

MESSAGE FROM THE PRESIDENT

COL CHARLES DALCOURT USA RET

GREETINGS!



Greetings to all and Happy New Year! Notwithstanding ups and downs, valley and mountaintop experiences, time continues to pass, and we are inevitably ushered into a new year. I think more than any other year in recent history, 2020 has indelibly etched its place in our memories. This past year spawned individual growth, an appreciation for one's health, and showcased the sacrificial work performed by our medical professionals at all echelons of care. I am thankful for the many lessons learned in 2020. Instruction in personal and professional resilience; the winnowing of routines to determine what's important; and the learning many families experienced in spending more time together, are all positive takeaways from a year of "inconvenience."

In all, our Tampa MOAA Chapter stayed the course in 2020. Through-

out the year our members stood up, spoke out, and kept pressing forward. We initiated Zoom sessions when in-person luncheons went away. Members continued to raise funds for programs and individuals in need. Just recently, our board members initiated Operation Buddy Check to check-in, engage, and enjoy a few moments on the phone with members across the Chapter. We remembered that we are different from the average citizens...we are still Warriors. As such, it is our responsibility to exert every effort to continue with the business of our organization; to lead whether tired or facing fierce threats. Our mission is bigger than the challenges COVID-19 or campaigns can bring about. Thank you for not being distracted... for focusing on our fight.

On behalf of the MOAA Tampa Chapter Board of Directors, welcome to 2021. We have a great year ahead of us and look forward to several advances in our services and advocacy.

Starting Strong

To kick off this new year, there are several initiatives launching that you'll want to be a part of.

- On January 8th, we've been granted an incredible opportunity to spend time with Representative Andrew Learned (D-Brandon) via Zoom. In this special session, Rep-

resentative Learned will field your questions about the forthcoming Florida legislative session. This is a great opportunity to advocate for ongoing MOAA initiatives as well as our new priorities for 2021.

- On 8 and 9 January, the Florida Council of Chapters will host its Leadership Forum virtually. This was originally scheduled as an in-person conference in Orlando. What's great about an unfortunate change of venue is that now, the event is open for all members to attend. There will be several interesting sessions with great speakers that are of interest to our MOAA Tampa Chapter. Please look forward to an email containing registration information and an agenda for your review.

- On 14 January, the Chapter will meet at The Colombia Centennial Museum for our monthly luncheon. This venue was selected as our new luncheon site. The Chapter has received best-in-class support from the staff of the Colombia Restaurant and this venue exceeds all requirements for the health and security of our members.

- In January we will also establish a new committee focused on transitioning servicemembers and their spouses. Mr. Paul McAneny will lead the "Transitions Committee" and has already garnered the support of (cont'd p.2)

UPCOMING EVENTS

7 January 10:00 AM
Board of Directors Meeting

8 January 1:00 PM
Zoom Meeting: Veteran's Issues
Town Hall with Rep. Andrew Learned
(see page 2)

14 January 11:30 AM
Chapter Luncheon Meeting
Colombia Centennial Museum, Ybor City
and ZOOM online - Buffet menu: 1905 salad,
chicken and yellow rice, beef and fresh sauteed
vegetables, green beans, Cuban bread
with butter and chocolate cake. Cost \$30
either check or cash - Reservations ONLY
with seating limited to 50
Call 813-676-4676
[See page 6 for additional details](#)

14 January
Installation of the 2021
Board of Directors

REMINDER:
PUBLICATION DEADLINE
FOR THE FEBRUARY
ISSUE IS
20 JANUARY 2021

NOTICE: if you have a change of address, please notify our membership team--Bill Schneider at 813 977-2572 geowillyl@aol.com or Tom South 813 975-5025 tsouth1811@gmail.com

LEGISLATIVE LOWDOWN

BY LTC REGINALD WILLIAMS,
USA RET

For more information, visit MOAA
National's Legislative Action Center



As we enter the new year and undergo a change of administration, MOAA's Government Relations team continues to evaluate the legislative landscape from the previous year and throughout the this year to inform the overall objectives that frame our legislative priorities. At the time of writing this article, we are working under a Continuing Resolution (which may extend through September 2021). MOAA remains focus its efforts to protect pay, healthcare, and other benefits our Veterans have earned. At the chapter level, we must continue take action by advocating through our Congressperson or directly to the President. This month's efforts are centered on MOAA's legislative priorities and advocating for passage of the FY 2021 budget and NDAA.

Here Are MOAA's Legislative Priorities for the 117th Congress

The 116th Congress ended its session Dec. 18, though House and Senate leaders can extend it if necessary to pass year-end legislation. There is

still plenty of work to be done during this time, to include averting a potential government shutdown and passing critical defense legislation.

MOAA is looking toward the 117th Congress, as well as the changes in the administration's leadership and priorities that may impact our servicemembers past and present.

Here is a preview of MOAA's legislative priorities for the coming session, which we are already working to influence during the incoming administration's transition. You will also see these in the January issue of **Military Officer**.

These objectives are broad and topical in nature. They are subject to refinement and interpretation depending on the latest legislation, as well as activities on the Hill or within the administration and its departments.

- Protect the value of the military health care benefit.
- Protect the military health system's pharmacy benefit, and achieve flex-

ibility in TRICARE pharmacy copays.

- Address barriers to accessing care within the military health system, including TRICARE coverage gaps and mental health care access challenges.

- Protect family support programs, and ensure military-provided services (housing, PCS, child care) are affordable, readily available, and meet quality standards.

- Sustain pay raises for the troops and COLA raises for retirees.

- Ensure Coast Guard members are paid during a government shutdown.

- Sustain Veterans Health Administration (VHA) foundational missions and services.

- Achieve equity of benefits, protections, and administrative support for Guard and Reserve members consistent with their active-duty counterparts.

(con't page 2)

(President's Message Cont'd) MOAA National for program support and assistance. This is an awesome step towards meeting the needs of the local demographic exiting service, while also exposing transitioning servicemembers to ways in which they can "give back" after retiring or separating from the military. Please take a moment and read more about Paul, his career, and his current activities in this month's member spotlight. He's truly a blessing to our team.

In addition to the aforementioned activities, we will launch several new endeavors to continue improving our digital and social media products. Ms. Carol Zieres spearheaded several changes to both our newsletter and the Chapter's website. This month, Carol passed the baton as Editor of The Retrospect to Ms. Sara Marks. Sara will continue to introduce new content to the newsletter and add material to our Facebook page. Mr. Geoff Harrington is developing the framework for an "Education" tab on our website. In this new area you will find links to several topics of interest such as travel, investments, insurance, discounts, and veterans affairs. Your constructive comments are welcomed, and your contributions of substantive content for these missives are appreciated even more.

Special Thanks

In over 34 years of service to this Nation, I encountered several great people that left a mark on my life. Out of uniform, the encounters have been

fewer, yet they still occur. The impact that COL Carol Zieres (U.S. Army Retired) has made in this Chapter and the personal example she has set for me, places her among the best servant leaders I have had the pleasure to know and serve with. Carol's humility, perseverance, intellect, and experience has driven action and set the standard. She has labored tirelessly in this organization for years. Carol has served as the Chapter's Treasurer, President (2017-2020), Webmaster, and Editor of The Retrospect. The time and energy Carol devoted to our Chapter, both out front and behind the scenes, is beyond noteworthy - it is truly admirable.

Oh, she also happens to start off this year's lineup of Members of the Month. We will formally acknowledge Carol on 14 January at the Chapter luncheon. Nonetheless, I ask that you please take a moment to call or send Carol a note this month and share your appreciation for her longstanding service to our Chapter.

Chapter Needs

Last month, I mentioned areas wherein the Chapter required assistance. I appreciate the responses received regarding both the career and transition assistance, and the medical awareness and preparedness areas. I look forward to also gaining support of our endeavor to advance our understanding and advocacy of National Guard and Reserve Force requirements.

My invitation stands for you to contact Geoff Har-

ington, our Chapter's Secretary, this month for more information. We look forward to your active participation in 2021. Whether one hour a week or two days a month, every hour helps the Team move towards the endzone. Thanks in advance!

Closing Out:

As I end this month's comments, I am filled with thanks for the progress made this past year. Despite the constraints imposed by the COVID-19 pandemic, we have continued to support MOAA's advocacy efforts online and have remain connected to the Florida Council of Chapters. Our Area Vice President, Mr. Benny Blackshire, is engaged and serves wonderfully as a communications bridge for our Chapter and others.

Your Board of Directors is engaged with establishing, refining, and revising Chapter policies and procedures that are in line with MOAA National's objectives and the needs of our Tampa Chapter. Many of these updates will be presented at our February luncheon.

In all, and on behalf of the Board of Directors, I hope that you all are well, that God grants you peace and protection, and that you will experience joy in abundance throughout this New Year. Thanks again for all you do.

All the best!
Charles

LEGISLATIVE LOWDOWN cont'd:

- Reform the presumptive process to support veterans claiming service-connected disabilities for toxic exposures.
- Achieve concurrent receipt of service-earned retirement pay and VA disability pay.
- Protect Arlington National Cemetery as an option for those currently eligible to receive full military honors through expansion of our national cemetery
- Improve survivor benefits.

As Budget and NDAA Deadlines Near, You Can Still Make Your Voice Heard

As winter weather begins to roll into the National Capital Region (NCR), deadlines loom on two legislative fronts for FY 2021: The overall budget and the National Defense Authorization Act (NDAA).

Negotiations continue on budget caps, pandemic

relief, and the border wall, among other topics; these are expected to result in a \$1.4 trillion spending package.

In addition, the FY 2021 National Defense Authorization Act (NDAA) is pending signature from President Donald Trump, which encompasses the \$731.6 billion authorization and its 4,517 pages. The Senate delivered the signed NDAA to the White House on Dec. 11; it includes [many hard-fought, MOAA-supported provisions](#) to benefit our military and veteran communities.

