



# The RETROSPECT

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL

October 2023

VOLUME 29, NUMBER 10



## MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

# GREETINGS!



Hello to all and thanks for joining us this month. It is amazing how quickly time passes when we are involved and engaged in meaningful activities. As MOAA members, we have an ever-present responsibility to promote and support the pivotal issues designated as MOAA National's focal areas for the year. As we enter the last quarter of the year, let's continue to pursue MOAA's purposed and promised work of advocacy and outreach.

### Thank You

Tampa Chapter has continued diligently to advance our community contributions and relationships in several areas over the past nine months. It is imperative that we remain vocal, adamant, fixed, and determined to do our part in seeking favorable resolutions to issues our constituency faces. Thanks so much to our faithful volunteers that enable progress; that always answer the call. I ask everyone to stay the course and share the load as able. Remember, service saves...service grows...service multiplies – where do you serve?

### Member of the Month

That said, my thoughts move immediately to our Member of the Month for October 2023, Colonel Russell Gregory (USA, Retired). Our Chapter is fortunate to have Russell on our Team as a co-leader of the Chapter's Guard and Reserve Advocacy and Outreach Committee. Russell's service, depth of experiences, and detailed understanding of Guard and Reserve affairs brings strength and great insight into this key advocacy area. Truly an upstanding leader and servant, we are delighted to

honor Russell this month. Please join us at our monthly luncheon, in-person or virtually, on 14 October as we honor Russell and take time beforehand to read his biographical information later in this newsletter.

### Wrapping up:

In closing, please read through this missive purposefully. We have several "irons in the fire" and are very excited about the difference our Chapter makes in the lives of many. I look forward to seeing many of you at this month's luncheon. I challenge to you to bring someone new to lunch or call up someone that hasn't been attending and invite them to return. We have exciting speakers lined up through the year's end.

As always, I close thankful for you all. I hope you are well, and that God grants us all the strength to run through the finish line. Please be safe, discerning, and prudent in your travels. May God bless you all!

All the best,  
Charles Dalcourt

## UPCOMING EVENTS

5 Oct  
10:00 AM BOD Meeting

12 Oct  
Chapter Luncheon  
11:30 AM – 12:00 PM Social  
12:00 PM – 1:30 PM Lunch  
Columbia Restaurant, Siboney Room  
Annual Business Notice  
([see page 17](#))

28 Oct  
Star Spangled Art Exhibit  
Reception 1-4 PM  
Unisen Senior Living Facility  
([see page 7](#))

14 Nov  
Thriving After Military Service  
Five Labs Conference Center  
([see page 7](#))

19-21 January 2024  
BOD and CMTE Lead Retreat  
Homosassa Springs

25-28 January 2024  
Florida Council of Chapters  
Leadership Seminar  
Rosen Center, Orlando

## REMINDER:

SUBMISSION DEADLINE  
FOR THE NOVEMBER 2023  
ISSUE IS 20 OCTOBER 2023

Please submit articles in a Word  
Document and photos in JPEG  
Email articles to  
[coms@moaatampa.org](mailto:coms@moaatampa.org)

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

## LEGISLATIVE LOWDOWN



LTC REGINALD WILLIAMS USA RET



Capt NORM BILD, USAF RET



BEN RITTER, SGT USMC  
(FORMER)/HONORARY MBR



LTC NICK CLEMETE, USA RET

As the article goes to publication, either our legislators passed the appropriations (12 bills needed to fund the government) federal agencies will need to operate properly, Congress passed a [continuing resolution](#), or have not and the government is shutdown.

The NDAA is the most critical of these authorization bills for MOAA's purposes, as it affects DoD policies and programs.

Members of **all eight** of our nation's services continue to work when the government shuts down, and all those in uniform deserve to be paid for their service. This has long been one of MOAA's top legislative priorities. This supports the government, servicemembers, veterans, and their families face uncertainty, financial stress, and an erosion of trust in lawmakers – all during a recruiting and retention crisis for the all-volunteer force.

Members of the Army, Marine Corps, Navy, Air Force, and Space Force are not guaranteed to be paid during a funding lapse. But it's rare for those in uniform under DoD to go unpaid. This is not the case for hardworking servicemembers and families of the Coast Guard, the U.S. Public Health Service, and NOAA.

**Tell Congress to Pay Our Troops<sup>1</sup>**

Lt. Gen. Brian T. Kelly, USAF (Ret), MOAA president and CEO had plenty to say about the impacts of a government shutdown:

*"Military members and their families volunteer and are honored to serve and make the needed sacrifices, but they don't and should not expect to sacrifice their financial security. The all-volunteer force is the backbone of our nation's national and economic security. We depend on them and hold them accountable ... **they want and deserve the same dependability and accountability from the elected members of Congress who are charged with supporting them** ... Government shutdowns and uncertainty of pay and benefits **directly contribute to our current recruiting crisis.**"*

The **Pay Our Troops Act HR 5641** would protect military servicemembers and certain Department of Defense civilian employees, contractors and Coast Guard personnel should Congress fail to reach an agreement on a Continuing Resolution in time to prevent any disruption to covering the costs of housing, food security, childcare, medical expenses and other routine daily costs.

Congress has grappled with passing timely annual appropria-

tions for a quarter-century; this year is not any different, and it's **critical for our members to let their lawmakers know that change is long overdue.**

*Our Senators have indicated their support for this measure, but they still need to be urged to rally their colleagues and see that this bill reaches the finish line and is signed into law.*

*A more direct request is needed for our House delegation.*

Even if a CR does pass to avoid a shutdown, it will have a deadline just a few months downstream. HR 5641 will extend the protection until a permanent funding bill is passed.

**TAKE ACTION: [Urge Your Elected Officials to Support the Pay Our Troops Act](#)**

MOAA, along with fellow members of the 5.5-million strong Military Coalition, is pushing aggressively for a legislative solution to this policy, and continue to need your help to send a message loud and clear to our elected leaders on Capitol Hill.

**How MOAA Members Made a Difference Via Our Summer Advocacy Campaign**

MOAA's [Advocacy in Action Summer Campaign](#) garnered continued support for two key advocacy goals – the preservation of your TRICARE pharmacy benefit and the restoration of the Basic Allowance for Housing – thanks to ongoing grassroots work from thousands of MOAA members and other supporters.

MOAA has amassed over 33,000 messages in support of the two topics sent via our [Legislative Action Center](#) since AiA work began earlier this year. The House version of the FY 2024 National Defense Authorization Act (NDAA) includes actionable language on both issues; an Aug. 24 letter from Lt. Gen. Brian T. Kelly, USAF (Ret), MOAA's president and CEO, addressed to the chairmen and ranking members of both the House and Senate encouraged support for the related House provisions during the upcoming conference committee session.

*continued on page 2*



LEGISLATIVE LOWDOWN *cont.*

TRICARE Pharmacy Cuts

We appreciate MOAA members’ efforts to build support for a much-needed analysis of beneficiary impacts related to the pharmacy network cuts. Hundreds of families have shared their stories about barriers to access resulting from the narrowed network.

Data reporting will help quantify these challenges, particularly for rural residents and the elderly. MOAA will leverage this information in our advocacy efforts and ensure Congress reviews this critical information as part of their oversight role on the military health care benefit.

BAH Restoration

The concerted efforts from MOAA members during the AiA campaign led to increased support for the [BAH Restoration Act](#) and a [Senate companion bill](#). Additionally, the House version of the NDAA includes a 1% restoration of the allowance, which signifies acknowledgement from Congress that service-members are struggling financially.

MOAA will continue to build support for the standalone legislation while simultaneously urging appropriators to ensure the funds are provided for the 1% restoration of BAH as a starting point.

Growing Our Advocacy Base

Driven in part by these campaign engagements, the number of supporters registered for MOAA’s Legislative Action Center approached 20,000, with a surge over the last two weeks. We

welcome this growth and need to continue making major progress if we are to be prepared for any significant decrements to our service-earned entitlements.

What form could those decrements take? As we have regularly reported, every two years the Congressional Budget Office (CBO) provides Congress with a list of options to reduce government outlays. The intention is for this report to inform members of congress as they grapple with budgets through the congressional cycle. Option No. 8 in the CBO’s report is to charge out-of-pocket fees for TRICARE For Life for the first \$850 worth of cost sharing, and then pay half of the next \$7,650 – the grand total cost to the beneficiary would not exceed \$4,675 in 2026. Option No. 16 is to reduce VA disability pay for those who receive payments in 2024 or later who later turn 67.

Some of these issues may not directly affect you, but we must continue to support all ranks and each of the eight uniformed services. Remember, if Congress makes changes relative to the options shared by the CBO, there is a warranted concern for other actions, deeper cuts, or changing eligibility, which would widen the impact.

As we may face challenges of this magnitude, MOAA will need many more than just 19,700 advocates. It takes two key components to succeed at this level of advocacy:

- A compelling, data-driven argument with personal examples highlighting the impact to those who served, and their families.

- An exceptionally loud voice, achieved by having more advocates. Our base of over 360,000 members should be able to yield at least double the number of advocates what we have now.

Shaping Future Priorities

Send your input on future AiA topics [via this survey](#), which can be found on MOAA’s Legislative Action Center site. Some details:

- Your input should fall under one of the topic areas outlined in [MOAA’s Legislative Priorities for the 118th Congress](#).
- Fill out the survey by Oct. 17 so responses can be assessed and included in discussions at MOAA’s fall board of directors meeting, where the topics will be chosen.
- [Share the survey link](#) with your network, and be sure to sign up for the Legislative Action Center if you have not done so already.

