

MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



the realignment of the Chapter's organizational structure, the launch of several new committees, and the expansion of our Chapter's scholarship program. Tampa Chapter's future is bright because its legacy of service and sacrifice is lived out... taking action is our forte.

I remain excited that our members are staying vigorously engaged across MOAA's areas of concern. MOAA national needs our continued support, feedback, and fighting spirit. Today's battles are complex, longstanding, and relevant to both those who have served and those still serving. Please, stay the course. Remain engaged and let your voice be heard...your position known.

Chapter Luncheons...

Over the past few months, we have continued to increase attendance at our in-person luncheons. Thanks to the members that have attended and provided feedback for improvements. Jeanne Richard continues to "raise the bar" and our last luncheon was one for the books. It was great to see many returning faces and hugs around the room. Please consider joining us at the Columbia Restaurant's Siboney room this month as we enjoy another great meal and address by Vice Admiral James Malloy, Deputy Commander, U.S. Central Command.

As is our custom, we will honor Tampa Chapter Member of the Month at the next luncheon on 8 July. This month's honoree is an incredible servant, counselor, and leader, Chaplain (COL) Bernard (Bernie) H. Lieving, Jr. (U.S. Army, Retired). One of the most inspiring and kind persons I've met, Bernie is a hallmark in this Chapter, our community, and the U.S. Army's First Cavalry Division. His service and commitment to the Tampa Chapter

is exemplary. His loyalty unmatched. Chaplain Lieving is a great teammate, and we are privileged to say thanks to both Bernie and his wonderful bride Cindy this month.

Please Don't Forget...

Like many of you, I really enjoy good food. Our Brothers and Sisters of Operation Helping Hand are at it again and have a solution for us all on 3 July! Please come out for the BBQ fund raiser they are sponsoring. Located next to Hank's BBQ on N. Dale Mabry from 12pm - 4pm. I look forward to seeing many of you there.

Also, we need your feedback by 15 July on the "wartime service" survey sent out via email. Thanks to all who have responded thus far. We appreciate your support in this very important endeavor.

Finally, on behalf of the Officers, Board of Directors, and members of the MOAA Tampa Chapter, I ask that you please thank and congratulate Mr. Joe Battle, Director, James A. Haley Veterans' Hospital, for over 38 years of service to this nation's veterans. Joe retires from federal service effective 31 July 2021.

Wrapping up:

In closing, I extend again my gratefulness for your allowing me the pleasure to serve as the President of the Tampa Chapter and to lead the 2021 Board of Directors. We will continue to improve upon our Chapter's great legacy of service and commitment. Be well and may God encourage and embrace you daily.

All the best,
Charles Dalcourt

Socrates is credited with saying "the secret of change is to focus all of your energy not on fighting the old, but on building the new." Pablo Picasso stated, "action is the key to all success." Our Tampa Chapter embarked on a transformative journey at the beginning of this year. Now, halfway through 2021, we have made tremendous progress and through it all, the resilience and commitment of this Chapter's members has been foundational to our achievements. Thanks to the myriad change agents within our ranks that focus forward without forgetting the old...where we have been.

Objectives Met and Maturing...

Welcome to the July edition of our newsletter. It is amazing to watch the ideas and objectives targeted for 2021 come to fruition. Even more, it is humbling to see inside the storm of activity...to watch the butter being churned, the ice cream being made. Already this year, we have realized or matured

UPCOMING EVENTS

1 July - 10:00 AM
Board of Directors Meeting

3 July
12:00-4:00 PM
OHH Backyard BBQ
(See page 5)

8 July - 11:30 AM
Chapter Luncheon
Columbia Restaurant Siboney
Room
(See page 6)

19 Aug - 9:00AM-4:00PM
"Thriving After Military Retirement"
Transition Seminar. Place TBD.
(See page 17)

10 December - 6:00PM-10:00PM
Winter Gala Save the Date
(See page 6)

WANT TO PLACE AN AD
(See page 6)

REMINDER:

SUBMISSION DEADLINE
FOR THE AUGUST ISSUE IS

20 JULY 2021

Please submit articles in a Word
Document and photos in JPEG

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

This month we celebrate our nation's independence. As we celebrate, your Chapter Legislative Affairs Team continues to work for you and keep you informed on our actions and the actions required of you. Our team which comprises of Captain Norm Bild, USAF (Ret.), Sergeant Ben Ritter, USMC (Ret.) honorary member and myself, working at the national, state, and local levels to advocate for those issues that are of concern to our members, servicemembers, veterans, retirees and dependents. We like to start by presenting an update on MOAA's Advocacy in Action campaign. So let's get right to it!

Advocacy in Action Update: How Your Efforts Are Making a Difference!

As we take inventory of our collective accomplishments during MOAA's [Advocacy in Action](#) campaign launched in May, we are encouraged by the many people who have shared stories of their successful virtual experiences similar to last year.

Engagements and the calls to action from our broader membership base have made a significant difference in our three legislative topics: The fight for comprehensive toxic exposure reform, TRICARE Young Adult coverage parity, and the creation of a Basic Needs Allowance to fight hunger in the ranks.

However, we also have heard from those facing challenges setting up meetings with their legislators or their staffs, as shared in the mid-month report. As of this article, MOAA received information on just over 320 meetings out of the 535 offices we need MOAA constituents to contact. MOAA National will continue to coordinate efforts with councils and chapters in states where we still need engagements.

Despite these challenges, MOAA had a remarkable showing from the Hill on these three topics, as outlined below. Still, we simply have more to do and will continue to pull in the same direction to ensure Congress does not run out of steam on these important issues.

For the assessment to date, here is a look at just one measure, co-sponsorship, to indicate how legislators followed up with their support for our advocacy topics.

Comprehensive Toxic Exposure Reform

- S. 437, the Veterans Burn Pits Exposure Recognition Act, has 37 co-sponsors, up from 30.
- H.R. 2436, the House version of the Veterans Burn Pits Exposure Recognition Act, has 30 co-sponsors, from 1.
- S. 927, the Toxic Exposure in the American Military (TEAM) Act, has 9 co-sponsors, from 8.
- H.R. 2127, the House version of the TEAM Act, has 38 co-sponsors, from 18.

During MOAA's engagements with legislators, two congressional leaders identified the need to combine these efforts and others into comprehensive legislation. This news, midway through our campaign, may be part of the reason for a tapered-off show of support via co-sponsorships. Interest on the Hill pivoted to the draft bills from Rep. Mark Takano (D-Calif.), chair of the House Veterans Affairs Committee, and Sen. Jon Tester (D-Mont.), chair of the Senate Veterans Affairs Committee. Those two bills:

- House: Honoring Our Promise to Address Comprehensive Toxics (PACT) Act of 2021
- Senate: Comprehensive and Overdue Support for Troops (COST) of War Act of 2021

Beyond the different names, these bills have nuanced differences in how each leader captured the essences of the MOAA-backed bills listed above, and other efforts in progress, aimed at finding a legislative solution to address the impacts of toxic exposures.

RELATED: [MOAA Breaks Down the Differences Between These Two Bills](#)

Given the initial burst of support from early May, and the need to continue pressing for support for these new comprehensive bills, we must continue our Advocacy in Action efforts through the summer to ensure we get this legislation to the President for signature this year.

TAKE ACTION: [Ask Your Lawmaker to Support Comprehensive Toxic Exposure Reform](#)

Parity for TRICARE Young Adult Health Care Coverage

- H.R. 475, Health Care Fairness for Military Families Act: 50 co-sponsors, up from 11.
- S. 1972, Health Care Fairness for Military Families Act: 4 co-sponsors.

On June 8, Senator Tester joined fellow Sens. Rob Portman (R-Ohio), Mark Kelly (D-Ariz.), Lisa Murkowski (R-Alaska), and Elizabeth Warren (D-Mass.) [to introduce the Senate's companion bill to H.R. 475](#). This is a resounding signal from our congressional leaders, but they are going to need our continued efforts to build support in the House, and now the Senate.

Again, our Advocacy in Action paved the way for initial legislation, and this recent addition of a bill from the Senate warrants a continuation of our efforts to maintain this momentum in both chambers.

TAKE ACTION: [Urge Your Lawmakers to Fix the TRICARE Young Adult Coverage Gap](#)

Basic Needs Allowance

- H.R. 2339, Military Hunger Prevention Act: 36 co-sponsors, up from 8.
- S. 1488, Military Hunger Prevention Act: 20 co-sponsors, from 14.

The co-sponsor count for the Senate is really a testament of support at inception. Rep. Jimmy Panetta (D-Calif.) introduced his House bill April 1, and Sen. Tammy Duckworth (D-Ill.) proceeded to rally support by garnering 14 original co-sponsors for her April 29 introduction of the Senate companion bill.

Like the other topics, we are seeing a resounding level of support from the Senate on the heels of our initial engagements starting in early May – this support should not go unnoticed.

TAKE ACTION: [Ask Your Lawmakers to Help End Hunger in the Ranks](#)

What's Next

Legislation addressing all three of our Advocacy in Action topics stands a real chance at passing this year. Indicators point to continued support by key leaders in Congress, from the committees on which they serve and from those with whom we've met.