While both chambers passed NDAA with veto-proof majorities, the president has threatened to veto the measure - a threat confirmed by the president's press secretary as late as Dec. 15. Even though the NDAA passed with veto-proof majorities, a veto would force both chambers to delay holiday plans (at the time of writing this article) and remain in the NCR for an override vote.

Make Your Voice Heard

As the deadline approaches, a phone call to your representatives can make an impact. Urge your House and Senate lawmakers to pass the omnibus budget bill; you can contact them via MOAA's toll-free Capitol Switchboard at 1-866-272-6622.

You can also ask the president to sign the NDAA in support of our servicemembers, retirees, survivors, and their families by [clicking this link](#), which thousands of MOAA members and others have used to send messages backing passage of the NDAA.

Happy Holidays and Take action now! [MOAA Take Action Center](#)

Sources:

- 1) www.moaa.org, article by Dan Merry, November 30, 2020
- 2) www.moaa.org, article by Mark Belinsky December 16, 2020

OPPORTUNITY TO HAVE YOUR VOICE HEARD!

Save the Date Friday January 8, 2021 @ 1:00PM

Representative Andrew Learned will be fielding your questions about the forthcoming Florida legislative session in a special Zoom meeting. Representative Learned is a Reserve Naval Officer with Special Operations Command. He has had three Middle East Deployments..

Representative Andrew Learned, (D-Brandon)
Lieutenant USNR (Drilling Reservist) Elected 2020

Rep. Learned has served as an officer in the US Navy for 11 years. He spent four years on active duty serving as a boarding officer leading teams at the peak of Somali piracy in 2011. Now, Rep. Learned is a reservist with Special Operations Command Central out of MacDill AFB here in Tampa. In 2016 he was activated to serve with the 5th Marine Expeditionary Brigade coordinating operations against ISIS in Syria, Yemen, and throughout the Middle East. Rep. Learned owns the GradePower Learning Center in Valrico where he and his team of teachers help kids catch up and get ahead in school. In that capacity, he has been to hundreds of local parent teacher conferences and has a heart for improving our kid's schools and fully funding public education so that every student gets the chance to reach their highest potential. He is a graduate of the University of Tampa with a double-major in economics and government and world affairs. He attended on scholarship after receiving a great education at Alafia Elementary and Florida's public schools. Now, he is giving back to his community as a board member and volunteer of the year in 2019 at Camp Cristina Family YMCA and now the local Representative for his hometown in the Florida Legislature. Rep. Learned told FVF that "I ran for office in-part because I took an oath to support and defend the Constitution abroad and here at home. As an officer it was always drilled into me to never walk by a problem without solving it; so simply, I saw problems and I ran to solve them." He went on ... "Some

of the best moments of the campaign will always be when my fellow teammates, sailors, and Marines who I served with overseas, many of whom are from the other side of the aisle, volunteered and supported my campaign. Veterans know when to put differences aside and get things done and I'm honored to have had their support."



Meet the Veteran Legislators in the 2021 - 2022 Florida Legislature Series



SAVE THE DATE

*****Register in advance for this meeting*****

<https://zoom.us/meeting/register/tJlqcuigqzMqGdeocckwWpF2mAcob-dcsdei>

After registering, you will receive a confirmation email containing information about joining the meeting.

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

2020 BOARD OF DIRECTORS AND COMMITTEE ASSIGNMENTS



OFFICERS:

PRESIDENT: COL CHARLES DALCOURT USA RET

1ST VP: LTC JEANNE RICHARD USAF RET

2ND VP: COL BILL SCHNEIDER USA RET

IMMEDIATE PAST PRESIDENT: COL CAROL ZIERES USA RET

TREASURER: LT COL KENNETH MARTIN USMC RET

SECRETARY: CDR GEOFF HARRINGTON USNR RET

SENIOR CHAPLAIN: COL BERNARD H LIEVING JR USA RET

JUNIOR CHAPLAIN: CDR RICHARD HELVESTON CHC USNR RET

MOAA MISSION STATEMENT

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

Tampa Chapter



Military Officers Association of America

TAMPA CHAPTER MISSION:

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

GENERAL CONTACT INFO:

The Tampa Chapter of the Military Officers Association of America
Post Office Box 6383
MacDill AF Tampa, FL 33608-0383
E-Mail: TampaMOAA.Secretary@gmail.com



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January Luncheon Guest Speaker:

(rescheduled from November)

COLONEL COURTNEY D. FINKBEINER



Col Courtney D. Finkbeiner is the Commander, 6th Medical Group, MacDill Air Force Base (AFB), Florida. As the Commander, she is responsible for providing world-class healthcare, surgical, dental and specialty services to a rapid global air refueling wing, two Joint combatant command headquarters, 31 mission partners and representatives from 47 international coalition nations with an operations and maintenance budget exceeding 56.5 million dollars annually. Col Finkbeiner oversees the Department of Defense's largest single-

unit catchment area supporting more than 241,000 Active Duty and Reserve military personnel, military retirees and their families providing more than 145,000 clinic visits, 19,000 dental visits and 816,000 ancillary visits annually. She accomplishes this with an assigned staff of 650 military, civilian and contract personnel operating primarily at MacDill's Ambulatory Clinic and the Sabal Park Clinic some 18 miles from MacDill. Additionally, the 6th Medical Group provides diagnostic imaging support to Air Force Bases in nine states respectively while providing surgical services at five civilian hospitals throughout the Greater Tampa Bay area. Furthermore, she oversees a 350,000 dollar Air Force Tier 1 Medical Simulation Center to meet training requirements of six medical units across the base, an Air Force's Nurse Transition Training Program in partnership with Tampa's only Level-1 Medical Trauma Center and the Air Force's Saint Petersburg College Dental Hygiene Training Program.

Col Finkbeiner entered the Air Force in March 1991 as a Traffic Management Serviceman. After completing her degree at the University of Central Arkansas, she received her direct commission in the United States Air Force Nurse Corps as a Registered Nurse in 1997. She then went on to serve numerous positions in the fields of nursing and executive leadership.

As a Defense Institute for Medical Operations (DIMO) Instructor, she has led multi-national cadres in Bosnia-Herzegovina, Ethiopia, Mongolia, Papua New Guinea, Ghana and the Philippines teaching First Response for Disasters and Trauma Nursing. Prior to her current position, Col Finkbeiner returned from a 365 deployment as the Commander of the 386th Expeditionary Medical Group (EMDG) at Ali Al Salem Air Base and Al Jaber Air Base, Kuwait. As the Commander, she led multiple Air Force and coalition medical teams delivering healthcare to over 4,000 joint and allied warfighters in support of Operations INHERENT RESOLVE and FREEDOM'S SENTINEL.

EDUCATION

- 1995 Bachelor of Science in Nursing, University of Central Arkansas, Conway 2005 Squadron Officer School, Maxwell Air Force Base (AFB), Ala.
- 2007 Master of Science in Nursing, East Carolina University, Greenville, N.C.
- 2011 Master of Military Operational Art & Science, Air Command & Staff College in-residence, Maxwell AFB, Ala. 2012 Air War College, by correspondence, Maxwell AFB, Ala.
- 2014 Nuclear Weapons Certification, Basic Course, Defense Threat Reduction Agency, Kirtland AFB, N.M.
- 2015 Nuclear Surety Inspectors Course, Defense Threat Reduction Agency, Kirtland AFB, N.M.
- 2018 Master of Strategic Studies, Air War College in-residence, Maxwell AFB, Ala.

PUBLICATIONS

- "Revitalizing the Squadron: Returning Fairness & Search for Truth in Addressing Sexual Assault in the Military" Published by Air University, won AWC Senior Leader Innovation Award, Feb 22, 2018
- "Commanders & Cyber Chat: Should More Guidance be Provided for Social Networking Sites?" Published by the North Atlantic Treaty Organization Research & Technology, Apr 16, 2012

ASSIGNMENTS

1. March 1991-April 1997, Traffic Management Serviceman, 188th Fighter Wing, Fort Smith, Ark.
2. April 1997-December 2000, Nurse Manager Same-Day Surgery Unit; Chair, Breast Cancer Initiative, 2nd Medical Operations Squadron, Barksdale Air Force Base (AFB), La.
3. December 2000-October 2002, Clinical Nurse, Family Practice Clinic; President, 36th Wing Company Grade Officers Council, 36th Medical Operations Squadron, Anderson AFB, Guam
4. October 2002-July 2005, Clinical Nurse, Family Practice Clinic; Chair, Nurse Practice Council, 10th Medical Operations Squadron, Peterson AFB, Colo.
5. July 2005-May 2008, Air Force Institute of Technology Scholarship, East Carolina University, Greenville, N.C.
6. May 2008-August 2010, Aerospace Medicine Flight Commander; Health Care Integrator; Deputy Chief Nurse, 66th Medical Group, Hanscom AFB, Maine.
7. August 2010-October 2011, Student Flight Commander, Air Command & Staff College, Maxwell AFB, Ala.
8. October 2011-May 2012, Deputy Director, Defense Institute for Medical Operations, United States Air Force School of Aerospace Medicine, Wright-Patterson AFB, Ohio.
9. May 2012-September 2013, Nurse Administrator, United States Air Force School of Aerospace Medicine, Wright-Patterson AFB, Ohio.
10. September 2013-June 2015, Chief Nurse Executive, 377th Medical Group, Kirtland AFB, N.M.
11. June 2015-June 2017, Commander, 341st Medical Operations Squadron, Malmstrom AFB, Mont.
12. June 2017-June 2018, Student, Air War College, Maxwell AFB, Ala.
13. June 2018-June 2019, Deputy Commander, 99th Medical Group, Nellis AFB, Nev.
14. June 2020-Present, Commander, 6th Medical Group, MacDill AFB, Tampa, Fla.

DEPLOYMENTS

- March 2009-August 2009, Case Manager, Op CONTINUING PROMISE, U.S.N.S. COMFORT, Atlantic Ocean.
- October 2012-May 2013, Medical Operations Flight Commander, Op NEW DAWN, 386th Expeditionary Medical Group, Ali Al Salem Air Base (AB), Kuwait.
- June 2019-June 2020, Commander, 386th Expeditionary Medical Group, Ali Al Salem AB & Al Jaber AB, Kuwait.