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

Sources:

- 1) [www.moaa.org](http://www.moaa.org), excerpts from article, “Help Protect ALL Servicememebrs’ Pay During Shutdown” by Brian T. Kelly, Septemberr 13, 2023
- 2) [www.moaa.org](http://www.moaa.org), article by Dan Merry, September 13, 2023

# Army astronaut finally returns to Earth after breaking NASA record

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

—By Jonathan Lehrfeld

Army Lt. Col. Frank Rubio returned to Earth after accomplishing a feat no American before him ever achieved.

The soldier-turned-NASA-astronaut [landed back on solid ground in Kazakhstan](#) after spending 371 days in low Earth orbit, earning him the record of the longest single spaceflight by an American.

He [surpassed the previous United States record](#) of 355 days on Sept. 11, which was held by NASA astronaut Mark Vande Hei. Russia holds the world record of longest single spaceflight at 437 days, set in the mid-1990s, [according to the Associated Press](#).

But the yearlong trip among the stars was not planned to be quite so lengthy.

Rubio [launched](#) with two cosmonauts aboard Roscosmos Soyuz MS-22 on Sept. 21, 2022. The crew expected to stay only six months, but the spacecraft [experienced a coolant leak](#) that resulted in an extension of their mission.

At a recent news conference, [Rubio said](#) that if asked beforehand to spend a full year in space, he likely would have politely said no.

*“If they had asked me up front before...training, because you do train for a year or two years for your mission, I probably would have declined,”* he said, while floating aboard the International Space Station. *“It would have hurt, but I would have declined and that’s only because of family, things that were going on this past year.”*

As the United States looks toward exploring further in space, including eventual manned missions to Mars, prolonged journeys outside Earth’s atmosphere [filled with various challenges for the isolated astronauts](#) may become more regular.

*“Frank’s record-breaking time in space is not just a milestone; it’s a major contribution to our understanding of long-duration space missions,”* NASA Administrator Bill Nelson said in a statement.

Rubio was [selected by NASA to join the 2017 astronaut candidate class](#).

Born in California, though he considers Miami, Florida, his hometown, Rubio graduated from the U.S. Military Academy in 1998, according to his NASA bio. He served as a UH-60 Blackhawk helicopter pilot and flew more than 1,100 hours, including about 600 during deployments to Bosnia, Afghanistan and Iraq. He also earned his jumpmaster certification and has conducted more than 650 freefall skydives.

“The Army has singularly provided unique opportunities for me, but I think — more important than that and more than the experiences themselves – is the adaptability that you build,” [Rubio said last year in an Army release](#). “We have, as soldiers, just become incredibly resilient and adaptable because you have to — you never know what’s coming at you.”

At the time of his selection with NASA, Rubio was serving as a battalion surgeon for the 3rd



—NASA astronaut Lt. Col. Frank Rubio set a record for the longest single spaceflight by an American. (NASA, Photographer: Robert Markowitz)

Battalion of the 10th Special Forces Group (Airborne) at Fort Carson, Colo.

He and his fellow crew members [conducted several scientific experiments](#) during their year in space, including on how bacteria adapt to spaceflight and on using water-based and air-based techniques to grow tomato plants.

“For me, honestly, obviously, I think hugging my wife and kids is going to be paramount, and I’ll probably focus on that for the first couple days,” Rubio said, when asked about his plans when returning home.

Source: <https://www.armytimes.com/news/your-army/2023/09/27/army-astronaut-finally-returns-to-earth-after-breaking-nasa-record/>

# Finding hope with help from our buddies

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

—By Chris Vidaurre

Shortly after my transition from the Marines, I was lost, separated from the structure of service and battling my invisible wounds. I soon found myself homeless on the streets of San Antonio grappling with a range of issues. My relationships with my buddies and family crumbled, and I was overcome by anger and despair.

In my darkest hour, a fellow Marine learned of my situation and extended a lifeline. His family welcomed me, ensured my safety and provided the caring support I desperately needed. Their compassion and understanding gave me the foundation on which to rebuild my life. I credit my “buddy” and his family for helping me find my way back from the edge.

The experience underscored the tremendous power of having a buddy in a Veteran’s life. A buddy isn’t just a comrade from your time in service; a buddy is a friend, a confidant and a source of steady support. When the world feels like it’s collapsing around you, a buddy is there to offer a helping hand and a listening ear.

As we approach VA’s “Buddy Check Week” on Oct. 16 to 20, it’s essential to recognize the profound impact that such friendships can have on the well-being of our fellow Veterans. It’s not just about ensuring that Veterans have someone to talk to; it’s about acknowledging that life’s journey after service can be chaotic, traumatic and unpredictable—and that all of us need a helping hand at times.



One of the most challenging aspects of my journey was acknowledging that I needed help. The military teaches us resilience and perseverance and to face adversity head-on. While these qualities are invaluable, they can also lead us to believe that seeking help is a sign of weakness. But that couldn’t be further from the truth. Asking for help is truly a sign of strength, a sign of how well we really know ourselves.

My journey revealed that it took me immense courage to ask for help. It’s not a sign of weakness. It’s a testament to my strength and determination to overcome the challenges life throws me. A buddy is someone who understands this, stands by your side and endures this battle with you without judgment because they know you would do the same for them.

During Buddy Check Week, let’s all take a moment to reach out to our fellow Veterans, check on them and remind them that they are not alone. The week is an opportunity to strengthen the bonds that were forged in military service and to extend a hand of friendship to those who may be struggling and unwilling to ask for help. We must let each other know we are all still in the same fight together.

To continue reading this article click the link: <https://news.va.gov/124372/finding-hope-with-help-from-our-buddies/>



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



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MOAA MISSION STATEMENT

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



TAMPA CHAPTER MISSION:

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

GENERAL CONTACT INFO:

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



Once again, I have returned from yet another adventure. This trip was a cruise out of Quebec City and into the Canadian east coast maritime waters. It was so stunning, but also answered my question of where the hurricanes that come through Florida continue to travel after they leave. Hurricane Lee downgraded to a tropical storm but had its effect on my cruise ship's ability to enter one of my anticipated ports of call. However, the sail into New York harbor was thrilling, especially sailing past the Statue of Liberty. Though it was at 1:45AM I absolutely delighted in rising that early to see Lady Liberty. It was thrilling! I can only imagine the many immigrants who sailed past her and of their hopes and dreams as they came to America. The Statue of Liberty is a beacon of hope and of freedom that I pray will be prevalent all over the world.

This month we are highlighting our Member of the Month, Russell Gregory, COL, USA (Ret). He's had quite an interesting career both in the military and after he retired. Please read his bio in the newsletter and make sure to greet him at this month's luncheon.

I appreciate articles submitted by our chapter members and their contributions to *The Retrospect*. This month Carol Zieres submitted an interesting article about the history of the Navy Blue Angels and her experience in seeing them at NAS Pensacola, Florida. There are some other articles that I hope you find interesting about the Navy's 248th Birthday this month, the history of Navy Day, and the article on breast cancer awareness in the Medical Corner and an article about breaking loneliness in the Surviving Spouse Corner as well as a few more that are informative of some things going on with our military. However, I want to highlight an article about Kelly Kowall who is a Gold Star Mother, presented her art at MOAA Tampa's Inaugural Gala and a recent luncheon guest speaker for MOAA Tampa. She has a retreat called My Warrior's Place named in honor of her son, that the MOAA Tampa Board of Directors

and Committee Leads were able to use for strategic planning offsite earlier this year. Sadly, My Warrior's Place was badly damaged during Hurricane Idalia. Make sure to take time to read the article written by WFLA News 8.

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 continue to 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](mailto:secretary@moaatampa.org) or you may contact me at [coms@moaatampa.org](mailto: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. My role as you editor continues to be and enriching and rewarding learning experience, but one that I don't do alone. In the meantime, I shared some of my travel adventures and would love to hear about your travels. Please sent to my MOAA email: [coms@moaatampa.org](mailto:coms@moaatampa.org). Note that due to my continued love of adventure the November newsletter will be published the second week of November. I will have an interesting article related to the reason for the delay in November's issue that I think you'll enjoy. Happy 248<sup>th</sup> Birthday Navy!!!

*"Never miss an opportunity to see anything that is beautiful."*  
- Janet Hobson

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](mailto:secretary@moaatampa.org) or going to the main menu to CONTACT and email us using the form provided.  
FACEBOOK: [MOAA Tampa Chapter](https://www.facebook.com/MOAA-Tampa-Chapter)  
INSTAGRAM: [https://www.instagram.com/moaa\\_tampa](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](http://www.moaafl.org)

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OPERATION HELPING HAND:  
[www.operationhelpinghandtampa.com](http://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](http://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.



## Turn Compassion Into Action!

### Join the Service to the Armed Forces Team!

Our Service to the Armed Forces volunteers at MacDill AFB support service members, their families, and our veterans every day! Become a part of our team providing support to the MacDill clinic, pharmacy, and beyond. By volunteering at the clinic, you will provide support to our military community. Our vital work is only possible because of people like you. Bring your skillset, experience, and compassion to MacDill AFB clinic today!



#### Volunteers Urgently Needed in the Following Areas at MacDill AFB:

Coping with Deployment Facilitator	MacDill AFB Clinic	MacDill Clinic Professional Volunteer	MacDill AFB Pharmacy
Help provide skills to help military families cope with military life, especially deployments.  *Must be mental health professional, holding a current license*	Provide assistance with tasks in a clinical setting such as surgical prep; runner; charting; reception; prepare patients for treatment and administrative tasks.	Provide assistance with a specific service or treatment to designated clients in an urgent care, outpatient/inpatient unit, or other health care settings.	Provide assistance with tasks in a clinical setting as well as support staff in a variety of direct and indirect patient care activities.