Our work must continue to build strong backing across the entire House and Senate – your legislators' support and floor votes will be the difference in getting legislation through both chambers and on to the White House.

We will seek two lines of effort as we continue this advocacy into the summer:

1. **The Advocacy in Action teams.** Some teams are still scheduling meetings with legislators and/or their staffs, and others already completed and documented their meetings online. We will be asking these teams to follow up with their legislators when we have the updated fact sheets. These engagements can take place over the next few months, possibly culminating with visits (maybe in person) when Congress takes its August recess.
2. **MOAA members, and their families and friends.** These efforts will be prompted by articles with updated information and messages to send to the Hill.

In all lines of effort, it is imperative for our members to be contacting their legislators, whether by phone, email, MOAA's Calls to Action, or even snail mail – all contact matters. If you're not sure how to make contact, [check out these tips from MOAA](#).

We thank you for all the work and dedication you have put into this effort so far – we would not be in this state of momentum without your engagement. We will continue to make remarkable improvements in the lives of our servicemembers and their families as long as we never stop serving.

A Battle Is Brewing Over the Rising Costs of VA Health Care²

Unlike most federal agencies, each year the administration proposes a budget for the VA that covers not only the upcoming fiscal year operations, but also additional funds for the following fiscal year.

The additional request is called an "advance appropriation." In a nutshell, the additional funding is to serve as a bridge between fiscal years to ensure the department can provide continuity of the health care and benefits to veterans, their families, caregivers, and survivors without disruption should unforeseen circumstances prevent Congress from getting a VA budget signed into law before the Oct. 1 start of a new fiscal year.

In recent years, government shutdowns and continuing resolutions prompted Congress to establish advance appropriations as safeguard protections for seven VA accounts. VA medical services, community care, and other medical programs have been receiving advance funding since October 2009 with the enactment of the Veterans Health Care Budget Reform and Transparency Act. Advance appropriations for other VA benefit programs became law a few years later.

What Is in This Year's VA's Budget Request?

The VA is one of few federal agencies to see significant growth in its budget over the last decade. From 2012 to 2021, total VA funding grew from about \$197 billion to over \$245 billion.

What makes this year's FY 2022 budget request different from previous years? The proposal brings a level of complexity and includes multiple funding sources the department expects to draw from. This makes the administration's request unique, but also a little more challenging to understand.

This year, the VA is requesting \$269.9 billion for FY 2022, or a 10% increase over last year. Within the total resides two main funding accounts:

- **Discretionary spending**, which includes \$117.2 billion to support health care, benefits, and national cemetery programs – a 9% increase over 2021. Medical care receives 86% of this funding in the FY 2022.
- **Mandatory spending** of \$152.7 billion to support benefit programs – a 10.8% increase over 2021. This funding pays for compensation and pension, readjustment, housing, and insurance programs.

Secretary Denis McDonough's vision for this year's budget request centers on three core responsibilities of the department:

1. Providing veterans with timely, world-class health care.
2. Ensuring veterans and their families have timely access to their benefits.
3. Honoring veterans with their final resting place and lasting tributes to their service.

Additional Funding Sources

Both discretionary and mandatory accounts include five additional sources of funding to help boost and supplement the budget request, and aim to address the rising need for health care, services, and benefits among beneficiaries:

- **The CARES Act.** The Coronavirus Aid, Relief and Economic Security Act was signed into law in March 2020 and provided the VA with funding to care for veterans and strengthen its response to the COVID-19 pandemic. The department has obligated 75% of the \$19.6 billion to date.
- **The American Rescue Plan.** The president signed this relief package in March 2021. In part, it's designed to sustain the VA's COVID-19 response efforts beyond the expiration of the CARES Act. The plan provided the VA with over \$17 billion to help reduce the backlog of veteran benefit claims and appeals, meet additional medical care and health needs including assistance to state veterans homes, and help train veterans who lost their jobs because of the pandemic to find work in high demand occupations.
- **The American Jobs Plan and the American Families Plan.** The administration recently put forth these plans, which include funds to modernize the VA and improve infrastructure; provide support to a growing population of women and younger veterans; enhance education and employment programs; and support about 136,000 veteran and family interments in the VA national cemetery system, including maintaining 4 million gravesites

and innovative efforts to memorialize those who served.

- **The VA Transformational Fund.** This new, recurring expense account allows the VA to use expired unobligated discretionary funding to supplement its budget and apply these resources toward improving facility infrastructure and information technology.

VA Health Care

"The funding request invests in the core foundations of our country's strength and advances key VA priorities," McDonough said. "The discretionary request ensures that all our veterans, including women veterans, women of color, and LGBTQ+ veterans, receive the care they have earned and enable them to create civilian lives of meaning and opportunity."

In addition to the VA's focus on defeating the COVID-19 pandemic, here are a few of the many health care system outcomes and programs the increased funding supports:

- Providing care to 7 million veteran patients.
- Covering the costs of 119 million outpatient visits.
- Continuing investment in VA's electronic health record modernization.
- Improving facility infrastructure and operation and maintenance accounts for approximately 5,625 buildings and 1,690 leases the VA operates.
- Increasing case management services to help more veterans gain permanent housing through vouchers and prevent homelessness among low-income veteran families.
- Expanding suicide prevention outreach programs, including the Veterans Crisis Line to help veterans at risk for suicide and provide interventions before a veteran is in crisis.
- Strengthening VA's diversity programs to ensure the department is welcoming to all, including women veterans, veterans of color, and veterans who are LGBTQ+. A new Office of Resolution Management, Diversity and Inclusion has been established to strengthen VA's diversity program.
- Expanding VA caregiver support program services, including the phased expansion of the Program of Comprehensive Assistance for Family Caregivers included in the MISSION Act. Once fully implemented, this program will provide eligible caregivers of pre-9/11 veterans additional services and a monthly stipend for caregiving.
- Providing more than \$115 billion in advance appropriations for FY 2023 to ensure continuity of health care services into the new fiscal year.

The Road Ahead

VA's budget proposal is a strong indicator of the administration's and the secretary's commitment to serving veterans.

However, some members of Congress are ready to take the VA to task to find out how the department has spent its appropriations in recent years. A battle is brewing around the unsustainable trajectory and rising costs of health care and what to do about it. According to the VA, a significant factor in the rising costs of health care is because of community care in recent years, particularly with the implementation of the MISSION Act.

The budget increases appear reassuring but the details of how the VA plans to execute the various elements of its health care budget remain elusive, including its community care account. Such details are important for ensuring the department is funded at the necessary levels, so veterans have uninterrupted care and the best health outcomes possible. Rest assured lawmakers will delve more deeply into the VA's budget proposal during hearings in the coming weeks as part of the congressional appropriations process.

Meanwhile, MOAA remains engaged in the process and will do all we can to work with the secretary and the Congress to ensure the final passage of an appropriations bill that meets the needs of veterans and honors them for their service.

Please remember to take action! Visit [MOAA's Take Action Center](#)

Sources:

- 1) [www.moaa.org](#) article by Dan Merry, June 15, 2021
- 2) [www.moaa.org](#), article by René Campos, June 07, 2021

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



2021 OFFICERS:

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MOAA MISSION STATEMENT

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

Tampa Chapter



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Military Officers Association of America

TAMPA CHAPTER MISSION:

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

GENERAL CONTACT INFO:

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MacDill AF Tampa, FL 33608-0383
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July Luncheon Guest Speaker: Vice Admiral (VADM) James Malloy Deputy Commander, U.S. Central Command



VADM James Malloy is a native of Silver Spring, Maryland and a 1986 graduate of the U.S. Naval Academy. He holds a Master of Science in Systems Technology (Command, Control and Communications) from the Naval Post Graduate School; a Master of Science in National Security Strategy from the National War College and a Master of Health Sciences in Emergency and Disaster Management from Touro University.

His sea tours include assignments onboard USS Deyo (DD 989), USS Fahrion (FFG 22) and USS Benfold (DDG 65). He deployed in command of

both USS Falcon (MHC 59) and USS Pinckney (DDG 91), guiding Pinckney through her maiden deployment. He commanded Destroyer Squadron 50 as commander, Middle East Force (CTF 55) and commander, Coalition Task Group 152.1 operating at sea and from naval command centers in Kuwait, Bahrain, and the United Arab Emirates.

Ashore, VADM Malloy served as the Navy theater missile defense officer

and commander in chief operations briefer at U.S. Central Command (J3) in Tampa, Florida. Following the 9/11 terror attack, he established U.S. Naval Forces Central Command Friendly Forces Coordination Cell in Bahrain, as deputy for the operational liaison staff.

Other staff assignments include flag aide to Commander, U.S. Naval Forces Central Command/U.S. 5th Fleet in Bahrain; initial requirements officer for the Littoral Combat Ship on the staff of the Chief of Naval Operations, Surface Warfare Directorate (N86); head, Washington Placement Branch at Naval Personnel Command (PERS 441) and assistant deputy director, Politico-Military Affairs in the Strategic Plans and Policy Directorate (J5) on the Joint Staff.