MAJOR AWARDS AND DECORATIONS

- Legion of Merit Medal
- Meritorious Service Medal with four oak leaf clusters
- Air Force Commendation Medal with four oak leaf clusters
- Air Force Outstanding Unit Award with four oak leaf clusters, "V" device
- Air Force Good Conduct Medal with oak leaf cluster
- Humanitarian Service Medal
- Nuclear Deterrence Operations Service Medal with two oak leaf clusters
- Air Force Expeditionary Service Ribbon with gold border and two oak leaf clusters

OTHER ACHIEVEMENTS

- 2011 Dean's Research Award on Leadership, Air Command & Staff College, Maxwell AFB, Ala.
- 2011 Outstanding Performer, Air Command & Staff College, Maxwell AFB, Ala.
- 2012 Excellent Graduate, Air War College, by correspondence
- 2014 USAF Outstanding Excellence in Nursing Leadership Award, Air Force Medical Service
- 2018 Senior Leadership Innovation Award, Air War College, Maxwell AFB, Ala.

EFFECTIVE DATES OF PROMOTION

- Staff Sergeant March 30, 1995
- Second Lieutenant May 14, 1997
- First Lieutenant May 14, 1998
- Captain May 14, 2000
- Major August 1, 2008
- Lieutenant Colonel October 1, 2013
- Colonel September 1, 2018

(Current as of August 2020)

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



It's a new year, and always the excitement of a fresh start with new firsts. This is my first newsletter as the editor, and I'm excited to work with everyone sharing our stories and capturing all the good and exciting things we do as members of the Tampa MOAA Chapter. As always, before

starting a new year it's customary to reflect on the previous year. Oh, what a year it was! But we all persevered and in spite of the pandemic, we excelled and thrived. We held Zoom Luncheons to maintain contact with you and had three dynamic guest speakers, to include Don Crippen, Senior Advisor for the Tampa Bay Rays, Tampa's Mayor Jane Castor and BG Henrik Larsen, Danish Senior National Representative to USCENCOM and Chairman of the Coalition. COL Courtney Finkbeiner, USAF, Commander of the 6th Medical Group, MacDill AFB, was scheduled to speak at our first in person luncheon in November, but due to severe weather our luncheon was postponed (Can you believe this wasn't COVID related!) We are pleased to have COL Finkbeiner as our guest speaker at our first in person luncheon on January 14.

Last year, 75 years ago WWII ended, and two of our chapter's WWII veterans were recognized in our newsletter. LTC Vance Jennings, USA (Ret) was highlighted in July, and CWO4 Francis O'Connell in June and was honored with a ceremony in July at his assisted living facility supported by our chapter president COL Charles Dalcourt, USA (Ret) who presented the tribute from the Florida House of Representatives. The AVAST Honor Guard provided the presentation of colors, and singer for the National Anthem. "Damn the torpedoes, full steam ahead!" Everyone adapted and overcame all challenges with pandemic safety precautions in place.

Operation Helping Hand held two BBQ fund raising events. Chapter board meeting were held in person and virtually. Tampa MOAA Chapter Scholarships were awarded to five seniors in the local area. Over the holidays The Tampa Chapter implemented a "Holiday Buddy Check" by phoning all of our members. An update is provided in the newsletter, but it was so heartwarming to reconnect with everyone over the holidays. There were many more accomplishments by our chapter, and wish I could highlight all of them.

It is with great excitement that the Tampa MOAA

monthly luncheons have been re-homed at the Colombia Centennial Museum in Ybor City. I hope you take time to read about the history of the Colombia Restaurant in this issue. For those who are hesitant to attend there will be a virtual option with Zoom.

Our Member of the Month, voted by the chapter's board of directors, recognizes "excellence of service" of individuals in the MOAA Tampa chapter. Our honorary January, Member of the Month, is COL Carol Zieres, USA (Ret) for her patriotism and outstanding service in support of MOAA Tampa Chapter serving as Treasurer, then President and most recently Editor of The Retrospect. Carol, you provided me a wonderful transition to my role as editor. Thank you for your mentorship and guidance. It was a pleasure learning from you and getting to know you. I look forward to hearing about your master gardening program and where that leads you in the future. Member Spot-light for this month is COL Paul McAneny, USAF (Ret). He has jumped in to actively work with the chapter on the Transitions Committee, a mentor with the Veterans Treatment Court, and joyfully participated in the Holiday Buddy Checks. Enjoy reading about their military background and accomplishments.

With this first edition of the RETROSPECT newsletter as your editor, a Medical Corner with information about the COVID-19 vaccine and a Financial Corner with an article about Estate Planning shared from the Cape Canaveral MOAA Chapter have been included. Finally, there is an opportunity for our members to participate in a Veteran Town Hall with State Representative Andrew Learned on January 8th. I look forward to all members contributing to your newsletter with 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 am excited to work with Ms. Gayle Hill, publisher for the RETROSPECT. Her talent in formatting the new look of our newsletter has achieved the attention of the national MOAA organization.

Our Prayers continue to go out to our first responders and medical personnel, and to everyone in our country and all over the world as we learn to navigate our lives with this terrible virus. Please continue to stay healthy and safe. I pray that next year we will all reflect on the pandemic that ended. - 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-C19 tax exempt veterans organization not associated with the Department of Defense and is an affiliate of the Military Officers Association of America (MOAA).

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.

OUR EDITORIAL 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 Colombia Centennial Museum in Ybor City.

ON THE WEB

Tampa Chapter <http://moaatampa.org>

Communications directed to specific board members may be made by accessing their contact Information listed under "ABOUT MOAA TAMPA CHAPTER" and "LEADERSHIP."

A password protected MEMBER DIRECTORY is posted on the website under the "MEMBERSHIP" category

FL COUNCIL: www.moaafl.org

MOAA NATIONAL: www.moaa.org

OPERATION HELPING HAND: www.operationhelpinghandtampa.com

TAKE ACTION: <http://www.moaa.org/Content/Take-Action/Top-Issues/Top-Issues.aspx>

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.

UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN
Chairman, OPHH

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

I sincerely hope that you and your families had a very safe and healthy CHRISTMAS HOLIDAY. I am pleased to report that all of the vital OPERATION HELPING HAND programs that provide direct support to our wounded and injured and their families have continued without interruption. In fact, we have received some large donations from multiple organizations during the past few weeks. A special thanks to RICHARD BLANCHARD and his dedicated folks at the VILLAGES for their very generous donation. The other major donors include the FLORIDA GROUND WATER ASSOCIATION, KNIGHTS OF COLUMBUS FROM ST PAUL, LOYAL ORDER OF MOOSE FROM PALM HARBOR, DOLORES INCREMONA, and another large

stock donation. So, our CHRISTMAS has been very special and the donations have made it possible to proceed with more support for some ongoing projects.

We are standing by to get an update from the VA on the month we can once again honor the wounded and injured at our MONTHLY DINNER with your fantastic support. Hopefully, the new vaccine will be available to all and provide the degree of security we all must have to carry on.

OPERATION HELPING HAND will need your continued support to allow us to continue our vital program of service to our wounded and injured and their families. This support can be through donations by checks

or by using our website (OPERATIONHELPINGHANDTAMPA.COM)

STAY SAFE, HEALTHY AND RESILIENT! HAVE A WONDERFUL NEW YEAR!

OUR TREMENDOUS GROUP OF VOLUNTEERS MAKE ALL OF THIS POSSIBLE!



Chapter Member Spot-Light COL Paul J. McAneny, USAF (Ret)



Paul "PJ" McAneny is a 27 year veteran of the United States Air Force where he held multiple leadership positions in logistics, aircraft maintenance, post-graduate instruction, and Combatant Command Headquarters staffs. He served multiple deployments to Southwest Asia Combat Zones as well as in Europe, the Pacific, and throughout the United States. Following military retirement, Paul was a senior manager for over three years with Walmart in the nation's largest supply chain network.

As a Financial Professional with 1847 Financial, Paul is dedicated to helping active duty military, veterans, and families achieve personal, professional, and financial success. He draws on a vast business and social network as well as extensive experience in both the public and private sector to specialize in assisting military members faced with daunting career changes. Paul takes great pride in his ability to provide military transition process advice and industry connections in addition to a range of options for income protection and detailed analysis/comparison of available military retirement benefits.

Paul and his wife, Rebecca - an ultra-marathoner and mother of three daughters, currently live in Lithia, Florida with their daughter Erin (a Newsome High School Senior). Their eldest daughter, Campbell, is a senior at Florida Gulf Coast University and middle daughter, Madeleine, is a junior at the University of Alabama. Paul is a Mentor in the 13th Judicial Circuit (Hillsborough County) Veterans Treatment Court, Chairmen of the South Tampa Chamber of Commerce Military Affairs Committee, and stays active in the Newsome High School Booster Club, local political organizations, and several other veterans' support groups.

NOTICE: CHAPTER DUES FOR 2021 ARE DUE NO LATER THAN JANUARY 1, 2021. YOU WILL RECEIVE A DUES RENEWAL FORM IN THE MAIL. THE DUES WILL REMAIN AT \$25.00.

JANUARY LUNCHEON MEETING

January 14th 1130 hours. Members who cannot attend in person will be able to join via ZOOM. Refer to reminder emails for those details.

Luncheon Location: Columbia Centennial Museum in Ybor City. Corner of 21st Street and 7th Avenue. Parking is behind the Museum building. Additional Columbia parking is available: 2 lots behind the Columbia and 1 lot in front of the Columbia. Columbia will provide signage the day of the luncheon restricting parking in the Museum lot to luncheon attendees.

Masks will be required at all times except when eating.

Dress code: Business casual (coat with tie optional required for the men)

Cost is \$30.00 payable by check or cash.