\*Additional security clearance may be required in compliance with government regulations\*

\*\*Some positions such as clinic professional volunteer require a valid and current license in their field.

To learn more, visit [redcross.org](http://redcross.org) or contact:

Molly Gallagher, Senior Volunteer Recruitment Specialist  
[molly.gallagher@redcross.org](mailto:molly.gallagher@redcross.org)



Scan with cell phone camera to apply!

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2023



Advertise in the monthly MOAA Tampa Chapter Newsletter



The **RETROSPECT**  
TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL



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

#### DIGITAL PUBLISHING

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

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

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

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

**DEADLINE:** See Digital Publishing table.

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

Call, email or visit [moaatampa.org](http://moaatampa.org) to reserve your spot today!

Email: [Secretary@moaatampa.org](mailto:Secretary@moaatampa.org)  
[www.moaatampa.org](http://www.moaatampa.org)



# MEMBER OF THE MONTH

## COLONEL (RETIRED) RUSSELL L. GREGORY III

COLONEL (Retired) Russell L. Gregory III, a native of Portsmouth, Ohio, began his distinguished career in the United States Army in 1982 as an enlisted Soldier. He was commissioned as a second lieutenant upon graduation from the United States Army Officer Candidate School in 1988. As an officer, he started his career as a Platoon Leader with the 148th Forward Support Battalion. His military education includes Quartermaster Officer Basic & Advanced Courses, Civil Affairs Officer Advanced Course, Combined Arms Services Staff School, Command & General Staff Officer's School, Senior Transportation Officer's Course, Joint Domestic Operations Course, Advanced Joint Professional Military Education, and many others.

COLONEL (Retired) Gregory completed his undergraduate studies at Morehouse College in Atlanta, Georgia, earning his Bachelor of Arts Degree in Business Administration in 1987. He completed his graduate studies at LaSalle University, Philadelphia, Pennsylvania where he earned his Master of Science Degree in Management in 1995. He also earned a Master of Business Administration Degree in International Business from Touro University International, Cypress, California in 2005. Colonel Gregory also has master's degree certificates in Lean Six Sigma from Villanova University and Managing Strategic Change from Northwestern University.

Over the span of his 37-year career, he has deployed or served in support of OPERATIONS DESERT SHIELD/STORM, ENDURING FREEDOM, IRAQ FREEDOM, INHERENT RESOLVE, and RESOLUTE SUPPORT. He also has served in the Georgia Army National Guard, Alabama Army National Guard, and the Arkansas National Guard. As a company grade officer, he commanded two units, 3291st USAR Support Element, and the Installation Support Command, Arkansas Army National Guard. He also served as a Personnel Officer (S-1), Logistics Officer (S-4), and Logistics Team Chief Observer/Controller Branch during his Reserve and National Guard tours of duty. He was selected twice to serve as a Detailed Inspector General. He served as Branch Chief Detailed Inspec-



Dill Air Force Base, Florida. He served as Branch Chief, Engagements, Coalition Coordination Center Division, Branch Chief, Assessments and Communication Synchronization Division, and finally Deputy Director, Syria & Iraq Train, and Equip Cell.

COLONEL (Retired) Gregory's significant awards and decorations include the Legion of Merit Medal, Meritorious Service Medal with three Oak Leaf Clusters, the Army Commendation Medal with two Oak Leaf Clusters, Army Achievement Medal with one Oak Leaf Cluster, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal with one Bronze Star, National Defense Service Medal with two Bronze Stars, Armed Forces Reserve Medal with on Gold Hourglass, Order of Saint Martin Logistics Medal, and Arkansas Adjutant General's Outstanding Unit Commander Award, States of Alabama, Arkansas and Georgia Service Awards, and others.

COLONEL (Retired) Gregory resides in Tampa, Florida and in St. Kitts and Nevis. He retired from the Federal Bureau of Investigation after 22 years of service as a Special Agent. He also retired from the State of Florida, Office of Inspector General, as a Regional Investigator. He currently is the Chief Executive Officer & Principal Owner of St. Kitts/Nevis Luxury Taxi & Tours, LLC in the Federation of St. Kitts and Nevis. In his spare time he enjoys fishing, flying private aircraft, scuba diving, traveling, and spending time with family and friends. He has one daughter, Ashley that attends the University of Massachusetts School of Law in Dartmouth, Massachusetts.



# ‘This place has saved lives’: Retreat for veterans, first responders suffers thousands in Idalia damage

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

RUSKIN, Fla. (WFLA) — A retreat for first responders and veterans had never flooded, but Hurricane Idalia ended that streak and forced the non-profit's founder to look for ways to repair the facility.

[My Warrior's Place](#) sustained at least \$50,000 in damage, according to Kelly Kowall.

"It was heartbreaking," Kowall said. "Just heartbreaking."

Kowall opened My Warrior's Place in 2012 in memory of her son.

Army Spc. Corey Kowall, 20, was killed in 2009 while serving in Afghanistan during Operation Enduring Freedom.

Since then, his mother has welcomed about 60,000 veterans and first responders to the Ruskin property to give them somewhere to get away from the trauma their professions cause.

"Firefighters who try but can't save a child. Police officers who think they didn't arrive in time. Soldiers who see so much and come home with PTSD," Kowall said. "They don't get a day off to figure it out. This is a place for them."



Kowall said visitors often form therapeutic bonds with others who have faced similar tragedies.

*"There's healing that happens just being able to sit around the firepit and talk. This place has saved lives," she said. "I can't tell you how often I've had someone come up and say, 'You didn't know it when I was here but I was contemplating taking my life and this place saved me.'"*

Kowall was equally emotional about the waves of volunteers who have stepped forward this week to help with the clean up.

Anthony Gravlee, the son of a veteran, did not mind that the work left him soaked in sweat.

"As long as everything gets done and gets put back together," Gravlee said. "I'm okay. It's too important to these firefighters, veterans, police."

Kowall said the outpouring has been a great help.

"It renews my faith in mankind to know they care enough to come out here and sweat right along with us," Kowall said.

Kowall said the non-profit's decision against flood insurance was prompted by the fact the property has not flooded.

"It hasn't flooded since we've been here. The old owner said it never flooded and the owner before that said it never flooded," Kowall said. "Would we like to have bought flood insurance? Yes. Can we afford it? No. And it has never flooded."

She said flood insurance was pegged at \$11,000 a year when the retreat first opened and she believes it would be even more costly now.

"The cost is astronomical. We don't have that kind of budget. We don't have that money," Kowall said. "We were barely making it month to month."

Fishing off the property docks or using its boats is always free to veterans and first responders, Kowall said. Visitors are asked to pay a small donation to stay in the cottages, but Kowall said the budget is still tight.

By not spending money on flood insurance, she estimates My Warrior's Place helped an additional 100 people a year.

"We have no deep pockets," Kowall said. "We have no big corporate funding. There's times when I don't even know how we're going to pay this month's bills but somehow a check will show up right when we need it."

She gives the credit for those surprise funds to her son.

"I feel his presence here all the time," Kowall said. "I kind of put that on him. You know, making sure that we stay alive."

Kowall does not have a time frame for how long it will take to repair the damage caused by the flooding.

"As soon as possible," she said.

Source: <https://www.wfla.com/8-on-your-side/this-place-has-saved-lives-retreat-for-veterans-first-responders-suffers-thousands-in-idalia-damage/>



My Warrior's Place now has a [donations link set up for anyone wanting to help with recovery.](#)

Or go directly to the My Warrior's Place website: <https://www.mywarriorsplace.org>





# OCTOBER LUNCHEON MEETING

**EVENT:** Chapter Monthly Luncheon Meeting

**DATE:** Thursday, 12 October

**TIME:** Social time 1130 hours, Meeting time 12 noon – 1330 hours

**LOCATION:** Columbia Restaurant, Siboney Room, 2117 E 7<sup>th</sup> Ave, Ybor City

**RESERVATIONS:** Reservations must be made by NOON Friday, 6 October. Call 813-374-3309 OR via email to [LunchReservations@moaatampa.org](mailto:LunchReservations@moaatampa.org). Reservations are limited to 60. A reservation made is a reservation paid.

**CANCELLATIONS:** Cancellations must be made by NOON Monday, 9 October by calling 813-374-3309 OR via email to [LunchReservations@moaatampa.org](mailto:LunchReservations@moaatampa.org).

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

**MASKS:** Masks are optional.

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

**MENU:** 1905 Salad, Cuban Bread and butter, Ropa Vieja, Paella de Pollo, Yellow Rice, Platanos Maduros, Fresh Green Beans, Coffee, Iced Tea, Soft Drinks and Celebration Cake for the Navy

**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](mailto:LunchReservations@moaatampa.org) to be added to the distribution list.

**This meeting will not be available via Zoom.**



## Honor Flight West Central Florida



Applications for veterans and guardians/escorts can be printed from their web site: [HonorFlightWCF.org](http://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 one remaining flight  
scheduled this year:  
October 24.**

## 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](mailto: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, 6<sup>th</sup> 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](mailto:Secretary@MOAATampa.org).

### Keep Your MOAA Contact Updated

Please email any email address changes to "[membership@moaatampa.org](mailto:membership@moaatampa.org)" or go to your account at [moaa.org](http://moaa.org) and update mailing address, phone number, email address under the "Profile Info" once logged into your account.