As a flag officer, his tours include deputy director of operations, U.S. Central Command (J3); commander, Carrier Strike Group 10, deploying with USS Dwight D. Eisenhower (CVN 69) to U.S. European Command and U.S. Central Command areas of responsibility in support of Operation Inherent Resolve; vice director for operations, the Joint Staff (J3); deputy chief of naval operations for Operations, Plans and Strategy (N3/N5); and commander, U.S. Naval Forces, U.S. Central Command, U.S. 5th Fleet, Combined Maritime Forces.

VADM Malloy began serving as deputy commander, U.S. Central Command September 21, 2020.

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



How exciting to see our world starting to open up more. As we move forward to more normal living, it's been so nice to see people's faces and hug and embrace each other again. Lots of news to share this month. In June we moved our luncheon to the main building of the Columbia Restaurant. Our guest speaker from

the US Customs and Border Protection, Alberto Sabat provided an overview of his career in protecting our borders. Prior to starting the luncheon, the Flamenco dancers performed a beautiful show for us. Make sure to look at the photos from the luncheon and a separate article and photos highlighting the dancers. This month's guest speaker is Vice Admiral Malloy, Deputy Commander of CENTCOM. We look forward to his talk and world perspective.

I'm also excited to announce that Paul McAneny, our Director for Community Outreach is now contributing a monthly Financial Corner in The Retrospect. It's also exciting that the second Transition Seminar for "Thriving After Military Retirement" will be held 19 August from 9:00AM – 4:00PM with the location TBD. One of the topics in the first seminar was about the Veterans Treatment Court (VTC). Provided in this issue is an article about how the VTC works from DJ Reyes who presented at the first seminar.

Our Chapter Officer and Director positions have now been filled. Congratulations to Matthew Mularoni, LTC USA (Ret) who is our new 1st Vice President and to Richard Siegman, LTC, USAF (Ret) as Director for Education, Training and Events. Save the date for the upcoming Winter Gala to be held 10 December with more information to come. As mentioned, Paul McAneny, COL, USAF (Ret) is our Director for Community Outreach, and yours truly is the Director for Communications. I'm delighted to introduce Emily Yates as our new publisher for The Retrospect, starting with this July issue and Website Manager. Emily Welcome Aboard!

I always love talking to each of our members highlighted each month in our newsletter. Our chapter wouldn't be successful without you. 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 July, Member of the Month, is Chaplin Bernie (Bernard) Lieving, COL US Army (Ret) for his patriotism and outstanding service in support of the MOAA Tampa Chapter. What an amazing career as an Army Chaplin and still serving as a minister. Bernie, I'm always inspired by your monthly comments in your Chapin's Corner. By the way, Happy Army Chaplin Birthday this month!

I'm also pleased that our Chapter Member Spotlight for July, Mrs. Shirley Helveston is highlighted this month. Shirley, I was so happy to see you and your husband Dick at last month's luncheon. Both of you have contributed so much to this chapter, and I'm so grateful for you leading the way with the newsletter. You inspire me in so many ways.

Chapter Members, this is your newsletter so please share your stories, including such topics as military history, individual biographies, the role of military spouses, special events of interest to members, any vignettes of military or veterans service, holiday, commemorative or celebratory themes, etc. Send me your stories! "There is too little of what we really like in stories. ...We shall have to write some ourselves." -- C.S. Lewis.

As we approach our Nation's Birthday, let us be thankful for all who have defended our country and those who continue to protect our freedoms. Have a safe and happy 4th of July!

Let us never forget. - NEVER STOP SERVING!

Sara Marks, CAPT NC USN (Ret)

THE RETROSPECT is published monthly by the Tampa Chapter of the Military Officer's Association of America (MOAA), P.O. Box 6383, MacDill Air Force Base, FL 33608-0383. The Tampa Chapter is a 501-C19 tax exempt veterans organization not associated with the Department of Defense and is an affiliate of the Military Officers Association of America (MOAA).

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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 Columbia Restaurant Sibodney Room in Ybor City and available to attend via Zoom.

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 MEMBERSHIP DIRECTORY is posted on the website under the "MEMBERSHIP" category. FL COUNCIL of CHAPTERS: www.moaafl.org

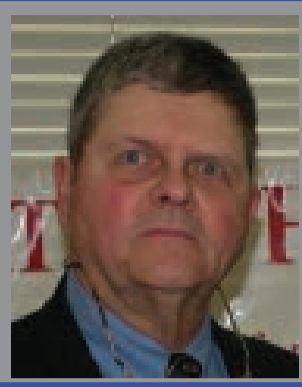
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OPERATION HELPING HAND: www.operationhelpinghandtampa.com

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..."



Isn't it great to go to places without wearing a mask. Things getting back to normal is a wonderful thing. Our expanded MOAA LUNCHEON for JUNE was a fantastic event. Hope you were able to attend "BOBBY A'S BBQ" on 3 JULY-FANTASTICI EVENT!

Members of the OPERATION HELPING HAND EXECUTIVE COUNCIL had the opportunity to represent OPHH and the TAMPA CHAPTER at a PILOT BANK EXECUTIVE FORUM at the CENTRE CLUB where a presentation was made to the CEO AND PRESIDENT of PILOT BANK, a tremendous supporter of OPERATION HELPING HAND.

All of the vital programs of service to our wounded and injured and their families are continuing without interruption

these include the MUSIC THERAPY, ART THERAPY, and VIRTUAL REALITY PROGRAMS. We continue to maintain a close relationship with the social workers who are doing a wonderful job in representing their respective patients and their families.

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!

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PREORDER or DONATE at OperationHelpingHandTampa.com

Calling Tampa MOAA members who work for local, national and international corporations. How would you like to see your corporation's logo in the March 22, 2022 Bob Silah Memorial Golf Tournament at MacDill AFB? Plan early, Contact tigerpaw65@verizon.net.

JULY CHAPTER MEMBER SPOTLIGHT

Shirley Helveston



Shirley Colby was born and grew up in East Pembroke, NY which is located between Buffalo and Rochester. She always says it's a good place to be from. Music has been a good part of her life since the third grade when she was allowed to join the band and chorus. Before finishing high school, she was directing the choir at her local church. Voice was her major while attending Stetson University in DeLand, Florida. Several students signed up to help a little rural church by holding services and classes, so Shirley packed them in her car and made two trips each Sunday. This is how she and a ministerial student, Richard Helveston, started dating.

They were married in 1959 and raised twin boys and a girl and now have six grandchildren and five great grandchildren. David (Julia) is retired from the US Army Chorus where he was a member for 20 years and works from home in Virginia Beach for the Department of Interior. Dan (Lisette), works from home near Charlotte, NC as a computer consultant at the Senate and NRC, and Ruth is a home care giver and lives in Lakeland.

Dick joined the Navy as a Chaplain in 1968 which meant traveling around the country. The family joined him for a year's tour in Japan. After he retired, they served United Methodist churches in Virginia for 22 years. Shirley spent 15 years as a church officer manager before retiring to Florida. She has directed church choirs, played and directed handbells and played her baritone sax in the Bartow Adult Concert Band for 17 years until 2019. After retiring her instrument, she has stayed with the band to continue producing their programs for the seven annual concerts and maintaining their emails used for communicating. Visit BACB on Facebook! First concert since Covid 19 will be presented on July 4, 2021.

Shirley joined Military Officers Wives Club in 2004 and became their treasurer in 2006. Soon after she began to produce their monthly newsletters until the end of 2018 when the club folded.



JULY LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting
DATE: Thursday, 8 July **TIME:** 1130 hours
LOCATION: Columbia Restaurant, Siboney Room 2117 E 7th Ave, Ybor City
RESERVATIONS: Call 813-676-4676 and follow prompts OR via email at: moaatampa.reservations@gmail.com



REMEMBER a reservation made is a reservation paid.
Reservations must be made by NOON Friday, 2 July. Reservations are limited to 60.
CANCELLATIONS must be made by NOON Monday, 7 June by calling 813-676-4676
COST: Event cost \$30 payable by check or with cash. **MASKS:** Masks are optional.
DRESS CODE: During periods when Daylight Savings is in effect, proper attire is business casual (slacks.shirts with collar).
MENU: 1905 Salad, Cuban Sandwiches, Arroz con pollo, Black Beans, Seasonal Fresh Vegetables, Platanos, Iced Tea, Coffee, Soft Drinks, Dessert.
PARKING: Across the street from the Columbia Restaurant and behind the Columbia Restaurant
Luncheon reminders are sent via email. If you are not receiving the reminders, please call 813-948-7539 or send an email to lutzgranny89@gmail.com to be added to the distribution list.

Or by Zoom:
One Tap Mobile: US: +13126266799,,98144698442#,,,,*995165# or +16465588656,,98144698442#,,,,*995165#
Meeting URL: <https://triple-strand-global-solutions.zoom.us/j/98144698442?pwd=MkU1WlJDMWFjeGljY0VQQTY5b3NwZz09&from=addon#success>

Meeting ID: 981 4469 8442 Passcode: 995165

BULLETIN BOARD

Greetings Tampa MOAA Chapter Member

IMPORTANT! To update our chapter's tax status we need your time periods of service to determine if you served during "wartime". If you haven't already replied to the email that was sent please reply with your dates of service or questions to TampaMOAA.Secretary@gmail.com by 15 July 2021.