Seating is limited to 50. **Reservations are REQUIRED and MUST be made NLT noon Friday, 8 January.** Call 813-676-4676 and follow the prompts; be sure to leave your phone number. Please remember that a reservation made is a reservation paid.

Buffet menu: 1905 salad, chicken and yellow rice, beef and fresh sauteed vegetables, green beans, Cuban bread with butter and chocolate cake. There will be no substitutes. There will be no Chef's Salad or Fruit Plate options. There will be no bar service. (*the menu may vary but updates will be provided via emails and the newsletter as needed.)

The Museum will open for those with reservations at 1100 hours. The Luncheon Meeting will begin at 1130 hours

Only one table can proceed to the buffet line at a time. Servers will be behind shields and will dish up food for attendees - the plated food will be offered at the end of the buffet line.

Luncheon reminders are sent via email. If you are not receiving the reminders, please call 813-948-7539 or send an email to lutzgranny89@gmail.com to be added to the distribution list.

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 CDR Geoff Harrington USNR Ret at (813) 926-7988 so that he may call or send cards to let them know they are missed.

Alternatively, you may send an e-mail to:

TampaMOAA.Secretary@gmail.com

CDR Geoff Harrington USNR, Ret, Sick Call Chairman

IMPORTANT DATES IN JANUARY 2021

01 New Year's Day
15 Martin Luther King Jr.'s Birthday
18 Martin Luther King Jr. Day Observed
20 Presidential Inauguration Day

26 Birthday - Douglas MacArthur (1880-1964) was born on a military base in Little Rock, Arkansas. He commanded Allied forces during World War II in the Pacific. In 1942, he uttered one of the most famous phrases of the war, "I shall return," when forced to leave the Philippines due to the unchecked Japanese advance. In 1950, after war broke out in Korea, he became commander of the United Nations forces. However, disagreements with President Harry Truman over war policy resulted in his dismissal by Truman in April 1951. MacArthur then appeared before Congress and announced his retirement, declaring, "Old soldiers never die - they just fade away."

30 - 1968 Beginning of the Tet Offensive in Vietnam as North Vietnamese troops attacked 36 provincial capitals and 5 major cities in South Vietnam, including an attack on the U.S. Embassy in Saigon and the presidential palace. Although U.S. forces eventually fended off the massive surprise attack and achieved a military victory, Tet became a propaganda victory for the Vietnamese due in part to graphic news reports on television which helped turn U.S. public opinion against continuation of the war.

31 Birthday - Jackie Robinson (1919-1972) was born in Cairo, Georgia. He was the first African American to play professional baseball. He played for the Brooklyn Dodgers from 1947 to 1956, was chosen as the National League's most valuable player in 1949 and elected to the Baseball Hall of Fame in 1962.

Columbia Restaurant Florida's Oldest Restaurant

Founded in 1905 by Cuban immigrant Casimiro Hernandez, Sr., the Columbia Restaurant is Florida's oldest restaurant, and the largest Spanish restaurant in the world.

It began in Tampa's Ybor City, (pronounced EE-bore) as a small 60-seat corner café known for its Cuban coffee and authentic Cuban sandwiches, frequented by the local cigar workers. Casimiro Sr. took over the restaurant next door in 1919 and converted it into an additional dining room. His son, Casimiro Jr. also joined the business. Following the death of Casimiro Sr. in 1930, Casimiro Jr. took over ownership and operation of the restaurant.



Casimiro Jr. aspired to take the Columbia beyond its humble beginnings and envisioned an elegant dining room with music and dancing, the likes of which were unheard of in this part of the country at the time. During the height of the Depression, he took a chance by building the first air-conditioned dining room in Tampa, complete with an elevated dance floor. He named it the Don Quixote Room.

Casimiro Jr. and his wife, Carmen, had one child, Adela Hernandez Gonzmart. Adela was a concert pianist who was trained at the Juilliard School of Music. In 1946, Adela married Cesar Gonzmart, a concert violinist and became the third generation to run the restaurant. The family persevered in keeping the restaurant open during the late 1950s and all through the 1960s when Ybor City was dying. Many of the row houses that once housed the cigar workers had decayed into slums. Urban renewal cut the heart from the Latin Quarter. More families moved out. Businesses closed. Cesar Gonzmart realized they had to do something to bring



people back to Ybor City.

Cesar had a flair for the artistic, and upon taking over direction of the restaurant, he built the Siboney Room in 1956. Some of the top Latin talent during that era came to perform in this large showroom. Who would have thought that world class entertainment could be found at a restaurant? Columbia survived those lean years and came back stronger than ever. The entertainment tradition continues today at Columbia Restaurant in Ybor City, where Spanish flamenco dancers perform every night except Sunday.

Following Cesar Gonzmart's death in 1992, his sons, 4th generation brothers Casey and Richard assumed leadership of the Columbia Restaurants. To this day, over 100 years since it first opened, the Columbia remains in the same family. Richard is the CEO/President and Casey serves as the Chairman of the Board. The 5th generation is also involved; Richard's daughters, Lauren and Andrea work in the corporate office, and Casey's son, Casey Jr., is the general manager of the Columbia Restaurant Café at Tampa International Airport.



The Columbia Restaurant founded in 1905 is Florida's Oldest Restaurant. Locations include the flagship restaurant in Tampa's Historic Ybor City, additional locations include St. Armands Circle in Sarasota, the Historic District in St. Augustine, Sand Key on Clearwater Beach, Central Florida's town of Celebration, the Columbia Café on the Riverwalk in Tampa and the Columbia Restaurant Café at Tampa International Airport. All Columbia locations are owned and operated by 4th and 5th generation members of the founding family; except for Columbia Restaurant Cafe at Tampa International Airport which is operated in partnership with HMSHost.



COALITION CORNER

Submitted by: BGEN Henrik Larsen



Dear MOAA members,
I trust you have all arrived safe in 2021 and had an opportunity to spend time with family and friends over the Christmas holidays.

I am very happy to present four of the Senior National Representatives associated with the Coalition here at MacDill AFB from Canada, Qatar, Finland and Pakistan.

As mentioned numerous times we are all looking forward to being able to engage with all of you again.

With the COVID vaccine being launched we are finally able to spot some light at the end of the tunnel. But, we are not there yet.

The Coalition will remain committed to carry on

our duties with all our great colleagues at US Central Command and US Special Command. Together we still have a lot to achieve as it relates to our common goal to ensure stability and sustainability wherever engaged as directed by our political masters.

I am writing this small message from Copenhagen, Denmark. Trust me - the weather in Florida is great.....

Stay safe and take care.

Best

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

The Senior National Representative from Canada

Born and raised in London Ontario, Colonel Lockhart enrolled in the Canadian Armed Forces in 1990, graduated from the College Militaire Royal de Saint-Jean (CMR) and joined the Royal Canadian Regiment. He spent 10 years on Regimental Duty split between Second Battalion in Gaagetown and primarily Third Battalion in Petawawa. He has served in Bosnia as



a rifle platoon commander twice and twice in Afghanistan at the Battalion and Brigade Headquarters level. In 2014 he deployed as the first Chief of Staff, Joint Taskforce Iraq, and returned in 2019 as Deputy Commander Capacity Building - of JTF-I, responsible for training and material assistance in the broader middle-east area. Domestically, he deployed on the 1999 Ice Storm as a Company Second in Command, and later was Land Forces Central Area (LFCA) G3 during the peak of the Afghanistan efforts and the G8/G20 Summit. He had the privilege of commanding the Canadian Forces Land Advanced Warfare Centre from 2011 to 2013, guiding the modernization

of the Canadian Army's mountaineering, arctic, pathfinder and parachute training programs.

Colonel Lockhart has served as G3 LFCA, J3 Joint Taskforce Central, J3 1st Canadian Division HQ and in many roles in Ottawa, including Executive Assistant to the Vice Chief of the Defence Staff, and Chief of Staff to Chief of Programme. He holds an Honours Degree in Military and Strategic Studies de CMR, and a Masters of Defence Studies from Royal Military College of Canada (RMC) Kingston.

Colonel Lockhart is currently serving as the Canadian Senior Liaison Officer to US Central Command. He is married and the couple has two daughters.

The Senior National Representative from Qatar

Dear MOAA,

I'm Brigadier General Salem Abusheraida. I'm the Qatar Senior National Representative at United States Central Command. I have served in the Qatar Emiri Air Force as an Aerospace Engineer for 30 years. I'm very excited to join colleagues from many nation at the US CENTCOM. I'm here with my wife and four kids and we are very happy and hope to have our covidless life back as soon as possible.



The Senior National Representative from Finland

I'm LTC Timo Hartikainen and I serve as a Finnish SNR to USCENTCOM here in Tampa. Prior to this current posting, I served as a Chief of the Regional Office, Southeastern Finland in Kouvola. I'm an Army officer and I've been working over 30 years in the Finnish Defense Forces. From 2015 to 2017 I served as the first Finnish Special Operations Forces (FINSOF) exchange officer to United States Special Operations Command (USSOCOM) here at MacDill AFB, Florida. I have been deployed to international missions in Kosovo, Afghanistan and Lebanon. I and my wife Marita arrived to Tampa in August. We have enjoyed the endless Florida summer and we are looking forward to our stay here.



The Senior National Representative from Pakistan

Dear MOAA members,

I BG Rana Arfan S Ramay joined US CENTCOM as Pakistani SNR in March 2020. I have mostly served with the Military Intelligence during my past 29 years in Pakistan Army. I have commanded an Artillery Company in active operations and later lead an Intelligence Battalion and Brigade engaged in counter terrorism operations. In addition to being a graduate of JFK Center and School of Special Operations, Fort Bragg, my overseas deployments include UN Military Observer at Democratic Republic of Congo and a training cum internship program with German Federal Police. Joining the coalition family at US CENTCOM for a 14 months period, I look forward to contributing positively sharing my nation's perspective on key issues in the Command AOR.



I am living at West Shore Blvd with my wife Maryam and three daughters who despite the pandemic are enjoying an exciting experience at their schools and fun life of Florida. We all look forward to resuming the normal life activities of the coalition soon.