### IMPORTANT DATES IN OCTOBER

Breast Cancer  
Awareness Month

9 Columbus Day/Indigenous  
People's Day

13 Navy Birthday

26 Day of the Deployed

27 Navy Day

31 Halloween

### 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**

## Welcome New Members

**1st LT Daniel Smith, USAF**



### TUNNEL TO TOWERS FOUNDATION Tampa Bay Event Updates & Call for Volunteers

Tunnels 2 Towers has a number of great events on the calendar for the remainder of 2023 and they will need volunteers to help make them successful. These are the upcoming events that we should consider supporting.

#### SAVE THE DATES:

We have our other two annual race fundraisers on the calendar as follows:

**Saturday, October 21 - Tampa Tower Climb** (now open for participant registration and volunteer sign up)

**Saturday, October 28 - Trinity/Pasco 5K** (REVISED DATE) (opening soon for participant registration and volunteer sign up)

Participant registration and volunteer sign up for the Tampa Climb opened this past weekend. The Trinity/Pasco 5K registration will open in a few weeks. As usual, we will need help at both events.



# DoD Won't Stop Looking Until All POW/MIAs Are Home

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

Nearly 81,000 American service members remain missing after having served in World War II, the Korean War, the Vietnam War, and other conflicts involving the U.S.

During an event at the Pentagon to commemorate National POW/MIA Recognition Day, Deputy Defense Secretary Kathleen Hicks today reassured the families of service members who never returned home that the Defense Department would never stop looking for them.

*"We know that enduring the grief and uncertainty throughout the years is difficult," Hicks said. "Please know that your missing family members are not forgotten. The Defense POW/MIA Accounting Agency works tirelessly to find answers for you, year in and year out. And, each year, we gather on this National POW/MIA Recognition Day to assure you that we remember them and that we will not give up on our mission to account for them."*

According to DPAA, in fiscal year 2023, the agency recovered the remains of 127 service members: 88 from World War II, 35 from Korea, and four from Vietnam.

Among those accounted for this year, Hicks said, is Army Air Corps 2nd Lt. Fred L. Brewer — a member of the Tuskegee Airmen. Hicks' cousin was in attendance at the event.

"More than seven decades ago, Brewer departed Ramitelli Air Base in Italy to support bombers to their targets in Germany," Hicks said. "On the way, his bomber group encountered heavy clouds. Lt. Brewer attempted a steep rise above them, but his engine stalled causing his plane to crash."

Until last month, Hicks said, Brewer had been one of 26 Tuskegee Airmen whose whereabouts were unknown. Now that he has been recovered, she said, a rosette will be placed next to his name at the Florence American Cemetery in Italy to indicate that he has been accounted for.

The DPAA can't do its work alone, Hicks said. Today, DPAA cooperates with 45 nations to locate missing service members around the world. In April 2021, one of those partners, South Korea, uncovered remains from a battle fought in 1951.

*"The remains were carefully exhumed and sent to a lab for testing," she said. "The following October, the ministry turned over those remains to DPAA. After DPAA sent the remains*



*to its own lab for analysis, it was able to identify U.S. Army Sgt. Stanley Turba. Soon, his daughter, Sandra, will welcome him home — more than 72 years after he went missing in the Korean War."*

Right now, more than 1,200 service members are still missing from the Vietnam War, and Hicks said Vietnam has also been a good partner in helping recover remains.

"During the height of COVID-19, when restrictions prevented our DPAA team from traveling to Vietnam, [Vietnamese] teams — trained by DPAA — traveled to multiple sites looking for the remains of American personnel," Hicks said.

In March 2021, she said, a team from Vietnam visited the crash site of a U.S. F-4 aircraft, and they recovered the remains of Air Force Col. Ernest DeSoto and Air Force Capt. Frederick Hall.

*"Col. DeSoto was given a dignified burial in June, and Capt. Hall will finally be laid to rest next month, on October 10," she said. "These are several of the many stories of those recovered and returned to their families — stories of sacrifice, hope and resolve. For you families of the missing, please know your strength motivates us each day as we do this work and follow through on our solemn and unwavering commitment to achieve the fullest accounting possible of our missing personnel."*

Retired Air Force Col. Michael Brazelton, a pilot and four-time Silver Star recipient, was held as a prisoner of war in Vietnam for nearly seven years. He was captured after being shot down on August 7, 1966, and was finally released on March 4, 1973.

Brazelton said that while the parents of those who have gone missing from the United States' wars have mostly passed on, most have other family members who still feel the pain of their loss.

"Their brothers and sisters are my age, in their 70s and 80s," he said. "Their children are in their 50s and 60s. But, still, at the very least, they want to know what happened to their loved ones. I cannot think of a more noble mission to determine what happened to our missing compatriots than to bring the remains home, if possible, or to provide information on when, where, and how unrecoverable friends met their fate."

Source: <https://www.defense.gov/News/News-Stories/Article/Article/3527804/dod-wont-stop-looking-until-all-powmias-are-home/>

Operation Helping Hand and UNISEN Senior Living

Honors our veterans and wounded heroes featuring their creative artwork

2023 Star Spangled Art Exhibit

You are invited to attend the Ninth Annual Star Spangled Art Exhibit at Unisen Senior Living October 14th to October 29th Sponsored by Operation Helping Hand and UNISEN Senior Living, 12401 N. 22nd Street, Tampa, FL 33612 Reception Saturday, October 28th, 1-4pm Refreshments

Come join Us For A Very Special Exhibit Presenting our veterans artwork in all styles and mediums



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Painting by Stuart Dwork



Painting by Carol Zieros



Painting by Bob Sawallesh



**TAMPA MOAA**

**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://thrivingaftermilitaryservice\\_nov2023.eventbrite.com/](https://thrivingaftermilitaryservice_nov2023.eventbrite.com/)

\*\*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, 14 November, 2023 9:00 am - 4:30 pm

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

6th Medical Group, MacDill wants YOU!

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

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

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

POINT OF CONTACT: Diana Pagan - 813-827-9785



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September Luncheon Photos

Photo credit: Ben Ritter and Carol Zieres





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# How to Celebrate Navy Birthday

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

Navy Birthday, October 13, 2023

Honor the Navy on its birthday - show your gratitude and appreciation with heartfelt messages, salutes, and celebrations!

### Introduction

241 years of service to our country! The US Navy was created by an act of Congress on October 13, 1775, which established a naval force to protect American interests at sea. It has since grown into one of the largest and most powerful navies in the world. This day is also a chance to recognize and thank all active duty personnel and veterans who have served or are currently serving in the US Navy. So take a moment to salute their courage and dedication!

### 1. Go to a Navy event

Look for a Navy event happening near you and join in the celebration of the Navy's birthday. There may be parades, concerts, and other activities to recognize the Navy's birthday.

### 2. Visit a museum

Visit your local naval museum or naval base and learn about the history of the Navy and its accomplishments. You may even be able to meet some of the current sailors who serve in the Navy.

### 3. Fly the flag

Hang a flag or two in support of your local Naval base or any other military facility in your area to show your appreciation for their service.

### 4. Send cards

Send cards or notes to friends and family members who are currently serving in the Navy. Let them know that you appreciate their service and sacrifice.

### 5. Attend a ceremony

Attend a ceremony held in honor of those who have served in the Navy and still serve today. Many cities will hold special ceremonies to commemorate the birthday of the Navy.

### Why Navy Birthday is Important

#### A. Celebrates the Naval heritage

The United States Navy, founded on October 13th 1775, has a rich history of protecting our shores and defending our freedoms. Celebrating this day serves as a reminder to recognize and honor the bravery and sacrifice of past and present naval personnel for their service to our nation.

#### B. Boosts morale of Naval personnel

Navy Birthday is an important opportunity to honor the dedication and commitment of current naval members who continue to serve in dangerous waters across the globe. It also provides an opportunity to boost morale by recognizing their hard work and contributions to



national security.

#### C. Encourages patriotic spirit

Navy Birthday helps further secure patriotism amongst citizens young and old alike. It instills a sense of pride and appreciation for the men and women who guard our shores and risk their lives every day in order to ensure the safety of Americans everywhere.

Navy Birthday helps further secure patriotism amongst citizens young and old alike. It instills a sense of pride and appreciation for the men and women who guard our shores and risk their lives every day in order to ensure the safety of Americans everywhere.

Source: <https://www.holidaycalendar.io/holiday/navy-birthday>



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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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# Navy Day in the United States 2023 - Awareness Days Events Calendar 2023

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



Although Navy Day in the United States has not been officially observed since 1949, October 27 is still widely celebrated as the holiday of the United States Navy.

The first Navy Day was held in 1922 by the Navy League of the United States. They chose the date of October 27 because it was the birthday of Theodore Roosevelt, who had a great interest in naval affairs and even served as an Assistant Secretary of the Navy.

In 1945, Navy Day was celebrated with special pomp and pageantry. In 1949, the U.S. Department of Defense was created and its secretary Louis A. Johnson directed that the United States Navy's participation would occur on Armed Forces Day celebrated on the third Saturday of May. However, the Navy League continued to organize events as before because as a civilian organization it was not affected by the directive. In the 1970, it was suggested that October 13 is defined as the new date of Navy Day as the Continental Navy was formed on October 13, 1775.

The date was officially changed, but October 27 is still generally celebrated.

Source: <https://www.awarenessdays.com/awareness-days-calendar/navy-day-in-the-united-states-2023/>

# National Day of the Deployed

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



October 26 marks the National Day of the Deployed.