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

Smile.Amazon and The MOAA Foundation

Do you ordinarily order from Amazon.com? Want to do some good while you shop? Use Smile.Amazon.com (not Amazon.com) and let Amazon contribute to The MOAA Foundation. Why The MOAA Foundation – because it provides assistance to over 100,000 military and veteran families and their survivor each year! All you do is go to smile.amazon.com, enter your Amazon email address or your mobile phone number and your password, select The MOAA Foundation as your charity, and place your order as usual. Not a different password to remember!

Amazon contributes 0.5% of your eligible AmazonSmile purchases to the MOAA Foundation. The MOAA Foundation (TMF, EIN 46-4219250), a 501c(3) charitable subsidiary of the Military Officers Association of America (MOAA), offers grants to MOAA, its councils and chapters in support of career development and community outreach programs and services.

If you want to see more about the Foundation, go to the MOAA site, www.MOAA.org (at the home page, go to the bottom and select the Site Map to find the MOAA Foundation).

Conflict Dates*

- World War II
- 7 Dec 1941 – 31 Dec 1946
- Korean War
- 27 Jun 1950 – 31 Jan 1955
- Vietnam Era
- 5 Aug 1964 – 7 May 1975
- Vietnam (in country)
- 28 Feb 1961 – 7 May 1975
- Gulf War
- 2 Aug 1990 – 6 Apr 1991
- Lebanon, Grenada, Panama
- 1982 -83; 1983; 1989 – 1990
- Afghanistan (OEF)
- 7 Oct 2001 – 28 Dec – 2014
- Afghanistan (OES)
- 1 Jan 2015 – 17 Aug 2017
- Islamic War (OIR)
- 15 Oct 2014 – present

OR No service during any of these periods of time
* dates are generally accurate per Congressional Research Service

IMPORTANT DATES IN JULY 2021



- 25 National Hire A Veteran Day
- 27 National Korean War Veterans Armistice Day
- 28 National Buffalo Soldiers Day
- 29 July Army Chaplain Corps

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

Annual Subscription 1 July - 30 June
Half Page Ad: \$1000
Quarter Page Ad: \$500
E-Mail: TampaMOAA.Secretary@gmail.com

SAVE The DATE

THE TAMPA CHAPTER OF THE MILITARY OFFICERS ASSOCIATION OF AMERICA

FRIDAY DECEMBER 10, 2021

6:00PM - 10:00PM



INAUGURAL FUNDRAISER

WINTER Gala

Private COUNTRY CLUB
1601 S MacDILL AVE
TAMPA, FL 33629

TAMPA CHAPTER'S COMMUNITY OUTREACH INITIATIVES IN SUPPORT OF:
HOMELESS VETERANS IN THE LOCAL AREA
THE VETERANS TREATMENT COURT
TRANSITION OF MILITARY VETERANS RELEASED FROM ACTIVE DUTY OR RECENTLY RETIRED
SCHOLARSHIP PROGRAMS APPLICABLE TO COLLEGE/ TRADE OR VOCATION SCHOOLS
FOR MORE INFORMATION CALL 813.948.7539 OR EMAIL TampaMOAA.Secretary@gmail.com
WWW.MOAAATAMPA.ORG

June Luncheon Photos

Photo credits: Bob Sawallesh and Sara Marks



FLAMENCO DANCERS HIGHLIGHT LUNCHEON IN MAIN BUILDING OF THE COLUMBIA RESTAURANT

—Submitted by Jeanne Richard, LTC USAF NC (Ret)

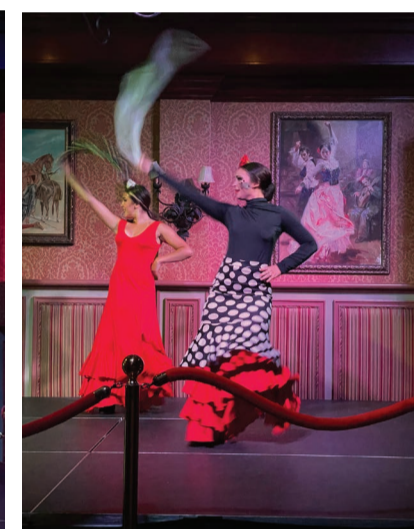
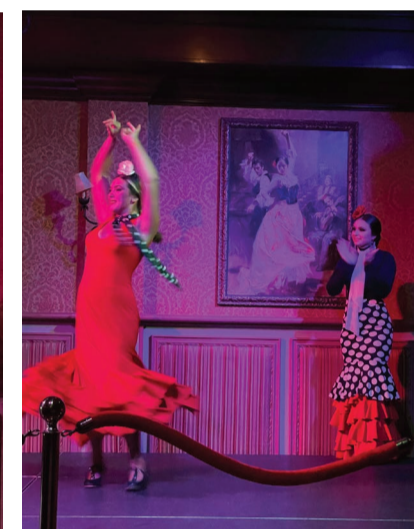
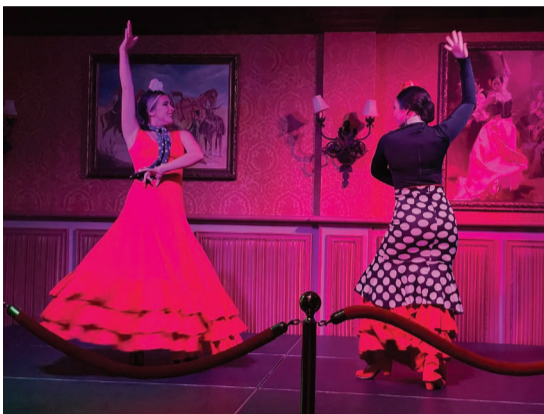
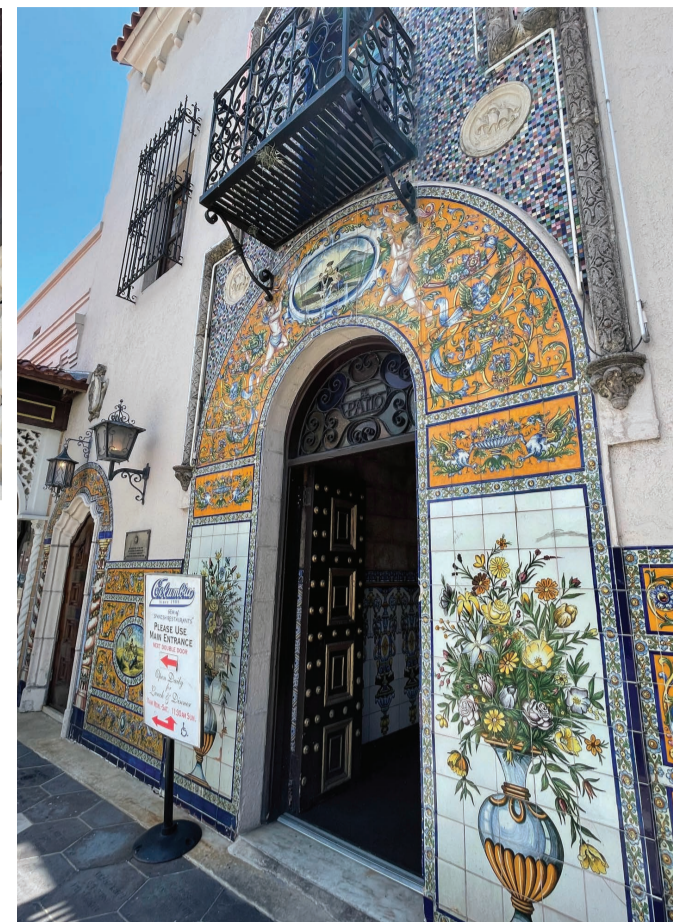
After many months of ZOOM Chapter meetings and 5 luncheon meetings in the Columbia Centennial Museum, we were encouraged to move to the Siboney Room where we would have greater flexibility in our luncheon set-up. It felt like we were making giant strides toward “normalcy” in our gatherings as we welcomed back members attending a luncheon for the first time since the beginning of pandemic isolation. Masks were optional and hugs were plentiful.

The plexiglass was removed from the buffet line and we could once again serve ourselves.

We continue to practice safety as we provide masks, hand sanitizer and wipes at the registration table. We seat 5-6 at a table instead of 8 which offers a sense of “social distancing.”

To celebrate our move to the Siboney Room, which offers expansion as our luncheon reservations increase, we were treated to wonderful Flamenco entertainment. I noted smiling faces and rhythmic swaying as guests reacted to the music.

I encourage luncheon participation and a commitment to volunteering time and talents so our fellowship will flourish.



CHAPTER MEMBER OF THE MONTH CHAPLAIN (COL) BERNARD (BERNIE) H. LIEVING, JR. (USA, RETIRED)

Bernard H. Lieving, Jr., a West Virginia native, attended West Virginia University for one year and then responded to God’s call on his life to be a pastor and transferred to Otterbein College, a church related school. Upon receiving his BA degree he spent four years at United Theological Seminary earning his Master of Divinity degree. While there he served three years as a student pastor of a small church in Middletown Ohio. He also worked as the night and weekend case worker for the Dayton Area Chapter, American Red Cross, providing services to military families.