Holiday Buddy Check

Since December 9th, thirteen of our chapter members made over 300 phone calls to thank you for your membership and check on how you were doing . Follow up calls, text messages or emails were made if we were unable to reach you by phone. All of our members were asked if they would like for us to check on them monthly, quarterly or yearly with a Buddy Call. We were so warmed by the responses we received; quite a few of our members said they would like to be contacted regularly. We recognize that there are many scam calls and we hope that you check your voicemail messages and email spam folder for a Buddy Check contact and respond in like manner. We love hearing from you!

Our Tampa MOAA Chapter cares about each and every one of our members, and are especially concerned about you as we navigate this pandemic with all the distancing and other precautions. We hope that you had a wonderful, safe, and healthy holiday to include Hanukkah, Christmas, Kwanza and New Year's. If you have any questions about getting Buddy Checks from us or would like to Volunteer to make Buddy Checks please contact Sara Marks at (401) 855-3954 or sara_swims@hotmail.com.



CHAPTER MEMBER OF THE MONTH COL CAROL L. ZIERES, USA (RET)

Colonel Carol Lynne Zieres was born and raised in Utica, New York. She received her Bachelor of Arts degree in Biology and Art from the State University of New York, Oswego, where she was also a Distinguished Military Graduate from the college's ROTC program and commissioned a Second Lieutenant in the Medical Service Corps on July 21, 1982.



Following the Army Medical Department (AMEDD) Officers Basic Course at Fort Sam Houston, Texas, Colonel Zieres was assigned overseas to the Medical Company, 498th Combat Support Battalion, 2d Armored Division (Fwd), Garlstedt, Germany as an Ambulance Platoon Leader, and later as the Executive Officer at the 6th General Dispensary (7th Medical Command), Allied Forces Central Europe, Brunssum, The Netherlands. She entered the AGR program in 1986 and her other assignments include: Patient Administration Officer,

241st Medical Group, Utica, New York; Health Services Materiel Officer, 817th Evacuation Hospital, Rochester, New York; Medical Programs Officer, Headquarters, 4th United States Army, Fort Sheridan, Illinois; Army Medical Department Recruiter, Presidio of San Francisco, California; Chief, Supply and Services, 2d Medical Brigade, San Pablo, California; AMEDD Organizational Integrator, US Army Reserve Command (US-ARC), Fort McPherson, Georgia; AMEDD Force Integration Officer and Team Chief, USAR Force Programs, Office of the Chief, Army Reserve (OCAR), Washington, DC; and Medical Plans Officer and Project Leader for the activation of the Army Reserve Medical Command (AR-MEDCOM) in Pinellas Park, FL where she was subsequently assigned as the Secretary of the General Staff. Following this assignment, Colonel Zieres was selected for Brigade command of the newly activated 3rd Medical Training Brigade (Exercise Support) in San Antonio, Texas as the unit's first Commander.

Upon completion of her command tenure, she was selected for the Command Inspector General position at the Army Reserve Medical Command in Pinellas Park, Florida. Colonel Zieres is a graduate of the U.S. Army War College, the Army Inspector General Course, the Command and General Staff College, the Combined Arms Services Staff School (CAS3), and the AMEDD Officer Advanced Course. She earned her Master of Science degree in Human Resource Management from Chapman University in Orange, California and completed a Masters program in Strategic Studies at the U.S. Army War College, Carlisle Barracks, PA. Colonel Zieres' awards and decorations include the Legion of Merit, the Meritorious Service Medal with Silver Oak Leaf Cluster, Army Commendation Medal with Three Oak Leaf Clusters, Army Achievement Medal with Three Oak Leaf Clusters, National Defense Service Medal with Bronze Star, Global War on Terrorism Service Medal, Armed Forces Reserve Medal with Gold Hourglass device, Army Service Ribbon, Army Overseas Ribbon, Army Reserve Components Overseas Training Ribbon, the Expert Field Medical Badge, and the Department of the Army Staff Identification Badge.

She is also a member of the Order of Military Medical Merit and her other military affiliations include: Life member of the Reserve Officers Association, Charter Member of the Women's Memorial Foundation, Arlington, VA; Member, As-

sociation of the United States Army (AUSA); and Life Member of MOAA, including Past-President (Jan 2017- Jan 2020), Newsletter Editor and former Treasurer of the Tampa Chapter, MOAA. She concurrently served on the Executive Council for Operation Helping Hand (OHH) during her chapter presidency.

Since Colonel Zieres' retirement on 1 February 2011, she has pursued a second calling in Fine Arts living in Safety Harbor, Florida where she often exhibits her watercolor paintings in local galleries. You can also find her artwork on postcards in gift shops; two of her paintings have been featured on the front cover of the Safety Harbor Chamber of Commerce Business directory, 2012 and 2013. Carol has also been involved in City government and other various civic projects. She was selected by the City Council to serve as a member of the Safety Harbor Public Art Committee (2013-2015), City Planning and Zoning board (2018-2020), and volunteer at the Safety Harbor Chamber of Commerce.

She is the Founder of the Safety Harbor Historical Society and an Events organizer for the Museum where she also teaches art classes (Watercolor and mixed media), part-time. In addition to her teaching and individual studio work, Carol has been very active in the Art community. She was both Secretary and Vice President of The Exhibiting Society of Artists (TESA) for four consecutive years (2012-2016) and for the past five years, she has volunteered for the nonprofit charity, "Paint Your Heart Out - Safety Harbor" helping to paint designated homes for indigent families each March. She is the Co-



founder of the MOAA Tampa Chapter Star Spangled Art Show, which features an artwork exhibition for Military Veterans (in honor of Veterans Day) at the Fine Arts building, St. Petersburg College campus at Tarpon Springs, FL.

In her spare time, Carol enjoys gardening and landscaping as a member of the Safety Harbor Garden Club for which she also served as President in 2012-2013. In recent months, she enrolled in the University of Florida Master Gardener's Course and has completed the required hours of training. Upon completion of the 75 required hours of volunteer work, she will be eligible for graduation and work as a Master Gardener Volunteer for the UF/IFAS Pinellas County Extension office.



MOAA Tampa Chapter Join Form

Name _____

Rank _____ Service _____

Status _____

Street Address _____

City _____ State _____ Zip _____

Email _____

Phone_(_____) _____ - _____ cell (_____) _____

Date of Birth Month _____ Day _____

Spouse _____

Emergency contact: Name _____

Phone _____

MOAA National Member Number _____

Tampa Chapter annual dues: \$25.00 (There is no dues requirement for active duty personnel or surviving spouse)

MOAA National annual dues: \$48.00. You can join National

MOAA at their website: moaa.org

MOAA National Lifetime dues: Based on age.

Range: \$851-\$0

You can bring the completed form to any event or you can mail it with the \$25.00 check made out to:

“MOAA Tampa Chapter”, to:

Bill Schneider

15888 Sanctuary Dr.

Tampa, FL 33647

Surviving Spouse Corner: How Surviving Spouses Benefit From MOAA Membership

Information shared by Ms. Renee Brunelle - Tampa Chapter Surviving Spouse Liaison
By Dr. Vivianne Cisneros Wersel, Surviving Spouse Advisory Council member



MOAA's mission is to improve the lives of those who serve and their families. As a MOAA member, surviving spouses have opportunities to connect with kindred surviving spouses in addition to receive information about benefits and programs that might be new to them.

Understandably, when someone becomes a surviving spouse, there is a certain knowledge gap to navigate. Surviving spouses of MOAA work to help close that gap.

It's also important to note many survivors might not be aware they are eligible to join MOAA even if their military spouses were not MOAA members.

Depending on your membership level, surviving spouses will have a consistent line of communication as well as support regarding their eligibility for various MOAA benefits, such as discounts, advocacy, scholarships, and membership to their virtual chapter. Communication options include telephone, emails, literature, social media, and webinars.

A great example of the support MOAA provides is the [MOAA Surviving Spouse Virtual Chapter](#) and the [Surviving Spouses and Friends Facebook group](#), which unites military survivors from different war eras. Through these avenues, a surviving MOAA spouse has ample opportunity to relate to like members with similar backgrounds. Local chapters also can provide a spouse with a tangible sense of community and connection.

Medical Corner

8 Things to Know about the U.S. COVID-19 Vaccination Program

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

Now that there are authorized and recommended vaccines to prevent COVID-19 in the United States, here are 8 things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.



CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.

Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get the most protection the vaccine has to offer

against this serious disease.

CDC is making recommendations for who should be offered COVID-19 vaccine first when supplies are limited.

To help guide decisions about how to distribute limited initial supplies of COVID-19 vaccine, CDC and the Advisory Committee on Immunization Practices have published recommendations for which groups should be vaccinated first.

There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

Cost is not an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources

and Services Administration's Provider Relief Fund external icon.

The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.

If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States. Learn more about how CDC is making COVID-19 vaccine recommendations.

All ACIP-recommended vaccines will be included in the U.S. COVID-19 Vaccination Program. CDC continues to work at all levels with partners, including healthcare associations, on a flexible COVID-19 vaccination program that can accommodate different vaccines and adapt to different scenarios. State, tribal, local, and territorial health departments have developed distribution plans to make sure all recommended vaccines are available to their communities.

COVID-19 vaccines are one of many important tools to help us stop this pandemic.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

CDC will continue to update this website as vaccine recommendations and supply change.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html>

You May Also Want to Read:

Benefits of Getting a COVID-19 Vaccine

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

Understanding How COVID-19 Vaccines Work

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html

COVID-19 vaccines at VA

<https://www.va.gov/health-care/covid-19-vaccine/>

More Medical Corner

What Are the Side Effects of COVID-19 Vaccines?

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

[Temporary discomfort a trade-off for coronavirus protection. Plus: Monitoring Bell's palsy, allergic reactions](#)

The news about the coronavirus vaccine has been positive lately. Many health care workers around the country received their first dose of the Pfizer-BioNTech vaccine after it acquired emergency use authorization (EUA) from the U.S. Food and Drug Administration (FDA) on Dec. 11. A second vaccine, from biotech firm Moderna, is on the cusp of clearing the same regulatory hurdle, and if all goes as expected, as many as 20 million Americans could be vaccinated against COVID-19 before the end of the year.

