Read the forgotten history behind Father’s Day.

With America’s history, you might think that a holiday recognizing men would be perfectly acceptable. After all, men dominated American society in the early 20th century. In addition, a “Father’s Day” or day that recognizes the role of fathers in the family is an ancient tradition. In history books, there is mention of a Southern European tradition dating back to 1508.

Certainly, in modern days, we do not give Father’s Day a second thought. It’s been almost 50 years since President Richard Nixon’s administration declared the third Sunday in June a day to recognize and honor the role of fathers in society (that occurred in 1972).

Father’s Day Controversy

Interestingly, Father’s Day was not immediately accepted when it was proposed. Why not?

Mother’s Day came first (it was officially recognized in 1914), so men in the early 1900s associated such a tribute to women and found the idea too effeminate to their liking. To be fair, Mother’s Day was couched in terms of femininity. In 1914, President Woodrow Wilson called Mother’s Day a way to recognize “that tender, gentle army—the mothers of America.”

Men viewed the idea of Father’s Day as similar to Mother’s Day, which was popular with florists; for fathers, it didn’t have the same sentimental appeal. As one historian writes, they “scoffed at the holiday’s sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself.”

Also, according to Lawrence R. Samuel, the author of American Fatherhood: A Cultural History, men had a different role in the family during the first half of that century. It was patriarchal, so they felt that a special day to exalt fatherhood was a rather silly idea, when it was mothers who were underappreciated.

However, that sentiment changed over time for several reasons.

The Women Behind Father’s Day

Grace Golden Clayton

The first known Father’s Day service occurred in Fairmont, West Virginia, on July 5, 1908, after hundreds of men died in the worst mining accident in U.S. history.

Grace Golden Clayton, the daughter of a dedicated minister, proposed a service to honor all fathers, especially those who had died. However, the observance did not become an annual event, and it was not promoted; very few people outside of the local area knew about it. Meanwhile, across the entire country, another woman was inspired to honor fathers ...

Sonora Smart Dodd

In 1909, Sonora Smart Dodd of Spokane, Washington, was inspired by Anna Jarvis and the idea of Mother’s Day. Her father, William Jackson Smart, a farmer and Civil War veteran, was also a single parent who raised Sonora and her five brothers by himself, after his wife Ellen died giving birth to their youngest child in 1898. While attending a Mother’s Day church service in 1909, Sonora, then 27 years old, came up with the idea.



Within a few months, Sonora had convinced the Spokane Ministerial Association and the YMCA to set aside a Sunday in June to celebrate fathers. She proposed June 5, her father’s birthday, but the ministers chose the third Sunday in June so that they

would have more time after Mother’s Day (the second Sunday in May) to prepare their sermons. Thus, on June 19, 1910, the first Father’s Day events commenced: Sonora delivered presents to handicapped fathers, boys from the YMCA decorated their lapels with fresh-cut roses (red for living fathers, white for the deceased), and the city’s ministers devoted their homilies to fatherhood.

Becoming a National Holiday

The widely publicized events in Spokane struck a chord that reached all the way to Washington, D.C., and Sonora’s celebration put the idea on the path to becoming a national holiday. However, the holiday did not catch on right away, perhaps due to the perceived parallels with Mother’s Day.

- In 1916, President Woodrow Wilson and his family personally observed the day.
- Eight years later, President Calvin Coolidge signed a resolution in favor of Father’s Day “to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations.”
- In 1966, President Lyndon Johnson signed an executive order that the holiday be celebrated on the third Sunday in June.
- Under President Richard Nixon, in 1972, Congress passed an act officially making Father’s Day a national holiday. (Six years later, Sonora died at age 96.)

Commercialism and the Economy

Two economic events pushed Father’s Day forward:

The Great Depression. With so many people pinching their pennies, the economy needed reasons for people to spend money. Father’s Day was promoted by struggling stores as an occasion to get fathers some of the clothing and material goods they needed. It was a way to invite people to get Dad the necktie or pair of socks that he probably would not buy for himself.



World War II. Men were on the front lines. The desire to support American troops and the war effort provided another reason to support and show appreciation for dads.

The Changing Role of Fathers

The idea of fatherhood changed as well. It’s not viewed as the “feminine model” with flowers, but it has become more of a day that celebrates what Dad likes to do, whether it’s going fishing or flying or go-carting! It focuses on the larger roles that dads play with their children.

Partly, this change is due to the way society has evolved. There are no longer huge armies of workers toiling away in industrial factories, while women spend hours hand-stitching and handwashing the family’s clothes. The modern role of the father has changed so that mothers and fathers are partners, each taking more responsibility within family life.