Upon graduation from seminary he was ordained as a pastor in the Evangelical United Brethren Church and served four and a half years pastoring churches in South Charleston and Philippi, West Virginia. He also founded and was the first director of the Heart and Hand House in Philippi which provided transitional vocational training for coal miners being laid off and also provided food and clothing ministries to families in need. That program is a vital ministry to this day.

He entered Army active duty in January 1967, attending the Army Chaplain Officer Basic Course at the Chaplain Center and School (USACHCS) at Fort Hamilton, NY and then served one year at Ft. Meade, MD as the Protestant Director of Religious Education for the Post, supervising the provision of religious education for 500-800 children.

He served as the unit chaplain for the 2/5 Cavalry, 1st Cavalry Division in Vietnam for one year where he became a United Methodist when his denomination and the Methodist Church united. He then went to Ft. Bragg NC with the 47th Engineer Battalion (CBT) (ABN). He was in Schwabach Germany with the 2/4 Cavalry, 4th Armored Division and then with the 1/1 Cavalry, 1st Armored Division (Old Ironsides) when it came to Europe from Vietnam.

He attended the Chaplain Officer Advanced Course Advanced Course at USCHCS at Ft. Wadsworth, NY and remained there on staff. After attending Command and General Staff College he was assigned to Ft. Ord, CA as the Assistance Division Chaplain for the 7th Infantry Division and then went to HQ FORSCOM at Ft. McPherson, GA for a staff assignment.

He then was on to Ft Hood, TX to be the Division Chaplain, 1st Cavalry Division for only one year as he was selected to attend the Army War College at Carlisle Barracks, PA. Then it was back to Germany in Mannheim as the Director, Religious Resource Center, working for the USA Europe and 7th Army Chaplain. That office provided annual training for 200 chaplains and chaplain assistants, 20 Directors of Religious Education (Protestant and Catholic) and 100 chapel musicians. Following his three years in Europe he returned to Ft Bragg,



“We were high in the Vietnam mountains and a First Sergeant wanted baptized.”

NC as the XVIII Airborne Corps Chaplain. That assignment included his being the chaplain responsible in Saudi Arabia for the ministries of 250 subordinate Unit Ministry Teams of the divisions and separate brigades under XVIII Corps during Desert Storm.

His culminating assignment was as the Commandant of the Army Chaplain Center and School, Fort Monmouth, NJ where he began negotiations with the Ft Jackson, SC Command to fulfill Senator Strom Thurmond’s edict to move USACHCS to that post where it is today, the 14th location (and hopefully, final) since its founding in 1917.

Bernie is qualified as a senior parachutist and also earned Honduran jump wings on a deployment to that country. During his active duty years he also earned Master of Science in Education degrees from the University of Southern California and Long Island University.

Following his retirement Chaplain Lieving moved to Tampa and served for 19 years on the staff of Hyde Park United Methodist Church in several pastoral positions. He currently is the part-time Congregational Care Pastor at Palma Ceia United Methodist Church. He serves on the Board of the Palma Ceia West Association and on the Professional Advisory Committee of the Tampa General Hospital Clinical Pastoral Education (CPE) program.

His military awards and decorations include the Legion of Merit (3), Bronze Star (3 with one “V”), Meritorious Service Medal (5), Air Medal, Army Commendation Medal (2) and the varied service medals associated with his 27+ years of active duty.

He is the proud father of three children: Bernard III (Kristen), Debra Kleesattel (Bob), and Melissa and the extra proud grandfather of Luke and Susie. He was married to Dorothy, his wife of 54 years, until her death in 2014. He has been married for five and a half years to his wife Cindy Henderson Totten, a Tampa native.

Bernie was farm raised and continues to enjoy doing yard work and caring for his rose bushes and orchids. He is a bicycle rider for cardio exercise since he can no longer run 10Ks and marathons as he did back in the day before two knee replacements.



Coalition Corner

Submitted by: **BGEN Henrik Larsen**

Dear MOAA Members,

I am happy to announce that US Central Command is back at 100 % manning, which also applies to other entities at MacDill AFB to include US Special Operations Command.

In general, we are back to a new situation normal that allows us to interact in larger groups again. Obviously, we are all acting with respect to stay safe since not all individuals at MacDill AFB have received the COVID vaccination. All members of the Coalition have been offered to receive the vaccine, and it is my understanding that most of my colleagues - if not all - are vaccinated by now.

With less restrictions we are now also able to allow social activities. As mentioned earlier, engaging with US colleagues and indeed also the surrounding community is a key aspect of us being here in Tampa. Accordingly, I expect to initiate planning for a 2021 International Night to take place in late November or early December.

I am also happy to announce that I will again be bringing one or two Senior National Representatives from the Coalition to be introduced to MOAA during the monthly luncheons. In July my colleagues from Morocco and Spain will be joining me.



On another note, the European Soccer Championship is currently ongoing. A lot of the nations who qualified for the championship are represented in CENTCOM and SOCOM. That leaves us with a unique opportunity to watch the matches together with colleagues from other nations now that we are allowed to reengage in social activities again.

As you can see from the photo the Vikings were ready to join our friends from Finland to watch the match between them and us (Denmark). Finland won by one goal, but we had a great time together. Actually, it was our colleague from the Czech Republic hosting us all. So, a very international afternoon.

For this month's newsletter I welcome input from Kazakhstan - part of the US Central Command area of responsibility. CDR Murzabekov recently joined the Coalition as SNR Kazakhstan.



All the best,

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

Commander Azamat Murzabekov, Kazakhstan Navy

JOB TITLE: Action Officer in Combined Strategic Analysis Group, CCJ5, USCENTCOM

SIGNIFICANCE

Reported for duty at CENTCOM on July 25, 2020
Planned departure from current post on August 31, 2023

PERSONAL DATA

Place of Birth: Temirtau city Karaganda region, Kazakhstan
Marital status: Married, three children

EDUCATION

2004 - Naval Radioelectronics Academy, Saint-Petersburg, Russian Federation.
2007 - English Language Course, PNS Bahadur, Karachi, Pakistan.
2009 - International Maritime Officer Course, Yorktown, VA, USA.
2011 - Naval Staff College, Newport, RI, USA.

CAREER

Military service:
1999 – 2004 – Cadet of the Naval Academy of Radioelectronics, St. Petersburg, Russia.
2004 – 2006 – Chief of section of minesweeper.
2006 – 2009 – Flagship specialist of the Headquarter of Division of Multifunctional Ships.
2009 – 2012 – Senior Officer of the Department of Chief of Naval forces.
2012 – 2014 – Chief of Section of the Department of Chief of Naval forces.
2014 – 2017 – Deputy of Defense Attaché of Ministry of Defense of Republic of Kazakhstan in Islamic Republic of Iran.
2017 – present time – flagship specialist of the Department of Chief of Naval forces.

During military service he has participated in different international exercises in Kazakhstan and abroad.

PROMOTIONS

2004 – Ensign
2005 – LTJG
2008 – LT
2013 – LT CDR
2017 – CDR



KAZAKHSTAN



Kazakhstan is located in Eurasia particularly in Central Asia and extends east from the Caspian Sea to the Altai Mountains and China in the west. Kazakhstan borders with Russia (7,591 km), Uzbekistan (2,351 km), China (1,783 km), Kyrgyzstan (1,242 km) and Turkmenistan (426 km).

It is the world's largest landlocked country, and the ninth-largest country in the world with an area of 2,724,900 km². For comparison, it is slightly less than four times the size of the US state of Texas. The multiethnic country has a population of 18 million people, making it one of the most sparsely populated countries in the world.

Most part of the country accounts for the desert - 44% and semi-deserts - 14%. Steppes occupy 26% of Kazakhstan's territory, while forests - only 5.5%. There are 8,500 rivers in the country.

At the moment, Kazakhstan is implementing a large-scale project titled "New Silk Road" that envisions the revival of the country's historical role as the major bridge between the two continents. It is also planned to transform the country into the largest business and transit hub of the region.

Kazakhstan considers the U.S. one of its most important diplomatic partners and both countries have shared priorities. The United States, on December 25, 1991, was the first country to recognize Kazakhstan's independence following the breakup of the Soviet Union.

Kazakh - U.S. Relations are built on the cornerstone of nuclear nonproliferation and security, and over the course of 30 years has grown to include strong bilateral cooperation on trade, regional security and the stabilization of Afghanistan, regional economic integration, and development of civil society, rule of law and democracy. The steadfast bilateral relationship between the US and Kazakhstan is built upon a foundation of trust and mutual respect, and at any time exclude no topic or issue.

The basis of Kazakhstan's prosperity is the stable growth in all sectors of its economy, international recognition and political stability. Kazakhstan is a country looking into the future, which retains its culture, traditions and successfully realizes its huge creative potential in the nowadays dynamic world.

Financial Corner: Estate Planning Tools



—Submitted by: Paul J. McAneny, Col USAF (Ret)

Planning. It's an important part of nearly everything we do in life. And if we're smart, it will be a part of what we do before we die.