While it may take a while for production to ramp up to the point where a vaccine is readily available to the general public, health experts say there is one thing that's critical for people to understand before they roll up their sleeves for the shots: The vaccines may cause side effects. According to the FDA, the most common side effects among participants in both the Pfizer-BioNTech and Moderna phase 3 clinical trials were:

- Injection site pain
- Fatigue
- Headache
- Muscle pain
- Chills
- Joint pain
- Fever

However, these reactions are "temporary," and they "self-resolve" within a few days, says Wilbur Chen, M.D., a professor of medicine and chief of adult clinical studies at the Center for Vaccine Development and Global Health at the University of Maryland. Even so, it's "ultracritical" that health experts are transparent with the public about what to expect.

"Where a mistake could be made is in people being surprised or not being prepared for side effects," adds William Moss, M.D., executive director of the International Vaccine Access Center at the Johns Hopkins Bloomberg School of Public Health.

Transparency builds trust

One reason: public trust. Polls show that as many as 42 percent of Americans say they are unwilling to get a coronavirus vaccine when one becomes available, for reasons spanning the unprecedented speed of the vaccines' development to a general mistrust of vaccines. People are also concerned about potential side effects from the shots, according to a recent Pew Research Center survey, making it "critically important" for health experts to be upfront about all the possibilities, Moss argues.

Another reason people need to know about any potential side effects: Both the Pfizer-BioNTech and Moderna vaccines require two doses, given a few weeks apart. And unanticipated side effects from the first shot could deter people from going back for the second, which is needed to "get the most protection the vaccine has to offer," the Centers for Disease Control and Prevention (CDC) points out.

"We don't know what happens after a single dose," Moss says. "Certainly we can't expect [that one dose will confer] the high degree of protection" that both doses demonstrated in phase 3 clinical trials. (Pfizer's vaccine, for example, was found to be about 52 percent effective after the first dose; effectiveness jumped to 95 percent after the second.)

"So it's really important that people get two doses and not be thrown off or discouraged," Moss adds.

Finally, knowing that a sore arm or a fever is a possible side effect helps ease public alarm, says Hana El Sahly, M.D., associate professor of molecular virology and microbiology at Baylor College of Medicine. If someone experiences an unpleasant, but

expected, response, "they can take some symptomatic treatment and have reassurance and minimize their anxiety around the vaccine," she explains.

Side effects are not unique to COVID-19 vaccine

Side effects from vaccines are not uncommon. The seasonal flu shot, for example, can cause fever and fatigue, among other reactions. And the vaccine to prevent shingles can induce shivering, muscle pain and an upset stomach, to name a few.

In some ways, these mild to moderate reactions are "a good thing," Moss says, because "it's a sign that the immune system is responding to the vaccine." Nevertheless, they shouldn't be downplayed. For some people, a sore arm "is a big deal," Chen points out. Reactions from the coronavirus vaccine may even cause recipients to miss a day or two of work.

The key, experts say, is to weigh the temporary discomfort against the long-term benefits: a potential-



ly high level of protection from a disease that has uprooted everyday life for many of us and has killed more than 1.6 million people globally.

"We are willing to tolerate discomfort in other aspects of our life — many people exercise and have muscle aches afterward, and don't say, 'I'm never going to exercise again,'" Moss points out. "There are just many aspects of our lives where we need to be willing to make the trade-off for some degree of discomfort for a longer-term gain."

It's also important to keep in mind that the majority of reactions occur shortly after vaccination, so "there is a degree of reassurance" that the side effects reported in the clinical trials are likely the extent of any unpleasant short-term reactions, El Sahly says.

Older adults could experience fewer side effects

An interesting finding from the Pfizer-BioNTech and Moderna clinical trials is that while the vaccines seem to be just as effective in older adult participants, people 65 and older experienced fewer side effects than younger volunteers.

Researchers are still studying why this is the case, but it could have something to do with the declining immune response that comes with age. Because the coronavirus vaccine can provoke "a little bit of an inflammatory response," Chen says, it may be that older adults react less to the medicine if they have "a blunted immune response already."

Reports of a few adverse events

Federal analyses of both vaccine trials show that few adverse events — which the CDC defines as any health problem that happens after a shot — separate from the less serious side effects were reported. Swollen lymph nodes (lymphadenopathy) occurred in a small portion of the participant population. And four people who received Pfizer's vaccine and three who received Moderna's developed Bell's palsy, which, in most cases, causes temporary weakness or paralysis in the face.

FDA scientists have said that the documented cases of Bell's palsy are "consistent with the expected background rate in the general population" and that "currently available information is insufficient to determine a causal relationship [between Bell's palsy and] the vaccine." However, the situation is worth monitoring, health experts say.

Save 25% when you join AARP and enroll in Automatic Renewal for first year. Get instant access to discounts, programs, services, and the information you need to benefit every area of your life.

What's more, since the start of Pfizer's vaccine rollout, two people in Great Britain and one person in Alaska have experienced severe allergic reactions after being vaccinated. The FDA is warning health care providers not to administer the Pfizer-BioNTech vaccine to individuals with a known history of a severe allergic reaction to any component of the product.

It's important to keep in mind that these reactions, though serious, are relatively rare, seeing how tens of thousands of people have been inoculated with one of the two vaccines. "It's a warning for a very small number of people," says Barry Bloom, professor of public health in the department of immunology and infectious diseases at Harvard's T.H. Chan School of Public Health.

If you're concerned that your allergies could trigger a severe reaction to a coronavirus vaccine, talk to your doctor. And consider getting your vaccine in a medical setting, in case you do react.

"Most people can get the vaccine at pharmacies or a variety of different places. For people who've had allergic reactions, it's a reason why they should talk to their doctor first — they [may] want to go to a place that's more equipped for serious allergic reaction," Karyl Rattay, director of the Delaware Division of Public Health, said in a recent news conference.

Safety monitoring doesn't stop when vaccines become available

Just because the vaccines have expanded from trial participants to the public doesn't mean monitoring for them will stop. Individuals who receive the vaccines will continue to be watched for long-term side effects and adverse events or disease. This follow-up will also give researchers more information on how long immunity to COVID-19 lasts after vaccination.

Something else that won't stop when the vaccines are rolled out: the recommendation that people continue the prevention efforts that can help slow the spread of the disease, including mask wearing, social distancing and frequent handwashing. That's because it typically takes a few weeks for the body to build immunity to a disease after vaccination, according to the CDC, meaning it's possible you can get sick with COVID-19 even after you've been vaccinated. Plus, experts still aren't sure whether the vaccines, which are highly effective at preventing COVID-19, block transmission of the virus.

Finally, it takes time to build up what Chen calls "community immunity," or herd immunity, where enough of the population is protected from the virus that transmission slows significantly. Experts are not sure what the magic number is to obtain herd immunity for COVID-19, but they estimate it's somewhere around 70 percent of the population, which could take months to achieve through vaccination.

"And before that, I don't think anyone can let their guard down," El Sahly says.

Source: <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-vaccine-side-effects.html?intcmp=AE-HP-BB-LL2>

National Guard Now Helping with COVID-19 Vaccine Distribution in 26 States

In Ohio and West Virginia, National Guard members broke down the first shipments of the Pfizer COVID-19 vaccine into smaller packages for transportation to vaccination sites.



In Oklahoma, Guard members, accompanied by state Highway Patrol escorts, drove the vaccine to points where it could be administered to the first recipients.

The National Guard provided assistance Monday for the historic first U.S. COVID-19 vaccinations in a total of 26 states, at the direction of their governors,

Guard officials said.

In Ohio, about 30 Guard members were involved in repackaging the Pfizer vaccine, which must be kept in dry ice at super-cold temperatures of more than minus 90 degrees Fahrenheit to be effective, said Army Maj. Gen. John Harris, the Ohio adjutant general.

It's a two-minute drill to get the vaccine from the larger containers into smaller packages for distribution, but there is an element of risk involved, Harris said in a conference call with reporters.

"There are vulnerabilities, so [Guard members] have to wear specialized [personal protective equipment]," he said, adding that putting the Guard members "even for a short period in that ultra-cold space puts them at risk."

And, he noted, the ultra-cold containers are slippery and easy to mishandle

"The risk of dropping or damaging those vials as a result of those unusual conditions is very real," Harris said.

In West Virginia, Guard members are so far involved only in repackaging the vaccine, said Army Brig. Gen. Murray E. "Gene" Holt, that state's assistant adjutant general.

Vaccine distribution is particularly critical in West Virginia, according to Holt.

"We are now in a pivotal time in this response. We have the most vulnerable population in this state" because of age and other factors, he said.

In contrast to Ohio and West Virginia, Guard members in Oklahoma were not involved in repackaging but took to the roads to drive the vaccine to vaccination points, said Army Brig. Gen. Cynthia Tinkham, the assistant adjutant general for the Oklahoma National Guard.

She said Oklahoma Guard members were using vehicles provided by the state's Health Department to drive vaccine shipments to distribution points.

Tinkham, Holt and Harris all said they could not predict how much Guard assistance would be needed next year as more companies get Food and Drug Administration approval for their vaccines and distribution ramps up for expanded vaccinations.

Harris said he couldn't guess how much assistance the Ohio Guard would be called on to provide as the mission continues next year to get more than 300 million Americans vaccinated.

"It's one we really haven't gotten our arms around yet," he said. "It's going to be a function of how many companies get approved. ... I can tell you we don't have a sense of what that high end looks like now."

Source: <https://www.military.com/daily-news/2020/12/14/national-guard-now-helping-covid-19-vaccine-distribution-26-states.html>

Army Medical Logistics Takes Lead for Military COVID-19 Vaccine Orders

Medical logistics experts at the U.S. Army Medical Materiel Agency have started receiving COVID-19 vaccine orders from throughout the Defense Department in anticipation of the Food and Drug Administration's emergency use authorization of a vaccine or multiple vaccines.