This day honors all service members who have been deployed in service of our country. The day also acknowledges the sacrifices that military families make during deployment.

The first National Day of the Deployed was observed in 2006, when North Dakota announced a proclamation for the day, thanks to Shelle Michaela Aberle, who petitioned Governor John Hoeven with the idea. October 26 was chosen for the date in honor of Shelle's cousin, LTC David Hosna, who had been deployed to Iraq (the day was Hosna's birthday).

By 2012, every state in the US was observing this day. If you're honoring those who have been deployed, it is recommended to post to social media including the hashtag #Day-OfTheDeployed.

If you're looking to support service members on this day of recognition, check with local veterans service organizations, or, if you live near a military base, contact the base's Family Resource Center. For more tips, see [Military.com's Easy Ways to Support Our Troops and Their Families](#).

If you are a deploying service member or military family member, visit [Military.com's Deployment Center](#) for additional resources and guides to aid you before, during and after deployment. You can also visit [MilitaryOneSource's Deployment Resources for Families page](#).

Source: <https://www.military.com/deployment/national-day-deployed.html>

## Support for All Who Serve

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

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



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

In Afghanistan

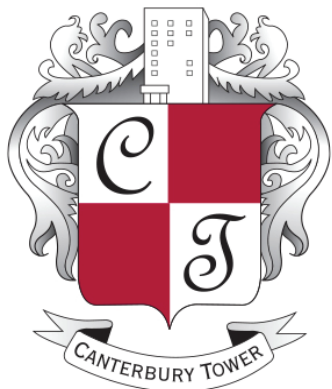
Call [00 1 800 273 8255](tel:0018002738255) or DSN 111

In the Philippines

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# A Brief History of the Blue Angels

—By COL Carol Zieres, USA, (Retired)

This past April, I had an opportunity to travel to Pensacola, Florida and stay at the NAS Pensacola lodge for a couple of days to explore more of the Panhandle during my mini-vacation. Besides visiting some beautiful beaches in the area, I asked the desk attendant what else was there to do in Pensacola? He asked me if I had ever seen the Blue Angels flight training practice exercises. I had watched them fly over Mac Dill AFB during an air show before, but I had never watched them practice on their home turf. I was at the right place and at the right time to see them up close and personal from the comfort of my folding chair on the flight line and take some impressive photos with my Smart phone! In honor of the Navy's 248<sup>th</sup> birthday this month, it is fitting that I include the history of The Blue Angels, formally named the U.S. Navy Flight Demonstration Squadron.

## 77 Years of Aviation Excellence

In 1946, the Chief of Naval Operations, Admiral Chester Nimitz, had a vision to create a flight exhibition team in order to raise the public's interest in naval aviation and boost Navy morale. "In the 1940's, we thrilled audiences with our precision combat maneuvers in the F6 Hellcat, the F8 Bearcat and the F9 Panther. During the 1950's, we refined our demonstration with aerobatic maneuvers in the F9 Cougar and F-11 Tiger and introduced the first six-plane delta formation, still flown to this day. By the end of the 1960's, we were flying the F-4 Phantom, the only two seat aircraft flown by the delta formation. In 1974, we transitioned to the A-4 Skyhawk, a smaller and lighter aircraft with a tighter turning radius allowing for a more dynamic flight demonstration. In 1986, we celebrated our 40th Anniversary by unveiling the Boeing F/A-18 Hornet. In 2021, we transitioned to our current aircraft the Boeing F/A-18 Super Hornet and celebrated our 75th anniversary."

The Blue Angels were originally formed in April 1946 as the United States Navy Flight Exhibition Team.<sup>[24]</sup> The Navy Flight Exhibition Team's first demonstration took place on 15 June 1946 at Naval Air Station Jacksonville, Florida, which was also the squadron's first home base. Chief of Naval Operations Admiral Chester W. Nimitz ordered the formation of the team after WWII, with the goal of increasing public awareness and appreciation of naval aviation. The new exhibition team was the second formal flight demonstration team in international aviation history. The first, Patrouille de France, was formed in 1931. The Navy Flight Exhibition Team changed their name to the Blue Angels after seeing an advertisement for the [New York](#) nightclub [The Blue Angel](#), also known as The Blue Angel Supper Club, in the [New Yorker Magazine](#). Right Wing Pilot Lieutenant Maurice "Wick" Wickendoll was inspired by a name he read in a *New York Magazine* column. Lieutenant Commander Roy "Butch" Voris, who led the team in a Grumman F6F-5 Hellcat, agreed with Wick, stating, ""That sounds great! The Blue Angels. Navy, Blue, and Flying!" The team was first introduced with it's now more commonly known name, Blue Angels, at an airshow in Omaha, Nebraska, in July 1946.

In their first year, the Blue Angels simulated WWII battles with an SNJ-5 Texan that had been painted and configured to resemble a Japanese Mitsubishi A6M Zero, and was affectionately named "Beetle Bomb." In August 1946, the team transitioned to Grumman F8F-1 Bearcats, including "Beetle Bomb."

The first Blue Angels casualty occurred on 29 September 1946, when Slot Pilot Lieutenant(j.g.) Ross "Robby" Robinson failed to recover from a dive while performing at NAS Jacksonville. Robinson was the first of 26 Blue Angel fatalities throughout the team's history. The Blue Angels' famous diamond formation was introduced in 1947 by Flight Leader Lieutenant Commander Robert "Bob" Clarke, and led to other new maneuvers such as the Diamond Loop and the Diamond Barrel Roll. These maneuvers are still performed by the Blue Angels.

The team's home base moved to NAS Corpus Christi, Texas, in 1948, and the team's insignia was designed by Flight Leader Lieutenant Commander Raleigh "Dusty" Rhodes the following year in 1949. Through the years, the original insignia has changed only to reflect the silhouettes of current Blue Angels aircraft.

The Blue Angels' home base moved to NAS Whiting in Florida on 10 September 1949. Currently, the Blue Angels are stationed at NAS Pensacola during air show season, and the squadron trains at Naval Air Facility El Centro, California, during the off-season. The Blue Angels are viewed by an estimated eleven million spectators each year during air shows, and the Blue Angels visit more than 50,000 people per year during school and hospital visits, and other community functions.

Sixteen Navy and Marine Corps officers voluntarily serve with the Blue Angels, and over 100 active duty enlisted Sailors and Marines voluntarily serve as the Blue Angels' maintenance and support team. A tour with the Blue Angels is typically two-to-three years for officers, and three-to-four years for enlisted personnel, after which they return to the fleet to continue their naval careers.

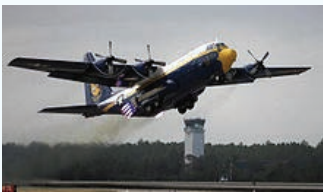
The mission of the Blue Angels is to showcase the teamwork and professionalism of the United States Navy and Marine Corps through flight demonstrations and community outreach while inspiring a culture of excellence and service to country.

The "Blues" perform at both military and non-military [airfields](#), and often at major U.S. cities and capitals; also locations in Canada are often included in the air show schedule.

During their [aerobatic](#) demonstration, the six-member team flies [F/A-18E Super Hornets](#), split into the [diamond formation](#) (Blue Angels 1 through 4) and the Lead and Opposing Solos (Blue Angels 5 and 6). Most of the show alternates between [maneuvers](#) performed by the [Diamond Formation](#) and those performed by the Solos. The Diamond, in tight formation and usually at lower speeds (400 mph), performs maneuvers such as formation loops, rolls, and transitions from one formation to another. The Solos showcase the high performance capabilities of their individual aircraft through the execution of high-speed passes, slow passes, fast rolls, slow rolls, and very tight turns. The highest speed flown during an air show is 700 mph (just under Mach 1) and the lowest speed, is 126 mph (110 knots) during Section High Alpha with the new Super Hornet (about 115 knots with the old "Legacy" Hornet). Some of the maneuvers include both solo aircraft performing at once, such as opposing passes (toward each other in what appears to be a collision course) and mirror formations (back-to-back, belly-to-belly, or wingtip-to-wingtip, with one jet flying inverted). The Solos join the Diamond Formation near the end of the show for a number of maneuvers in the [Delta Formation](#).



The parameters of each show must be tailored in accordance with local weather conditions at showtime: in clear weather the *high* show is performed; in overcast conditions a *low* show is performed, and in limited visibility (weather permitting) the *flat* show is presented.



The *high* show requires at least an 8,000-foot (2,400 m) [ceiling](#) and visibility of at least 3 nautical miles (6 km) from the show's center point. The minimum ceilings allowed for low and flat shows are 4,500 feet, and 1,500 feet respectively.<sup>[8]</sup>

## Aircraft

The Blue Angels use a [United States Marine Corps Lockheed C-130J Super Hercules](#), nicknamed "Fat Albert", for their logistics, carrying spare parts, equipment, and to carry support personnel between shows.



The team flew the [McDonnell Douglas F/A-18 Hornet](#) for 34 years from 1986 through 2020. The team currently flies the [Boeing F/A-18 Super Hornet](#).