Planning for your eventual death means finding answers to such questions as:

- How can you reduce your estate tax liability and avoid the costs, delays and publicity of probate?
- How can you help ensure that your assets will be distributed according to your wishes?
- Who should make financial and medical decisions in the event you become incapacitated?

Answering these kinds of questions beforehand is more than just being considerate – it's important to the people who depend on you: your family, your employees and your customers.

By making plans before you die, you can help ensure that your business, your assets, and the people who are important to you, are protected. And isn't that how it should be?

Wills and Trusts

Wills and trusts are two of the most popular estate planning tools. Both allow you to spell out how and to whom you want your property distributed, but both can also go well beyond that.

A properly drawn will can allow you to determine how your property will be distributed, and can give you the opportunity to select an individual who will oversee that your wishes are carried out - your executor. Through your will you can also name a guardian for your minor children – a decision you, and only you, should make. If you die without a valid will, or if you fail to make such designations through your will, the decision will probably be left to the courts. Bear in mind that property distributed through your will is subject to probate, which can be costly and time-consuming. What's more, probate is public process. That means anyone, even if they aren't related to you, can see how and to whom you left your estate.

Trusts differ from wills in that they are actual, legal entities. Like wills, trusts spell out how you want your property distributed. But trusts go a bit farther, letting you decide not just how, but when and in what form, your estate is distributed. Trusts also give you the added advantages of professional property management and avoidance of probate.

Wills and trusts are not mutually exclusive. While not everyone with a will needs a trust, individuals with a trust should almost always have a will.

Durable Power of Attorney

Incapacity brought on by sickness or age can pose as big a threat to your financial well being as death. Fortunately, there are tools that can help you deal with this threat.

A durable power of attorney is a legal agreement that enables you to designate who will make any legal and/or financial decisions affecting your finances should you become incapacitated. Unlike a standard power of attorney, a durable power of attorney remains valid even if you become incapacitated.

Health Care Proxies and Living Wills

Similar to a durable power of attorney, a health care proxy is a document that can allow you to designate someone who is authorized to make health care decisions on your behalf, again, should you become incapacitated. The person you designate can generally make decisions regarding medical facilities, medical treatments, surgery, and a variety of other health care issues. Much like a durable power of attorney, a health care proxy involves some important decision making. Take the utmost care when choosing someone to give this kind of authorization.

A related document, a living will, spells out the kinds of life-sustaining treatment you will (or as important, will not) permit in the event of your incapacity. The decision for or against life support is one that only you can make. That decision alone makes the living will a valuable estate planning tool. And you may use a living will in conjunction with a durable health care power of attorney.

Final Thoughts

Without proper planning, estate taxes and medical expenses could consume a substantial portion of everything you own. If you've been putting off this important planning until "time permits", consider making the time now. You, and everyone who depends upon you, will be glad you did.

Estate Planning Tips

Keep all of your important financial and legal information in a central file for your executor. Be sure to include:

- Letters of last instructions
- Medical records
- Bank/brokerage statements
- Income and gift tax returns
- Insurance policies
- Titles and deeds
- Wills and trust documents

Laws will vary from state to state. Please consult your tax advisor or financial advisor regarding your particular situation.

This information is for educational purposes and should not be considered specific financial, tax or legal advice. Always consult with a qualified advisor regarding your individual circumstances.

For RRs of other Broker/Dealers:

If applicable, Independent Broker/Dealer Representatives must obtain proper disclosure from your Broker/Dealer compliance department.

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☆☆ PRESS RELEASE ☆☆

Operation Helping Hand Presents Propeller Award to Pilot Bank

Operation Helping Hand, a special project of the Tampa Chapter of the Military Officers Association of America, was very proud to present a Propeller Award to Pilot Bank of Greater Tampa Bay and Lakeland, Florida areas for their exemplary service and support of Op HH.

From left to right are Mr. Roy N. Hellwege, Chief Executive Officer, Pilot Bank; Ms. Rita Lowman, President, Pilot Bank; Mr. Bill Szydowski, Treasurer, Op HH and Lieutenant Colonel Jim Griffin, U.S. Army, Retired, Chairman, Op HH.

The presentation was made on June 8, 2021 at the Centre Club in Tampa during the Pilot Bank Executive Forum. Special guest speaker was Mr. Brig Owens, Assistant Executive Director & Associate Council to the National Football League Players Association and a Retired NFL Player.

Op HH, a 501(c)(3) organization, assists the Active Duty wounded and injured from the Wars in Iraq and Afghanistan and their families at the James A. Haley Veterans' Hospital in Tampa. Assistance also provided to the medically retired from these two wars. Op HH is an all volunteer organization formed in 2004.





How We Help and Why You Should Join!

The TAMPA CHAPTER-MOAA, one of the largest and recognized as one of the top chapters in the Nation, has a very basic and focused approach for all officers on Active duty, Reserve, National Guard, and retired officers—WE’VE GOT YOUR BACK!

Some of the local community outreach our Tampa MOAA chapter members are involved with include: Veterans Treatment Court, Operation Helping Hand, funding local MOAA Scholarships, Transition support from military life, coordinating with our MacDill AFB Coalition partners with chapter activities, our Chapter Buddy Check initiative, and supporting the local ROTC/JROTC.

NEVER STOP SERVING!

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 a surviving spouse; you MUST be a member of National MOAA)

MOAA National Annual Dues: (Premium Level – \$48.00; Basic Level – No Cost for 1 year)

You can join National MOAA at their website: <https://www.moaa.org/content/join-moaa/why-join-moaa/>

MOAA National Lifetime Dues: Lifetime dues are based on the member’s age. The cost ranges from \$0 to \$851 and there is no cost (free) for age 100+.

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 Drive, Tampa, FL 33647

** The chapter has my permission to list my name and rank as a new member in our chapter newsletter. Yes _____ No _____

Please email questions to: TampaMOAA.Membership@gmail.com



Surviving Spouse Corner: The Gold Star: Remembering Our Fallen Servicemembers' Families

Submitted By Renee Brunelle

Author Gail Joyce, Gold Star Mom, Surviving Spouse, MOAA Board Member, Source: MOAA.org

My son, Sgt. James Casey Joyce, 24, a U.S. Army Ranger, was killed in action in Somalia Oct. 3, 1993, in the Battle of Mogadishu, better known as Blackhawk Down. Someone somewhere gave me a gold pin with a purple background and a gold star in the middle: a symbol of my son's service and sacrifice.

Later, while attending a conference in Chicago, I wore my pin on the lapel of my jacket. Most of the people there were aware of my loss. But as I spoke with a group, an acquaintance walked up, pointed to my pin, and said, "What a pretty pin!" I replied, "Thank you. This is my Gold Star pin. I am a Gold Star Mom." And she said, "Oh, how wonderful! What did you do to earn that?"

What do you say? What do you do? I quickly figured out she did not know anything about the gold star and what it signified. I did not want to embarrass her, but I finally decided only the truth would do, so I explained about the Gold star and what I did to "earn" it.

There are many stories like mine; even some people in the military are unaware of the Gold Star and its significance. Imagine having to explain repeatedly what the gold star on a service flag, or on a license plate, or a pin on your lapel represents: the death of your child or spouse who fought and died for our country. Yet, it also is an honor to have an opportunity to tell his story.

During World War II, families, churches, and businesses flew flags in their windows denoting someone in their family was serving in the military. These flags still are used today. They are bordered in red, with a center of white. In the center is a



Casey with mother Gail and father Larry

star for each member of the family serving. A blue star represents someone serving in a current conflict. A silver star means someone has been wounded in combat. A gold star represents a fallen family member.

In 1947, Congress standardized the service banners and established the Gold Star lapel pins to issue to immediate family members of servicemembers killed in combat. The pin is a gold star on a field of purple surrounded by laurel leaves. A lapel pin was approved in 1973 for next-of-kin of servicemembers who lose their lives while serving on active duty. It is a gold star on a gold background surrounded by four oak sprigs.

Congress and the military have made an effort to recognize and honor survivors. Congress has designated the last Sunday in September as Gold Star Mother's Day.

December 18 is designated as Gold Star Wives Day. The Army in 2014 developed three PSAs to inform America of the significance of this Gold Star. According to an Army spokesperson: "The PSAs serve as a gentle reminder to the American public that the freedom they enjoy comes at a cost. This is a call to action to honor and learn. Honor those who have fallen and learn about a small but meaningful symbol presented to families who have lost a servicemember."

I think it also is our responsibility as survivors, as we continue to honor our loved ones, to educate every chance we get about our stars — especially the gold ones. A Gold Star is something no parent or spouse ever wants to receive. It forever changes who you are. And I, for one, don't want anyone to ever forget this sacrifice.