Fathers are now seen as significant influences on children; we know from many studies what happens when a father figure is lacking. In a sense, today, Father’s Day, helps to demonstrate the importance and value of fatherhood—and the gifts beyond material goods that a father bestows on his children and family. See 5 important ways fathers impact child development.

Different Days for Different Dads

North America is not the only place where Father’s Day is celebrated, of course:

- In traditionally Catholic countries such as Spain and Portugal, Father’s Day is observed on March 19, the Feast of St. Joseph.
- The Taiwanese celebrate Father’s Day on August 8—the eighth day of the eighth month—because the Mandarin Chinese word for eight sounds like the word for “Papa.”
- In Thailand, Father’s Day is celebrated on former King Bhumibol Adulyadej’s birthday, December 5.

Father’s Day Fun

What will you do to honor your father? It’s usually a great time to be outdoors, whether camping, fishing, grilling, or stargazing! We have lots of ideas as well as quotes for your Father’s Day card.

Source: <https://www.almanac.com/forgotten-history-fathers-day>

On the Scene in Sitka

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

—DOD News

Coast Guardsmen at Air Station Sitka conduct search and rescue missions throughout southeast Alaska, including 12,000 miles of isolated, rugged coastline. They are, as the Coast Guard motto says, “semper paratus” — always ready — which they demonstrated in vivid fashion during a recent exercise.

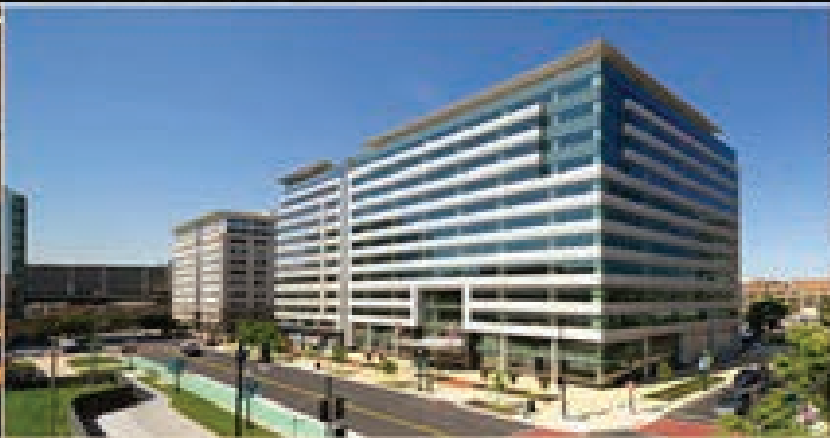
Crews assigned to the station and to the Coast Guard cutter Douglas Denman teamed up with Sitka Mountain Rescue and Sitka Fire Department personnel for a weeklong search and rescue exercise.

Participants tackled a series of simulated scenarios, including lost hunters and an avalanche. The exercise culminated with a mock mass casualty event in which multiple agencies responded to a simulated scene with 40 survivors in distress.

Source: <https://www.defense.gov/News/Feature-Stories/Story/Article/3398358/on-the-scene-in-sitka/>



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USSOCOM Headquarters MacDill AFB Tampa, FL

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CHAPLAIN’S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



The month of June is full of special days that we, as a nation and its people, often choose to commemorate, depending on our personal life story. The one most of us will honor in some fashion will be on June 18th, Father’s Day. Others will ensure their Old Glory is flying on June 14th, our national Flag Day. Those of us who served or are serving in the Army will also commemorate that day as the birthday of the United States Army. A few of us may remember in some way the events of June 6th, D Day, and June 25th, the day North Korea invaded South Korea and the beginning of the Korean “Police Action”. Our members who served there probably refer to it as the Korean War.

Another date many of us do not have on our calendars and may not observe it as the national holiday that it is and has been since 2021 is June 19th, “Juneteenth”. It celebrates the day that Union Army Major General Gordon Granger and his troops arrived in Galveston, Texas on June 19, 1865 and announced that the Civil War was over and that the more than 250,000 enslaved Black people in Texas were free. That came two years after the Emancipation Proclamation and two months after General Lee’s surrender to General Grant.

Our President’s Juneteenth Proclamation last year said “Juneteenth is a day to reflect on both bondage and freedom — a day of both pain and purpose. It is, in equal measure, a remembrance of both the long, hard night of slavery and subjugation, as well as a celebration of the promise of a brighter morning to come. On Juneteenth, we remember our extraordinary capacity to heal, to hope, and to emerge from our worst moments as a stronger, freer, and more just Nation. It is also a day to celebrate the power and resilience of Black Americans, who have endured generations of oppression in the ongoing journey toward equal justice, equal dignity, equal rights, and equal opportunity in America.”