## The Original Team Insignia

The original Blue Angels [insignia](#) or crest was designed in 1949, by Lt. Commander Raleigh «Dusty» Rhodes, their third Flight Leader and first jet fighter leader. The aircraft silhouettes change as the team changes aircraft.<sup>[1]</sup> The first Blue Angels demonstration aircraft wore navy blue (nearly black) with gold lettering. The current shades of blue and yellow were adopted when the first demonstration aircraft were transitioned from the [Grumman F6F-5 Hellcat](#) to the [Grumman F8F-1 Bearcat](#) in August 1946; the aircraft wore an all-yellow scheme with blue markings during the 1949 show season.<sup>[26]</sup>



The Blue Angels transitioned from propeller-driven aircraft to blue and gold jet aircraft ([Grumman F9F-2B Panther](#)) in August 1949.<sup>[27]</sup>

The Blue Angels demonstration teams began wearing leather jackets and special colored flight suits with the Blue Angels insignia, in 1952. In 1953, they began wearing gold colored flight suits for the first show of the season and or to commemorate milestones for the flight demonstration squadron.<sup>[28][29][30][31]</sup>



—[Grumman F6F-5 Hellcats](#) in 1946



—[Grumman F8F Bearcats](#) in "diamond" formation, 1947



—The first Navy "Blue Angels" Flight Demonstration Squadron (1946–1947), assembled in front of one of their [Grumman F6F Hellcats](#) (l to r): Lt. Al Taddeo, Solo; Lt. (J.G.) Gale Stouse, Spare; Lt. Cdr. R.M. "Butch" Voris, Flight Leader; Lt. Maurice "Wick" Wickendoll, Right Wing; Lt. Mel Cassidy, Left Wing

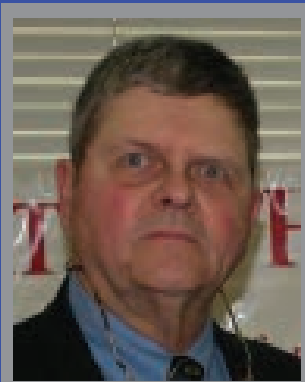
Source: <https://www.blueangels.navy.mil/history/nhbc/browse-by-topic/communitie/naval-aviation0> [https://en.wikipedia.org/wiki/blue\\_angels#cite\\_note-22-26](https://en.wikipedia.org/wiki/blue_angels#cite_note-22-26)



Continued on page 13



# UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN  
Chairman, OPHH

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



Our first annual OPERATION HELPING HAND HOLIDAY DINNER will take place on 14 DEC AT EMBASSY SUITES-USF. This major transition was so that we can funnel all our resources into the internationally recognized therapy programs-ART, MUSIC, DANCE/MOTION AND VIRTUAL REALITY. Our support to these programs is vital since we can immediately respond to their requests. We can fill these requests in days whereas the system could take months or even years. Our support of these programs will help to maintain them at the state-of-the-art

level. As and example, we were able to provide the VIRTUAL REALITY PROGRAM with a complete upgrade in all of there hardware and software program.

Our next sponsored event is the STAR-SPANGLED ART EXHIBIT to be held on 28 OCTOBER AT UNISEN SENIOR LIVING. All the artists are veterans, many of whom are in fact professional artists. The reception will be from 1:00 pm to 3:00 pm. You will definitely leave impressed with the art shown.

OPERATION HELPING HAND will continue to provide support to all veterans who receive their primary source of rehabilitation at the JAME A HALEY VA SCI. We will also continue to provide the support and assistance to the THERAPY PROGRAMS- ART, MUSIC, DANCE/ MOTION and VIRTUAL REALITY. This of course includes the support to the POLYTRAUMA FAMILY SUPPORT GROUP.

OPERATION HELPING HAND remains as al all-volunteer 501 c (3) organization , in which 96.5% of all donations received goes to support these vital programs. OPERATION HELP- ING HAND will need your continued support to allow us to continue our assistance to all of the vital programs. This support can be made through donations by check or by using our website [OPERATIONHELPINGHANDTAMPA.COM](http://OPERATIONHELPINGHANDTAMPA.COM).

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

## A Brief History of the Blue Angel cont.

The following images were taken at the Blue Angels airshow on  
25 April 2023 at NAS Pensacola, FL

(Photo credits: Carol Zieres)



—Pensacola Beach water tower



—Waiting for the show to begin at the Flight line NAS Pensacola



—Boeing F/A-18 Super Hornets – Diamond Echelon Parade



—Delta Break-out Formation



—Delta Roll Formation



—Diamond Formation



—F/A-18 Hornet Display Aircraft in front of the Air Museum



—Postcard of the 2023 Blue Angels Team



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



MOAA Tampa Chapter Dues Renewal Form

Deadline for renewing your membership is January 31, 2024

Name \_\_\_\_\_

Rank\_\_\_\_\_ Service\_\_\_\_\_ Status\_\_\_\_\_ (AD, Retired, Former)

Please complete the form below only if there are changes from last year.

Address \_\_\_\_\_

EMAIL address\_\_\_\_\_

Phone \_\_\_\_\_ Cell\_\_\_\_\_

Spouse\_\_\_\_\_ Phone\_\_\_\_\_

Check here if there are no changes\_\_\_\_\_

\_\_\_\_\_

Dues must be paid by 31 January 2024 to remain an active member of the MOAA Tampa Chapter.

There are 3 ways to pay your dues:

- 1. Online at <https://chapterdues.moaa.org/Membership.aspx>
- 2. Paying at the monthly member luncheons
- 3. Mailing this dues renewal form

Please consider donating to our chapter scholarship fund.

Amount enclosed:

2024 Dues	\$ 30.00
Additional Contribution	\$_____ (Scholarship / JROTC Support / Other)
Total Enclosed	\$ _____

Please make checks payable to: MOAA Tampa Chapter

Mail to: MOAA Tampa Membership C/O Matt Mularoni, PO Box 6383, Tampa, FL 33608-0383.

Email questions to: [membership@moaatampa.org](mailto:membership@moaatampa.org)



# Coalition Corner



Dear MOAA Members,

I trust you are all doing very well out there having a great time. I am happy to inform that all is good with the International Coalition. We are currently in rotation some of the Senior National Representatives and team members in our respective delegations. This is also the case if we consider our international colleagues over at US SOCOM. In fact, it is my understanding that US SOCOM intends to have even more nations represented. There are some 28 nations attached to US SOCOM as exchange officers (embedded) or as liaison officers. The Coalition with US CENTCOM currently includes 45 nations. With US SOCOM the number of nations represented at MacDill is close to 50 – if not more.

I am fully aware that the primary focus worldwide is related to the situation around the war in Ukraine and the general situation in the Indo-Pacific – Great Power Competition if you will. However, that does not change the need to maintain a balanced focus towards the Middle East and Southeast Asia. The threat from various violent extremist organizations in the US CENTCOM area of responsibility is still very much alive and certainly requires our attention. In other words, the International Coalition with US CENTCOM remains intact, strong, dedicated, and committed to deal with whatever challenges we will face in the region from a military perspective and in close coordination with other state departments – the whole of government approach. I do not foresee any changes to that in the near future.

In the September edition of *The Retrospect*, I included a map showing the 21 regional nations inside the US CENTCOM area of responsibility. I also challenged you to name the 12 regional nations currently represented in the Coalition. Up front I made it a bit easier as Afghanistan, Iran and Syria for obvious reasons will not be part of the Coalition with US CENTCOM. The 12 nations are: Bahrain, Egypt, Israel, Jordan, Kazakhstan, Kuwait, Oman, Pakistan, Qatar, Saudi Arabia, United Arab Emirates, Uzbekistan, and Yemen. Now – that is actually 13 nations as Oman joined us since the last edition! If you had more than

10 correct you have definitely earned the International Coalition Wings.

After more than 41 years of service it is time for my wife and me to head back to Denmark as I will be retired at the end of 2023. However, the important thing here is that my colleagues have selected my successor as Chairman of the International Coalition to US Central Command. It is a great privilege and an honor for me to introduce the Senior National Representative from Canada, Colonel Erik Andresen, who will replace me upon my departure in late November. Erik’s name itself speaks for quality – a true Scandinavian (read Viking) name spelled like we would do it! I am more than comfortable to leave my responsibilities with Erik. He is truly capable in his field with a great personality. In short Erik is truly a person you would like to be part of your team – any day. We have initiated the handover takeover process to include our very good interaction with our friends with both MOAA Tampa and Operation Helping Hand. Please find below the bio of Colonel Erik Andresen. I will bring Erik along to the November MOAA luncheon to be introduced as the new chairman.

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

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



*\*History: Originally created as a small gift for International Night. Currently used as gifts for the JROTC youngsters performing the color guard duties during MOAA Tampa or Operation Helping Hands (OpHH) events. They’ve also been given to patients/veterans at OpHH events. Notice the pin on the JROTC cadet uniforms, usually above their medals.*

## COLONEL E.R.P. ANDRESEN, CD, MBA, MIR, RMC

### SENIOR NATIONAL REPRESENTATIVE TO UNITED STATES CENTRAL COMMAND

Colonel Erik Andresen, an Artillery Officer, is originally from Montreal, Quebec and joined the Canadian Armed Forces in 1990.

He has held numerous Staff Appointments such as Chief Instructor-in-Gunnery (CIG), Regimental Operations Officer, J5 (business and operations plans) of 4th Canadian Division (4 Cdn Div) in Toronto. He was also Directing Staff (DS) from August 2018 – December 2020 on the Australian Command and Staff Course (ACSC) at the Australian War College (AWC).

His command appointments have included Artillery Battery Commander (BC) with 4th Air Defence Regiment, Deputy Commandant of the Royal Regiment of Canadian Artillery School (RCAS), and Commanding Officer of 5th Canadian Division Support Group (5 CDSG) Personnel Support Services (Pers Sp Svcs). He is currently the Canadian Senior National Representative (SNR) to US CENTCOM.