Veterans Treatment Court

—By DJ Reyes, COL USA (Ret)



The Thirteenth Judicial Circuit's Veterans Treatment Court (VTC) is a specialized court established to serve veterans currently in or about to enter the criminal justice system, who either serve in the military or have been discharged from the military under honorable conditions and who suffer from a military service-related mental illness, traumatic brain injury, substance abuse disorder, or psychological problem such as post-traumatic stress disorder or military sexual trauma. VTC provides a therapeutic environment coupled with an emphasis on accountability for the veteran. Veterans are subjected to a coordinated strategy developed by a veteran treatment intervention team. As part of the coordinated strategy an appropriate treatment plan, specific to the needs of the veteran, is determined through assessment and evaluation

by U.S. Department of Veterans Affairs (VA) providers or other court-approved providers. The coordinated strategy encompasses five phases. The veteran's advancement from one phase to the next is not automatic and will be determined by the Court after review of the veteran's progress in each phase of the program. The coordinated strategy includes a protocol of incentives to encourage the veteran's compliance with the program, as well as sanctions to discourage the veteran's noncompliance.

Pursuant to Section 948.16(2), Florida Statutes, and Administrative Order S-2016-032, veterans may be eligible for entry into one of the VTC Pretrial Diversion Programs, e.g., VTC Misdemeanor Intervention Program (VMIP) or VTC Felony Pretrial Intervention Program (VPTI), which allows the veteran to have his/her case dismissed by the Court upon successful completion of the program. Further, veterans with a prior conviction may be eligible for the VTC Post-Adjudication Program, where he/she may be offered a reduced sentence upon successful completion of the program. VTC also incorporates a veteran-based mentor program to provide additional support to participating veterans.

Eligibility

Eligibility for entry into VTC is determined by the Court on a case-by-case basis. Members of the U.S. Armed Forces, e.g., Army, Navy, Marines, Air Force and Coast Guard, who are part of the active or reserve components serving in good standing, as well as those with prior service who have been discharged from the military under honorable conditions may be eligible for entry into VTC. Veterans seeking entry into VTC must complete an application with the assistance of their defense counsel and submit the application to the Thirteenth Judicial Circuit's Administrative Office of the Courts (AOC). Upon receipt of the application, a VTC case manager will coordinate with the veteran's defense counsel, the State Attorney's Office, and the Clerk's Office to have the veteran's case set for status conference on the next available VTC docket, generally on a Tuesday at 1:30 p.m.

History

The Thirteenth Judicial Circuit's Veterans Treatment Court (VTC) was developed and implemented under the direction of former Chief Judge Manuel Menendez, Jr. VTC was the culmination of two years of collaboration between the U.S. Department of Veterans Affairs, Office of the State Attorney, Office of the Public Defender, and the Thirteenth Judicial Circuit's court administration and staff. The first VTC session was held in

October 2013, with County Court Judge Richard A. Weis presiding. Judge Weis also serves as a Lieutenant Colonel in the U.S. Army Reserve, Judge Advocate General's Corps and is a fellow veteran.

Initially, only honorably discharged veterans who committed qualifying misdemeanor offenses were eligible for entry into VTC. At that time, there were only six qualifying veterans admitted into the program. Judge Weis, together with Colonel DJ Reyes, U.S. Army (Ret.), established a VTC Mentor Program that continues to this day. VTC Mentor Programs serve as a critical component of successful VTC Courts across the state and country.

In February 2015, Administrative Order S-2015-012 expanded VTC to include qualifying felony offenses and judicial responsibility and oversight was then transferred to Circuit Court Judge Gregory P. Holder. Judge Holder is a retired Colonel in the U.S. Air Force, Judge Advocate General's Corps, both active and reserve components, and is a fellow veteran. Under Judge Holder, VTC participation grew to approximately 100 qualifying veterans.

In February 2016, VTC was selected as part of a federal pilot program to help improve VTCs nationwide. The pilot program was developed by the Center for Court Innovation in collaboration with the U.S. Department of Justice's National Institute of Corrections. The pilot program consisted of screening tools that addressed the unique needs of veterans. Today, VTC case managers administer the screening tools for applicants seeking entry into the program.

Pursuant to Administrative Order S-2016-032, separate misdemeanor and felony VTCs were formally consolidated into one VTC to facilitate more effective and efficient operations, and in January 2017, judicial responsibility and oversight was transferred to Judge Michael J. Scionti. Judge Scionti also serves as a Lieutenant Colonel in the U.S. Army Reserve, Judge Advocate General's Corps and is a fellow veteran. Under Judge Scionti, VTC participation has continued to grow and expand its reach to assist qualifying veterans throughout our community, with over 200 participants in the program.

Due to this growth, the VTC Mentor Program has expanded as well. Currently, there are over 60 volunteer mentors. These VTC mentors are veterans whose collective military experience span from the Vietnam conflict to more recent combat operations in the Middle East, as well as contingency and humanitarian operations throughout the world. The VTC Mentor Program draw experienced volunteer mentors from active, reserve and retired military service ranging in rank from E-5 through O-6 and come from all branches of service. Most importantly, these volunteer mentors give of their own personal time to work directly with the veteran participants. The VTC Mentor Program consists of seven teams, or task forces (TF), headed by a senior TF Lead Mentor. Veterans that enter VTC may be subsequently assigned to one of the TFs and specifically to a veteran mentor.

Since the beginning of the VTC Program, majority of the participating veterans have received treatment through the VA, specifically the Tampa-based James A. Haley VA Healthcare System or the St. Petersburg-based Bay Pines VA Healthcare System. Other community-based agencies are regularly utilized for specialized treatment, such as Athena House, Agency for Community Treatment Services (ACTS), Crisis Center of Tampa Bay, DACCO (Drug Abuse Comprehensive Coordinating Office, Inc.), Goodwill Industries, Gracepoint, North Tampa Behavioral Health, Phoenix House, Riverside Recovery, Steps to Recovery, Tampa Crossroads, The Vet Center, WestCare, and many others.

*DJ Reyes presented at the "Thriving After Military Service" Transitioning Veteran Event on 20 May 2021 hosted by the MOAA Tampa Chapter.

MEDICAL CORNER

Daily Acts of Self-Care Can Ease Caregiving Stress

Light exercise, breathing techniques, even smiling can improve overall wellness

by Lee Woodruff, AARP, June 15, 2021

A few weeks after [my husband was injured by a roadside bomb](#) in Iraq and was lying in a coma with a head injury at Bethesda Naval Hospital in Maryland, I received a massage gift certificate from a girlfriend. The prospect of someone kneading my cement-like muscles was appealing. But the thought of leaving the hospital to [do something for myself](#) made me anxious. What if Bob woke up from his coma while I was gone? What if he was looking for me and I was at a spa? It felt wrong to be enjoying something so much when the person I loved most was lying in pain with half his skull removed. The whole experience felt self-indulgent.



My sister finally pushed me out the door, and I spent the entire hour worried about Bob, intermittently weeping at the kindness of this stranger’s touch. I remember wearing my wedding ring on a chain and telling the massage therapist that I absolutely couldn’t take it off, certain that that would jinx Bob’s recovery.

Though every caregiving situation is different, during the months after my husband returned home from the ICU, the early mornings were sacred for me. If I could get a tiny slice of time before everyone woke up, I felt like I had a bit of a leg up on the day. That precious me time was often the small difference between a decent day and one in which I felt continually under water. I set the alarm daily to give me that critical buffer. Sometimes it was as simple as drinking my coffee alone and reading emails. Other times, I would take a walk as the sun rose. When I could, I’d make up for exhaustion during the day with a cat nap or even just closing my eyes on the couch.

The magic of morning

Cappellano also believes in the importance of jump-starting the day with a morning routine. Here are a couple of her suggestions.

- If possible, wake up 20 minutes before you start your day and carve this time out solely for you — whether you use it for journaling, reading the news, meditating or doing something more active, like stretching.
- Get your coffee, tea or hot lemon water started. Hydration after a night’s sleep is key. Lemon water is also good for vitamin C, or opt for a sugarless electrolyte (they come in many flavors).

Include your loved one in self-care

Self-care doesn’t have to exclude the person you’re looking after. “Ask yourself how you might execute some of these self-care routines together,” Capellano says. “The next step is to make a plan.” She recommends the following few tweaks that can help change your outlook on the day and improve your well-being.

- [Do some simple stretches, touching toes, bending over with the back of a chair.](#) You can even stretch in the bathtub when your muscles are warmed up. An elastic stretch band is a good way to extend your reach.
- [Music](#) makes us all happier and gets our toes tapping. Do some small dance

steps in the house to your favorite song, or grab your partner for some ballroom dancing, which brings up your heart rate in a healthy way.

- [Take a seven-minute Epsom-salt bath.](#) It really does relax you.
- [Set up a diffuser with orange, lemon or your favorite scent.](#) Elevating your sense of smell can lift your spirits.
- [Lie on the floor and invert your legs against the wall for 10 minutes.](#) If possible, put a bolster or pillow under your back to open your chest area and relax your shoulders.
- When watching TV or working on the computer, [put a tennis ball under your hamstring or behind your shoulder blades.](#)
- [Turn off the news after an hour and watch](#) something you love that is educational or funny, or read a book.

Physical de-stressors

Cappellano offers some simple ways you can physically decrease stress and tension without leaving the house.