In the Old Testament books of Deuteronomy and Leviticus the Jews were given two commandments: “You shall love the Lord your God with all your heart, and with all your soul, and with all your might” (Deut. 6:4), and “You shall love your neighbor as yourself” (Lev. 19:18). In the New Testament Book of Mark, Jesus was asked by one of the scribes, “Which commandment is first of all?” Jesus’ response was: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. The second is this, ‘You shall love your neighbor as yourself.’ There is no greater commandment than these.” Juneteenth provides opportunity for us to not only love God with all our heart, soul, mind, and strength; we also can love all our neighbors, regardless of race or ethnicity, as we love ourselves.

WWII Veteran Statistics

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

The passing of the WWII generation

Every day, memories of World War II—its sights and sounds, its terrors and triumphs—disappear. Yielding to the inalterable process of aging, the men and women who fought and won the great conflict are now in their 90s or older. They are dying quickly—according to US Department of Veterans Affairs statistics, 167,284 of the 16 million Americans who served in World War II are alive in 2022.

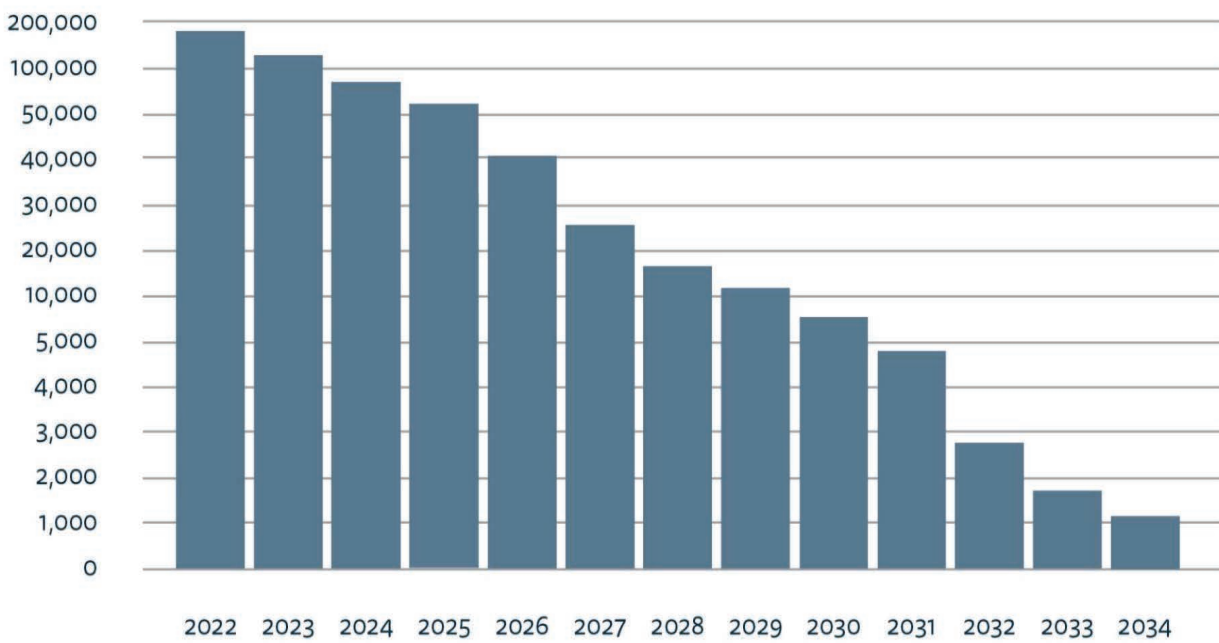
Honoring the 20th-century veterans’ sacrifice before they pass from the scene is at the forefront of everything we do at The National WWII Museum—from our exhibits, to oral histories, to the Museum’s \$400 million capital campaign, a lasting tribute to the war generation.

“There’s no time to lose,” said Gordon H. “Nick” Mueller, President and CEO Emeritus of the Museum. “We want to be able to finish and dedicate our expansion while we still have members of the Greatest Generation to thank for their sacrifice and service to the nation and to show the world what they mean to the principle of freedom.”

Source: <https://www.nationalww2museum.org/war/wwii-veteran-statistics>



SURVIVING WWII VETERANS



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

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

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

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

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

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

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

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

Check out our NEW Instagram account!
https://www.instagram.com/moaa_tampa/

THE TAMPA CHAPTER RATED FIVE STARS 2003, 2005-2010, 2012-2017, 2019-2022

Tampa Chapter

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