USAMMA, which reports directly to Army Medical Logistics Command, is the lead for all services, working in collaboration with the Defense Health Agency's Immunization Health Care Division.



The USAMMA team is collecting COVID-19 vaccine orders from all service branches and submitting them to the Centers for Disease Control and Prevention.

USAMMA will also track vaccine shipments from the vendor to each military site. If required, the team will monitor the redistribution of vaccines to additional sites throughout the military.

USAMMA Distribution Operations Center Deputy Director Liz Andrews said the vaccine will ship directly from the vendor to several military medical treatment facilities throughout the U.S. — where it will be used to immunize troops, as well as military beneficiaries — and bolster their immunity against the pandemic.

There are known logistical challenges. For example, at least one of the vaccine candidates has to be kept at ultra-cold temperatures of minus-80 degrees Celsius. Andrews said she and her team will not only track the vaccine's movements, but also its temperature throughout shipment to ensure it arrives safe and ready for use.

"This is a challenging mission but also very exciting," Andrews said. "We are prepared to execute this mission and proud to be a part of Operation Warp Speed."

Operation Warp Speed, of which the Army's senior logistician Gen. Gustavo F. Perna is the chief operating officer, is a public-private partnership developed to deliver safe and effective COVID-19 vaccines.

In a Defense.gov press release, Perna said he is committed to streamlining processes that will allow manufacturing and distribution to deliver medical countermeasures at an unprecedented rate.

The USAMMA team is uniquely equipped for the mission because of their expertise in vaccine distribution and cold chain management. USAMMA currently serves as the service lead for ordering and distribution of other military vaccines, such as anthrax and smallpox.

"The military hospitals are already used to working with us, so this made the process smoother for them as they were familiar with our systems and forms," Andrews said.

Andrews also said the USAMMA Distribution Operations Center web de-



velopment team also played a crucial role by swiftly adapting USAMMA's existing vaccine ordering system, so it could be used for COVID-19 vaccine order processing.

"This was a total team effort," she added, "and we are just honored to be a part of this whole-of-government campaign."

Source: <https://www.defense.gov/Explore/Features/Story/Article/2439877/army-medical-logistics-takes-lead-for-military-covid-19-vaccine-orders/>

One Of The Navy's First Female Submarine Officers May Be Headed To The Moon

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

Half of those picked for NASA's Artemis program, aimed at going back to the moon by 2024, come from the U.S. military. Here's a bit more about them.

Kayla Barron, a U.S. Navy Lieutenant Commander who was among the first female officers to serve onboard one of that service's submarines, is among



a group of NASA astronauts who could be headed to the Moon as early as 2024. Of the other 17 astronauts who now make up what NASA is calling the Artemis Team, around half are or have served in the military.

NASA announced the names of the astronauts selected for the Artemis Team on Dec. 9, 2020, on the occasion of the eighth National Space Council meeting, which took place at the Kennedy Space Center in Florida. NASA had first unveiled the overarching Artemis program, which is its new lunar exploration effort, in September.

The goal is to send American astronauts to the Moon on the Artemis III mission in 2024, which will be the first time anyone has set foot on the lunar surface since Apollo 17 in 1972. Artemis I will be an uncrewed flight test of the Orion space capsule launched using the Space Launch System rocket, scheduled for 2021, while Artemis II will be a crewed flight test without a lunar landing, set to take place in 2022.

"I give you the heroes who will carry us to the Moon and beyond - the Artemis Generation," Vice President Mike Pence said in announcing the individuals who make the Artemis Team. "It is amazing to think that the next man and first woman on the Moon are among the names that we just read. The Artemis Team astronauts are the future of American space exploration - and that future is bright."

One of the names Pence read was that of Kayla Barron, who graduated from the U.S. Naval Academy in 2010, was commissioned in the service and immediately attended graduate school at the University of Cambridge in Cambridge, England as a Gates Cambridge Scholar. There she earned a master's degree in nuclear engineering, with her research focusing "on modeling the fuel cycle for a next-generation, thorium-fueled nuclear reactor concept," according to NASA.

She subsequently joined the first cadre of U.S. Navy female officers to serve aboard the Navy's nuclear submarine fleet. In 2009, then-Secretary of the Navy Ray Mabus and then-Chief of Naval Operations Admiral Gary Roughead had first begun working to eliminate the long-standing prohibition on women serving on submarines. Barron is also a graduate of Nuclear Power School, also known as Nuke School.

In 2011, Barron reported to the Ohio class ballistic missile submarine USS Maine. She subsequently qualified as a Submarine Warfare Officer and served onboard Maine for three deterrent patrols. In 2017, she was selected for astronaut training, at which time she had moved on to become the Flag Aide to the Superintendent of the U.S. Naval Academy.

Her astronaut training included flights in NASA's T-38 supersonic jet trainers and mock spacewalks in deep pools. There were also lessons in Russian to help converse with Russian cosmonauts during any potential trips to the International Space Station. She described herself as a "struggling conver-

sationalist" in the language in an interview with The Spokesman-Review newspaper in Washington State published earlier this year.

No woman has ever set foot on the Moon, which puts Barron, as well as the other eight women in the Artemis Team, in a position to make a different kind of history.

As for submariners in space, it makes a lot of sense and Barron won't be the first. Often times we hear that spaceflight is more like operating on a submarine than flying in a cockpit. Of course, nuclear know-how will likely be a critical element of future excursions to the moon, as well.



Eight other members of the Artemis Team also have their own ties to the U.S. armed services. This includes absolute rock star Jonny Kim, a former U.S. Navy SEAL who also graduated from the University of San Diego with a bachelor's degree in mathematics in just three years and then went on to get an M.D. at Harvard Medical School.

Source: <https://www.thedrive.com/the-war-zone/38069/one-of-the-navys-first-female-submarine-officers-may-be-headed-to-the-moon>

Space Force Is Getting Its First 2 Bases

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

Two key Air Force bases in Florida with space missions have been officially redesignated as U.S. Space Force bases.

During the eighth meeting of the National Space Council at Cape Canaveral, Florida, on Wednesday, Vice President Mike Pence said that Cape Canaveral Air Force Station and nearby Patrick Air Force Base will now be known as "Cape Canaveral Space Force Station and Patrick Space Force Base."

"Today is a Great day for our Military, Florida & America!" the vice president tweeted following his announcement.

Gen. John "Jay" Raymond, the head of the Space Force, added via Twitter that the bases' redesignations begin a "new era," "aligning them with their critical missions."

The renaming, however, has not been sanctioned by lawmakers.

In the final version of the House and Senate Armed Services committees fiscal 2021 National Defense Authorization Act released last week, lawmakers included a provision to require that a military base -- belonging to the Air Force or any other service -- "may not be transferred to the jurisdiction or command of the Space Force until the Secretary of the Air Force briefs the congressional defense committees on the results of a business case analysis, conducted by the secretary in connection with the transfer." A similar separate provision was introduced in June.

However, only the House has approved the compromise defense bill, which President Donald Trump has threatened to veto over Section 230, which shields tech and communication communication companies from some liability over user activity.

Despite pending legislation, officials planned to press ahead with the redesignation announcement to coincide with the Space Force's first birthday, DefenseOne first reported earlier this week, citing unnamed U.S. officials familiar with the discussion.

While the move would "violate a gentleman's agreement with congressional staffers who asked the military not to rename any bases" until the latest NDAA became law, the renaming of Cape Canaveral and Patrick was imminent, the

publication reported.

Earlier this year, the Space Force began redesignating Air Force units with a space-only mission; it said it would realign and rename Air Force bases to Space Force bases accordingly.

For example, ahead of the fiscal 2020 NDAA's signing last December -- which established the sixth military branch under the Department of the Air Force -- Raymond told reporters that plans were in motion to redesignate appropriate Air Force units and locations.

"Patrick Air Force Base may be renamed Patrick Space Base, or something to that effect," Raymond said during a briefing at the Pentagon at the time.

Those plans were progressing -- until the COVID-19 pandemic hit.

Later in the spring, the general said ceremonies to rename bases were put on hold in order to observe proper social distancing and comply with Center for Disease and Prevention Control guidelines.

While the Kennedy Space Center at Cape Canaveral has a robust space mission that includes human space flight, service members at Patrick support those launches as well as submarine-launched ballistic missile test launches on the East Coast.

Patrick is being considered as headquarters for U.S. Space Command, the military's 11th unified combatant command that reactivated in August 2019 ahead of the Space Force.

SPACECOM, which is temporarily housed at Peterson Air Force Base, Colorado, is responsible for military operations related to space, while the Space Force organizes and trains space personnel. Like the other military branches, the Space Force has its headquarters at the Pentagon.

Ahead of Space Command's reactivation, nearly a dozen elected officials tried to petition the DoD and Trump to locate it in Florida.

Source: https://www.military.com/daily-news/2020/12/09/space-force-getting-its-first-2-bases.html?ESRC=eb_201210.nl



National Guard celebrates 384th birthday

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

The Army, Navy and Marine Corps can beef over which service was created first in the year before the Declaration of Independence was signed on July 4, 1776, but the National Guard claims to have them all beat by more than a century.

The National Guard Bureau and the National Guard Association of the U.S. are celebrating what they say is the 384th birthday of the National Guard.

"The National Guard is America's oldest military organization and has 450,000 citizen soldiers and airmen located in communities across all 50 states, three territories and the District of Columbia," the National Guard Bureau said in a Friday statement.

On Dec. 13, 1636, the Massachusetts Bay Colony legislature ordered village militia companies to form into three regiments. And the lineage of those three regiments has passed on uninterrupted since then and is now represented by two Guard battalions in service in Massachusetts, NGAUS said in a release.

Of course, that statement also does not go uncontested. A couple of states and Puerto Rico maintain that they had militias before 1636, but those militias were not in continuous service to the present day, said NGAUS spokesman John Goheen.