Operationally, Col Andresen has served in Afghanistan where he was 2ic within the Fires Support Coordination Centre (FSCC) for the Canadian Joint Task Force HQ, and as Commander of a Police Sub-Station in the Zharey-Panjwai district with the Operational Mentoring and Liaison Team (OMLT). He also deployed as Commander Task Force Middle East (TFME) in Lebanon and Israel.

Col Andresen is a graduate of the Combat Team Commander Course (CTCC), the Joint Command and Staff Program (JCSP), and the Australian War College (AWC) Defence and Strategic Studies Course (DSSC).

He holds a Bachelor degree of Military Arts and Science, graduating with distinction from the Royal Military College of Canada, a Master of Business Administration from the Sandermoen School of Business, and a Master of International Relations from Deakin University (Australia).

His awards include the Canadian Decoration, a Canadian Expeditionary Forces Command (CEFCOM) Commander’s Commendation, The Queen’s Diamond Jubilee medal, an Australian Defence Force (ADF) Group Commendation, and an ADF Bronze Level Commendation.

He speaks French, English and German. He is an Advanced SCUBA diver, enjoys playing hockey, soccer, and golf. He has also spent many years coaching hockey.

He and his wife have been married for 28 years and have two adult children.



# anchors aweigh

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

*Anchors Aweigh, my boys, Anchors Aweigh.  
Farewell to college joys, we sail at break of day-ay-ay-ay.*

“Anchors Aweigh,” the official song of the Navy, was first sung publicly in Philadelphia’s Franklin Field at the December 1, 1906 Army-Navy football game. The rousing song helped the Midshipmen shut out the Cadets with a 10 to 0 victory. Lieutenant Charles A. Zimmermann, a graduate of the Peabody Conservatory and director of the Naval Academy Band, composed the song’s music, and Midshipman Alfred H. Miles supplied its words.

To a remarkable degree Charles Zimmermann’s career paralleled that of the bandleader John Philip Sousa. Zimmermann’s father was a member of the Navy Academy Band during the Civil War just as Sousa’s father was of the Marine Band. Each of the sons, both at age 26, assumed leadership of those respective bands and both committed their lives to music and the promotion of music education.

At the Naval Academy, Zimmermann was approached by Midshipman First Class Alfred Hart Miles with a request from his classmates. The maestro had a tradition of composing a song for each graduating class and Miles and the class of ‘07 wanted a lively football marching song that would “live forever.”

Navy lore has it that Zimmermann and Miles worked out the song together, sitting at the organ in the Naval Academy Chapel. In the days just prior to the Army-Navy football game, Zimmermann composed the music while Miles developed the words and the title. Miles got his title, “Anchors Aweigh,” from an expression meaning the ship’s hoisted anchor has just cleared the sea’s bottom and, by implication, the voyage is underway.

His verses read:

*Stand Navy down the field, sails set to the sky.  
We’ll never change our course, so Army you steer shy-y-y-y.*



—Wikipedia

*Roll up the score, Navy, Anchors Aweigh.  
Sail Navy down the field and sink the Army, sink the Army Grey.*

*Get underway, Navy, Decks cleared for the fray,  
We’ll hoist true Navy Blue So Army down your Grey-y-y-y.  
Full speed ahead, Navy; Army heave to,  
Furl Black the Grey and Gold and hoist the Navy, hoist the Navy Blue*

A third stanza for “Anchors Aweigh” was written by Midshipman Royal Lovell. And in the 1920s the lyrics were revised by George D. Lottman. It is Lottman’s final verse that is particularly well known.

*Anchors Aweigh, my boys, Anchors Aweigh.  
Farewell to college joys, we sail at break of day-ay-ay-ay.  
Through our last night on shore, drink to the foam,  
Until we meet once more:  
Here’s wishing you a happy voyage home.*

### John Philip Sousa and the Navy Band

Charles Zimmermann died just before the U.S. entered WWI but his counterpart, John Philip Sousa, enlisted in the U.S. Naval

Reserve and was paid one dollar per month to organize the young musicians recruited into the service. He molded the Great Lakes Navy Band into an accomplished musical organization and became the first Navy musician to hold the rank of Lieutenant Commander. Midshipman Miles continued with his Navy career and reached the rank of Captain.

Source: <https://www.loc.gov/item/ihas.200000002/#>



—John Philip Sousa



# MEDICAL CORNER

## Breast Cancer Awareness Month

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

October can feel different for each of us — some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it all. Here’s what you need to know about Breast Cancer Awareness Month.

### What is Breast Cancer Awareness Month?

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at:

- supporting people diagnosed with breast cancer, including metastatic breast cancer
- educating people about breast cancer risk factors
- stressing the importance of regular screening, starting at age 40 or an age that’s appropriate for your personal breast cancer risk
- fundraising for breast cancer research

### Metastatic Breast Cancer Awareness Day

October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more research about metastatic disease.

### Men’s Breast Cancer Awareness Week

Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. President Joe Biden designated October 17 to October 23 Men’s Breast Cancer Awareness Week. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.

### The history of Breast Cancer Awareness Month

The event began in 1985 as a week-long awareness campaign by the American Cancer Society, in partnership with Imperial Chemical Industries. It eventually extended to a month-long event. In 1992, the pink ribbon came into play.

The original use of ribbons for specific causes dates back to 1979, when “Tie a Yellow Ribbon Round the Ole Oak Tree” inspired Penney Laingen — whose husband was a prisoner of war — to display yellow ribbons as a symbol of hope.

The breast cancer awareness ribbon almost wasn’t pink; a grassroots effort by Charlotte

Haley began with peach-colored loops. At the same time, Alexandra Penney, Self magazine’s Editor-in-Chief, partnered with Evelyn Lauder, Estée Lauder’s Senior Corporate Vice President and a breast cancer survivor, to distribute pink ribbons after the magazine’s second annual Breast Cancer Awareness Month issue.

Because of the incredible reach of the magazine and Estée Lauder brand, pink triumphed over peach, and is now used by breast cancer organizations around the world.

### Breast Cancer Awareness Month controversy

Although many people feel supported by the month’s events, activities, and pink merchandise, others — especially those diagnosed with metastatic breast cancer — intensely dislike Breast Cancer Awareness Month. The ubiquitous pink ribbons and celebratory atmosphere can seem like a distraction from the very real need for a greater understanding of the disease and more research leading to better treatments.

Many people are also offended by what’s become known as pinkwashing — companies using pink ribbons to promote products or services that may actually increase the risk of breast cancer, or sponsoring pink-ribbon promotions that raise large sums of money with only a small portion going to breast cancer research or supporting people during their breast cancer treatment. Think Before You Pink is a campaign designed to improve awareness of pinkwashing and to help people donate in the most effective way to the cause.

At Breastcancer.org, we understand that the month means different things to different people: Some want to celebrate in head-to-toe pink, while others feel unseen, and still others may quietly observe the month. We want to normalize all of it.

Learn more about breast cancer For all its controversy, Breast Cancer Awareness Month can be a good reminder to learn more about breast cancer, the risk factors for you and those you love — and how to minimize them — and the importance of being screened for the disease.

### Breast cancer awareness: Statistics

- Breast cancer is the most commonly diagnosed cancer among American women.
- Black women are most likely to die from breast cancer than women of any other racial or ethnic group. Experts believe that it’s partially because about 1 in 5 Black women is diagnosed with triple-negative breast cancer, more than any other racial or ethnic group.
- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

To continue reading article click the link:

<https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>

# Surviving Spouse Corner:

## Breaking Away from Loneliness

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

### Breaking Away from Loneliness

Every time we emerge from the fog, we’re checking to see what parts of our lives are consistent. Who has moved? Who’s gotten married? Whose kids have graduated? Who can I still relate to? Who isn’t frightened by my vulnerability? Who has enough space for part of my burden? Who won’t have to get a babysitter if I want to go to the movies with someone? Who can take time off work without financial risk? Will I have to wear real pants? Do I even have any real pants?

If grief is about separation, it stands to reason that healing is about integration and connection. It’s about “anti-loneliness.” But the more I healed from the pain of loss — the more I stitched my life back together, the more I understood the second- and third-order effects of what happened to me. As I was healing in the direction I needed to, the rest of the world didn’t stop and wait for me as I tried to claw my way back to a path that wasn’t mine anymore. I did make my way back to the land of the living, but I didn’t expect to be lonely there.

### What are some ways to fight feelings of loneliness?

We have suggestions that can help fight feelings of loneliness, but the most important thing to remember is: If you feel like you don’t fit in or that life has left you behind, you are not the only one. You do not have to be lonely in your loneliness. Instead, you can use the feelings of wanting to belong and share experiences and adventures to bridge the gap to others who are feeling the same way. Allowing yourself to feel vulnerable about your loneliness may be the most important way to drive it away.

At TAPS, we often say that grief changes our address books. As some people stand with us, others drift away. This analogy isn’t about asking you to tear out pages or mark out names. In fact, our charge in our grief is to face the feelings of loneliness and seek out the connections that inspire us, that make us better. Our charge is to use what we have learned in our pain and isolation to add to our address book — to reach out and ask people into our lives. Here are 10 ways to get started.