In congratulatory video birthday messages, mili-

tary leaders confirmed that, yes, the National Guard really is the oldest service.

Army Secretary Ryan McCarthy said "Happy 384th birthday to the National Guard. We are incredibly proud of our soldiers in the National Guard and the incredible work you do for our country."

Air Force Secretary Barbara Barrett said "Happy 384th to the men and women of the National Guard. In 1636, Oxford University Press, Harvard and the U.S. National Guard were founded, 140 years before the Declaration of independence was signed."

McCarthy, Barrett and National Guard leaders also noted the particular contributions of the Guard this year in response to the COVID-19 pandemic, wildfires, hurricanes and civil unrest.

At the peak in June, the National Guard had mobilized nearly 120,000 soldiers and airmen to meet the challenges.

"Today, more than 56,500 Guard members remain on duty in their communities and around the globe, living up to their motto: 'Always Ready; Always There,'" officials with the National Guard Bureau said.

The traditional cake cuttings marking the birthday were limited this year because of the continuing pandemic, but all Guard members should know that "their unique service and sacrifice this year -- our 384th year of existence -- are greatly appreciated," retired Brig. Gen. J. Roy Robinson, president of NGAUS, said in a statement.

Source: <https://www.military.com/daily-news/2020/12/13/heres-why-national-guard-over-100-years-older-other-military-services.html>



Financial Literacy: Make Your Checklist and Check it Twice

By John C. Murphy, USA (Ret)

So You Think You're Done With Your Estate Plan...

Sometimes we do not take even a second to take inventory of all the changes we are experiencing and how they can impact the planning we have in place. There is often considerable follow up required to make certain that your unique estate planning is fully achieved. Below is a checklist of a few commonly overlooked items:

Review your Estate Plan - Estate planning is the process of designating who will receive your assets and handle your responsibilities after your death or upon your incapacity. It is important that you review your estate planning to ensure that it still makes sense. Does it still reflect your objectives? In addition, you will want to make sure those individuals you have appointed to serve as your fiduciaries are still able to act on your behalf if the need arises. (Successor Trustee, Personal Representative, Power of Attorney, Health Care



Surrogate and Pre-Need Guardian). Finally, your estate plan was prepared based on your circumstances and certain assumptions about your finances. If your circumstances have changed, by birth, death, marriage, divorce, sickness or a significant increase or decrease in assets, changes to your estate planning documents may be required. Life changes. So should your estate plan.

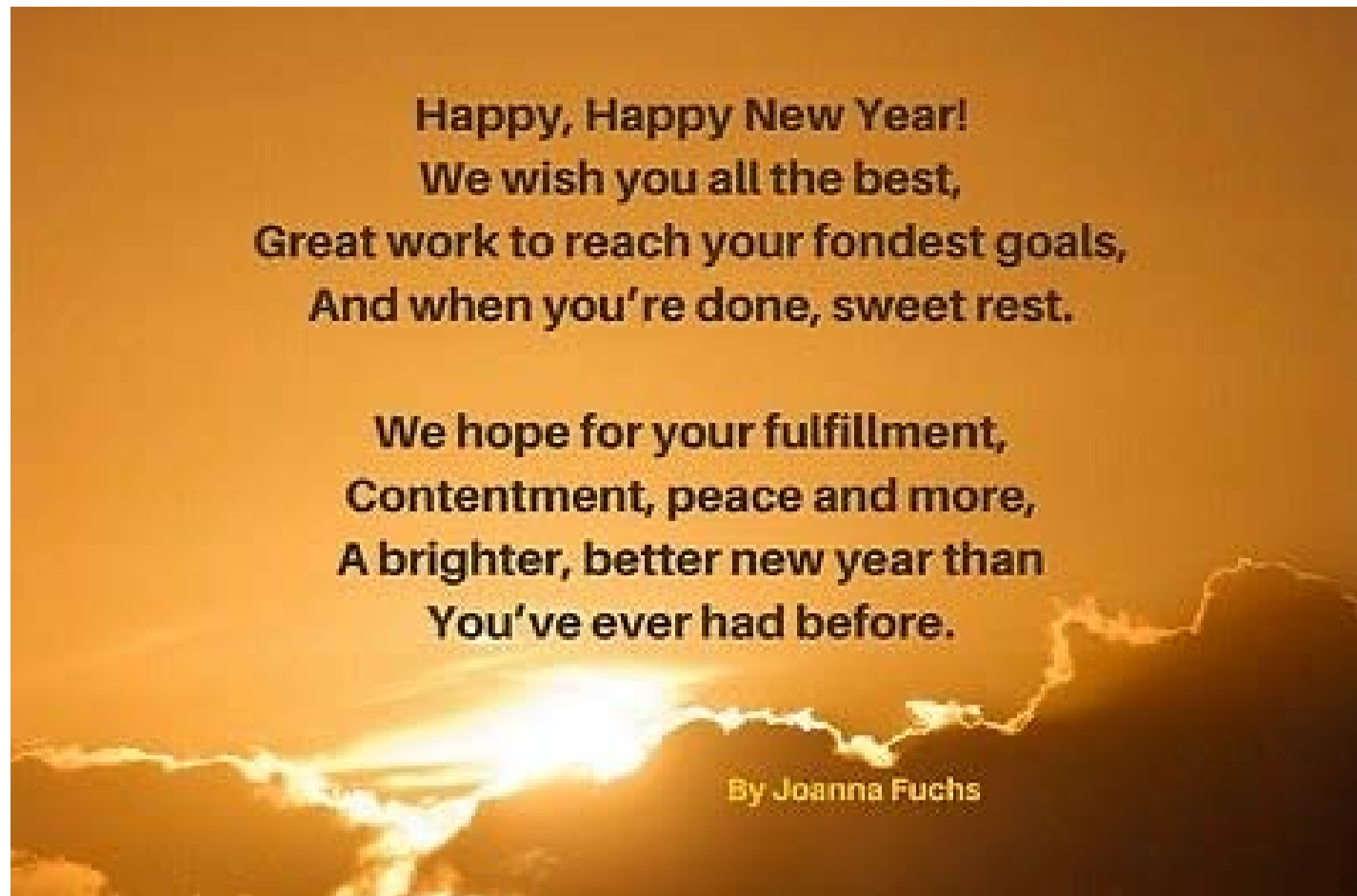
Check Your Beneficiary Designations - Perhaps the most critical of all checklist items are beneficiary designations for all bank accounts (payable on death), stocks (transfer on death), retirement accounts, and life insurance policies. Most times, these assets do not pass according to the provi-

sions of your Will or Trust. Beneficiary designation forms must be prepared and filed with the account custodian or insurer, so that your beneficiaries are properly identified. If you have previously completed the forms for any of these assets, you should review them to ensure the beneficiary named is still the person(s) you want receiving those assets. Failure to properly designate your beneficiaries can undermine your entire estate plan and require a probate to obtain access to those funds. Since beneficiary designations will overrule any provisions you have in your Will or Trust, it is important that your beneficiary designations and estate planning documents are coordinated to carry out your objectives.

Verify Trust Funding and Ownership of Assets - Your next checklist item should be to list all trust assets and then list all assets outside your trust. Similar to ignoring beneficiary designations, you can unknowingly undermine your estate plan by failing to properly fund your Trust or consider the form of ownership of certain assets. You may have executed a Trust with probate avoidance in mind. If you thereafter fail to fund the executed Trust, your beneficiaries will be required to probate those assets in order to fund those assets into the Trust. Assets owned jointly with rights of survivorship, such as a bank account or a residence, will not pass according to the provisions of your Will or Trust nor a beneficiary designation. Improper titling may skew your intended dispositive scheme for your beneficiaries. Careful consideration must be given to properly titling of each and every asset that you own so that your intentions are carried out.

Accessibility of Estate Plan and Other Information - You have spent time and effort to develop an estate plan, but that planning can be stymied if your important documents are not accessible to your Power of Attorney/Successor Trustee/Health Care Surrogate. An effective estate plan requires your fiduciary to know where your documents are located and how to get their hands on the documents when they are needed. We suggest that along with the estate planning documents you include a list of assets (from the above 2 paragraphs), and other relevant information for your family and fiduciaries. Continuously reviewing and updating your estate plan is key to making sure that upon your death, your assets are distributed in the way you have intended. Maybe more importantly, should you become incapacitated, you need to provide guidance so your health care surrogate will make the decisions you would want given certain circumstances. A lot can change from one year to the next so it is always good practice to take a look at your documents and make any necessary adjustments.

Source: Shared from MOAA Cape Canaveral Chapter The Intercom Newsletter



CHAPLAIN'S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET

In preparation for writing this month's Chaplain's Corner I went back into my files and read what I wrote a year ago. I ended the article by writing: "Just maybe 2020 is the year to focus our life-changing resolutions less on our physical well-being and place our emphasis more on renewing our relationship with God and the spiritual aspects of our lives. If we were to do so, by the end of 2020 we could be very different people."

As it turns out we ended the year being "very different people." It has been a necessity to really focus on our physical well-being, masking and social distancing, and at the same time, work on our relationship with God and the spiritual aspects of our lives to just make it through dealing with the COVID19 pandemic. Who would have ever thought that we as a nation and people of the world would ever have to face such a threat to our physical, emotional and spiritual well-being?

So, now we begin to see some light in the darkness even though in these last days of 2020 the infection and death rates have ballooned again. There are vaccines! Some folks are finally getting the message about masking and social distancing and living with restrictions on restaurants, bars and sporting event attendance.

We still don't know what the future holds for the world in this infection catastrophe. As we begin 2021 it is time for us to dig deep within ourselves, acknowledge and use, as did Abraham, Moses, Ruth, Mary, Gandhi, and Martin Luther King, Jr, the God-given gifts of courage, strength, faith, wisdom, and love to face the days ahead without the need to know exactly what they will look like. When we use these gifts our anxieties and our pains can be transformed into signs of hope for our healing and that of the world.



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

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

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

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

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

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

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

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

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“NEVER STOP SERVING”