1. Find a cause. Sebastian Junger, author of Tribe, explains that the feeling of purpose that results from active engagement in a cause can have positive effects on mental health. Junger further explains how the dynamics of shared mission and unity contribute to these improvements. When we don’t feel needed, we lose direction, focus, and self-worth. If you don’t think there’s anyone who needs you, look again. [Volunteer opportunities](#) abound, and we all thrive when we feel like we’re a part of something.
2. Resist passive social media scrolling. Social media, when used in certain ways, can deepen your connections with people. If you’re using social media, use it as a communication tool, not a comparison tool.
3. Recognize the difference between a rut and a routine. A functional routine sets you up to feel good about your day — it holds a great deal of potential energy and feels like emotional scaffolding on which you can construct a good day. If you’re in a rut, on the other hand, you may feel defeated or stuck. Once you identify what parts of your life feel like movement and which parts feel like going through the motions, shift away from doing things that don’t nour-

ish your soul just because that’s what you’ve always done.

4. When you’re with people, put your phone away. On a vacation with friends, we all agreed not to have our phones at the table after food was served. If we broke the rule, we had to donate to charity. Not only did it build community and accountability, but it also felt great to step away from a habit that didn’t connect us as people or to the world around us.
5. Identify what’s holding you back. There are things that we all keep in our back pocket as ways to put off healing and connection, even though it’s what we so desperately need, want, and deserve. For me, it was a messy home — an apartment that was always the task hanging over me that I “should do” before I did anything else — and that prevented me from welcoming others in. If it’s an obstacle like that, put on your jet pack and free yourself from what is holding you back.
6. Leave your house. Go to the park. Go to a coffee shop. Expand your world just a little. Start walking around the block every afternoon.
7. Move more. Join [Team TAPS](#) or a local running, walking, or cycling club, and learn how to find community through healthy movement. Invite friends over, roll out some mats, and cue up a yoga or Pilates workout on your TV.
8. Seek out others with similar interests. My local coffee shop has a Tuesday night men’s knitting circle. If there are places with a Tuesday night men’s knitting circle, there will be someone around you who has at least one interest similar to yours. Drag a friend with you. Start a book club. If you invite someone to do something and he or she doesn’t want to come, offer another option. Say yes when someone invites you.
9. Talk to people during every interaction. Say hello to people walking their dogs. Call a cashier by his or her name. Get to know the people who are in your neighborhood and build a sense of being seen and known. Research shows that it isn’t necessarily the heart-to-heart connections that stave off the effects of loneliness. Casual connections help too.
10. Use the power of your TAPS family. If you are new to your loss, these may seem impossible goals. But know that the time will come when making steps in this direction will not only be possible, but desirable. TAPS will be there each step of the way and is a safe space to take those first steps. Through our [Care Groups](#), [health and wellness programming](#), [seminars](#), [TAPS Togethers](#), our [Sports and Entertainment](#) program, [Helpline](#), and more, you always have a family who sees you where you’ve been, where you are, and where you want to go.

Source: <https://www.taps.org/articles/29-1/breaking-way-from-loneliness>





SEPTEMBER LUNCHEON  
GUEST SPEAKER  
MR. CLARKE INGRAM

Clarke Ingram, US Air Force Vietnam veteran, and professional dog trainer brought his dog Ruth and shared insights into successfully working with and understanding dog behavior.



ANNUAL OCTOBER BUSINESS  
MEETING NOTICE

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

First is elections. There are currently no vacant positions with nominated members for voting purposes.

Surviving Spouse Liaison: seeking nominations

To nominate someone for the position above, send your nomination to [Secretary@moaatampa.org](mailto:Secretary@moaatampa.org) no later than October 4<sup>th</sup>, 2023.

The second order of business is the amendment of the Chapter Bylaws. There are three proposed amendments:

- **Article IV 1b.:** Change “In recognition of their service to the Nation, the community, or the Chapter, elected or appointed individuals holding offices or positions at the national, state or local level;...” to “In recognition of their service to the Nation, the community, or the Chapter, appointed individuals holding offices or positions at the national, state or local level;...” . Deleting “elected or appointed” eliminates any possible issue with nominated Honorary Members.
- **Article IX Section 8:** Change term “an annual audit” to “an annual review” and specify it may be conducted by Chapter members. This clarifies the intent an examination less stringent than an audit.
- **Article IX Section 8:** Change “Quarterly reviews (March, June, September, and December)” to “Quarterly reviews (March, June and September)” since the December Annual Review satisfies the quarterly requirement.

If there are any additional proposed changes, send your recommendation to [Secretary@moaatampa.org](mailto:Secretary@moaatampa.org) no later than October 4<sup>th</sup>, 2022.

The current bylaws can be viewed on the MOAA Tampa website in the following link: <https://www.moaatampa.org/our-history/our-bylaws/>

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# CHAPLAIN’S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



I assume it may have taken you a few days to work your way through this month’s *Retrospect* and now you have come to the Chaplain’s Corner to discover that I have written about something related to the very end of the month, October 31<sup>st</sup>, and it is not about Halloween. It is about an event that happened 506 years ago on October 31, 1517. That is the day that the monk Martin Luther nailed his “95 Theses” to the front door of the All Saints’ Church in Wittenberg, Germany.

Luther believed that the Church needed change because tradition had become more important than the biblical Word of God. He particularly was not pleased with the Church’s increasing sale of indulgences, certificates that absolved of all past, present, and future sins those who gave money to the Church. It may be that Luther chose October 31<sup>st</sup> as the day to post his thesis because the next day, All Hallows’ Day (All Saints’ Day), would fill the church as worshippers came to celebrate the lives of the saints who had lived before them. His posting on the church door was equivalent to putting it on an Internet site today.

Luther had no intention of bringing about what happened afterward his action. Nevertheless, it became the basis of the Protestant Reformation with John Calvin and John Knox following Luther in their teachings and actions in the formation of Protestantism. Each of them brought about theological, ecclesiastical, and cultural reformation. This year churches in many Protestant denominations will celebrate October 31<sup>st</sup> as Reformation Day and use the Sunday services on October 29<sup>th</sup> for Reformation celebration. In those celebrations three truths brought about by the Reformation will be affirmed: *Solo Scriptura*, Scriptures are inspired by God and are to be the only guide for faith and living of life; *Solo Fide*, Only faith, not good works, puts one in right relationship with God; and *Solo Gratia*, only by God’s undeserved, unmerited grace do we receive God’s blessing in this life and in the life to come.

In 2017 in commemoration of the 500<sup>th</sup> anniversary of Luther’s “95 Theses” the Roman Catholic Church and Protestant Churches started a common journey of reconciliation. Come the end of October some Catholic parishes or dioceses will send representatives to the commemoration events held in Protestant churches, all seeking to be in an ecumenical relationship to heal the wounds and divisions of the past five centuries. May it be so!

## Coast Guard Will Enforce Maritime Law Around Palau as Competition with China Intensifies

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

By David Rising

BANGKOK — The United States has signed a new agreement with Palau, which gives American ships the authorization to unilaterally enforce maritime regulations in the tiny Pacific island nation’s exclusive economic zone, the U.S. Coast Guard said Tuesday.

The agreement comes as both the U.S. and China are seeking to expand their influence in the Pacific, and follows pleas from Palau’s president for Washington’s help to deter Beijing’s “unwanted activities” in its coastal waters.

In the agreement, concluded a week ago, U.S. Coast Guard ships can enforce regulations inside Palau’s exclusive economic zone on behalf of the nation without a Palauan officer present, the Coast Guard said in a statement.

*“This agreement helps Palau monitor our exclusive economic zone, protect against illegal, unreported, and unregulated fishing, and deter uninvited vessels from conducting questionable maneuvers within our waters,”* Palau’s president, Surangel S. Whipps Jr., was quoted as saying in the release.

*“It’s these types of partnerships that help us work toward our common goal of peace and prosperity in the region.”*

The statement made no mention of China, but in June, Whipps told reporters in Tokyo that three Chinese boats had made “uninvited” entries into his country’s waters since he took office in 2021, and stressed at the time the [need for further U.S. backing](#) to enhance deterrence against China’s assertive moves in the region.

*“The United States is responsible for our security and we would also inform them that we need*



—A Philippine supply boat, center, maneuvers around Chinese coast guard ships as they try to block its way near Second Thomas Shoal, locally known as Ayungin Shoal, at the disputed South China Sea on Aug. 22, 2023. (AP Photo/Aaron Favila, File)

split from mainland China during a civil war in 1949 and set up a rival government to the victorious Communists in Beijing.

Elsewhere in the Pacific, the government of the Solomon Islands was persuaded to switch its diplomatic recognition of Taiwan to China in 2019. Since then, the Solomons signed a [secretive security pact](#) with China that has given rise to concerns it could give Beijing a military foothold in the South Pacific.

To continue reading the article click link: <https://www.military.com/daily-news/2023/08/29/coast-guard-will-enforce-maritime-law-around-palau-competition-china-intensifies.html>

*them to engage and help us in deterring any unwanted activities,”* Whipps said.

Tensions have been growing in the Asia-Pacific region as China presses its widespread maritime claims and the U.S. and its allies push back.

At about the same time the agreement with Palau was signed last week, two [Philippine boats](#), with a U.S. Navy surveillance aircraft overhead, breached a Chinese coast guard blockade in the disputed South China Sea to deliver supplies to Filipino forces guarding a contested shoal.

It was the latest flare-up from long-standing territorial disputes in the busy sea that involve China, the Philippines, Vietnam, Malaysia, Taiwan and Brunei.

In June, Whipps accused China of conducting surveying activities in Palau waters, and suggested his country may be being punished by Beijing over its stance on Taiwan.

Palau is one of the few countries that recognizes Taiwan and maintains diplomatic relations with the island, which

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

[WWW.MOAAATAMPA.ORG](http://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/](https://www.instagram.com/moaa_tampa/)



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