- A kinesiology technique called emotional stress release can be done anywhere to relieve pain, headaches and clear out systems in the head and intestines. There are two points on our forehead on the prominences that, when lightly held with three fingers of each hand, can have a calming effect. Gently press on these points and breathe; this will open your mind up to receptive, rather than protective, responses.
- Another quick move to calm and relax is to locate the fleshy depression just beyond where the thumb and forefinger meet in the V shape. Firmly press your other thumb and forefinger into that flesh and release.

Use your breath

Breath brings oxygen into the body, and there is much science around the benefits of breathing exercise for wellness. Positional therapist Nancy McLoughlin, of Tarrytown, New York, teaches clients to use breathing to find calm.

- Slowly inhale to the count of 4, and then exhale slowly to 4. Continue this pattern and see if you can stretch the time longer. “This begins to calm the nervous system even after only three repetitions,” McLoughlin explains.
- Breath of Fire is a yoga move that can reduce anxiety and stress. Lie in bed and put two fingers against one nostril and your thumb on the other. Block off one nostril and breathe in deeply. Then close that nostril and breathe out through the other. Continue alternating.
- McLoughlin also reminds us that the simple act of smiling, using those small muscles to lift the face, can connect to the neurology of the nervous system and play a role in mood. It’s the old “fake-it-till-you-make-it philosophy,” she says. “If you can’t find something to smile about, then smile at yourself in the mirror until you get used to the feeling.”

“No matter where you are in life, every action you take has a compound effect on your long-term health overall. Small steps make for long-lasting changes,” Cappellano says.

MACDILL AFB PHARMACY PROCESS

—Submitted by LT Chelsea A. Dull, USAF MSC

6th MDG Executive Officer, MacDill, AFB FL - 10 MAY 2021

Thank you for choosing the MacDill AFB pharmacy for your prescription needs. Operations have changed some over the past year to decrease risk of COVID-19 transmission, maintain full service, and align with current pharmacy law.

To provide safe pharmacy care during COVID and in accordance with Florida state law, MacDill pharmacy only accepts electronic prescriptions except for DEA controlled substances (i.e. Tramadol, Hydrocodone/APAP, Adderall, and Alprazolam). Please have your provider send all electronic prescription to the following location:

DOD MACDILL EPHCY
NCPDP # 5740849
3250 Zemke Ave, MacDill AFB, FL, 33621
Phone# (865) 827-7910



Remember, prescriptions are not automatically activated once received from providers. It is the patient’s responsibility to activate their prescriptions. To activate your prescriptions, send a message via Tricare Online Secure Messaging (TOLSecureMessaging.com) to the pharmacy. Search for the pharmacy as a provider listed as “MacDill AFB, Main/ Sabal Park Clinic Pharmacy.” In your message simply state you would like to activate your prescriptions and please be specific as to which or how many prescriptions you are activating. For assistance setting up secure messaging, see a pharmacy staff member at the Urgent Care Pharmacy located beside the Burger King, refer to our pharmacy pamphlet or contact change Healthcare Customer Support at (866) 309-4138 ext 4.

Secure messaging is the preferred method for contacting the pharmacy. You may ask the pharmacy questions regarding your prescriptions, activate your

prescriptions, check the status of a non-formulary medication, or request general information regarding the pharmacy.

To fill DEA controlled substance prescriptions, bring hard copy prescriptions to the Urgent Care pharmacy, place in provided envelope then leave in the Drop Box. Prescriptions will be ready in 2 duty days at 0800 at the Drive Thru pharmacy. Once the pharmacy receives the new CERNER database, electronic controlled prescriptions will be accepted. Anticipated date is mid-2022.

VA prescriptions may be dropped off at the Urgent Care Pharmacy. If prescriptions are on more than one page, each page must have the patient’s name and date-of-birth and the provider’s signature. Prescriptions will not be filled if they do not meet these requirements. We encourage you to check your prescriptions before leaving the VA office. Place prescriptions in the Drop Box for processing. Prescriptions will be ready at in 2 duty days at the Drive-Thru pharmacy.

For any urgent prescriptions such as a short-term antibiotic or steroid, hospital discharge, or if you are out of a life threatening medication, present to the Urgent Care Pharmacy to receive same day service.

Patients who see a medical provider at the 6th MDG or Sabal Park Facility, may present to the Main or Sabal Park pharmacy to activate medications entered by their provider. Additionally, patients who are referred off base for medical care by the 6th MDG may activate their electronic prescriptions at the Main or Sabal Park Clinic. Prescriptions will be ready same day unless it is non-formulary. Please allow up to 5 duty days for non-formulary prescriptions. Patients may also use secure messaging to activate prescriptions for pick-up at the Drive-Thru pharmacy in 2 duty days.

All refills continue to be processed through our automated refill line and will be ready for pick-up at the Drive-Thru in 3 duty days at 0800. The number can be reached at 1-(800)-272-0201 or (813) 828-5367.

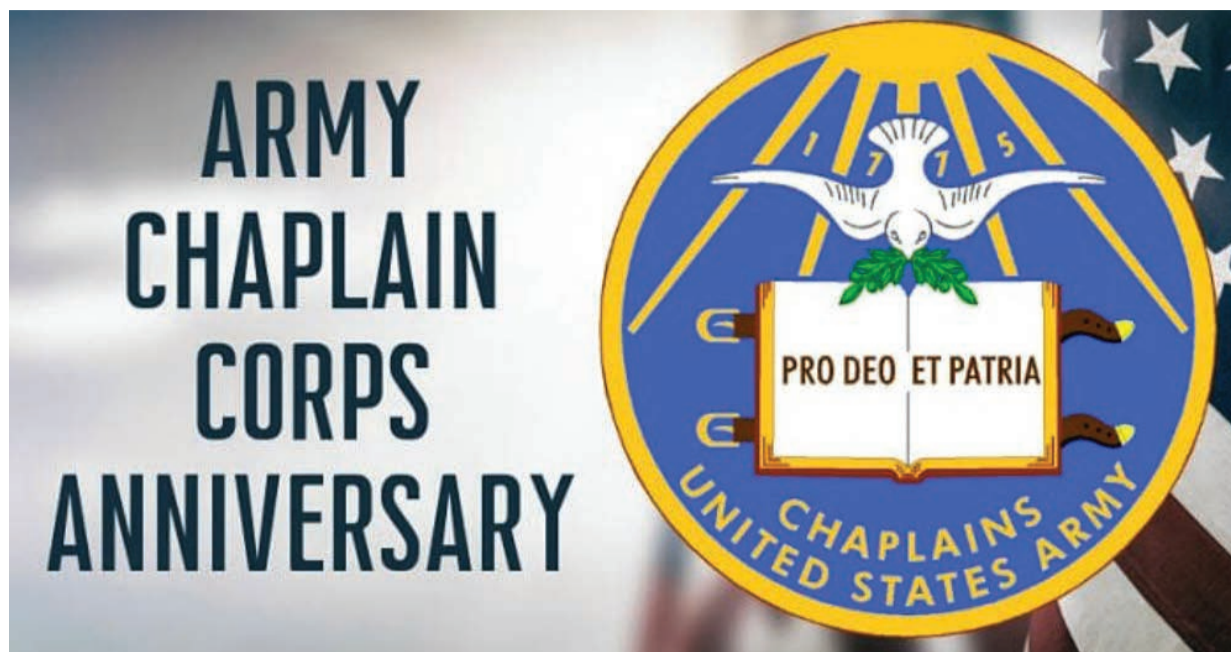
Retirees have priority pick-up at the Drive-Thru pharmacy Monday – Friday 0800-1030. Avoid long wait lines and the rush hour traffic off base!

Remember prescriptions not picked up in 5 duty days will be returned to stock. We thank you for promptly picking-up your prescriptions. We look forward to providing you trusted care at the MacDill pharmacy.

Army Chaplain Corps Anniversary

Source: militarybenefits.info/

The United States Army Chaplain Corps is a unique part of American military tradition. Said to be among the smallest (if not THE smallest) unit in the U.S. Army, the Chaplain Corps predates Independence Day and since this unit



began, chaplains have served in every American conflict.

Army Chaplain Corps anniversary will be on *Thursday, July 29, 2021*.

The Anniversary of the Army Chaplain Corps

The U.S. Army Chaplain Corps celebrates its birthday each year on July 29th, the day it was authorized by the Continental Congress. There are commemorative gatherings across the globe held by Army Chaplains, Chaplain Assistants, and other support troops to observe the birthday of the Corps.

These events reaffirm the Army Chaplain Corps' commitment to helping, mentoring, counseling, and teaching soldiers. July 29th is celebrated everywhere from Washington D.C. to the most forward deployed locations around the globe.

A Brief History Of The U.S. Army Chaplain Corps

In 1775, The Continental Congress authorized the creation of an Army Chaplain Corps, providing one chaplain for each regiment. At the time, those who served as Army Chaplains were paid approximately \$20 a month and had no required military uniform. The role would evolve and change over time, especially where multi-faith operations are concerned.

The Corps did not begin as the pluralistic operation it is today, but over time Catholic chaplains were added, and later African American and Jewish chaplains. These additions happened prior to or during the Civil War, but it wouldn't be until 1979 for women to be allowed to accept commissions as Army Chaplains.

What Is The U.S. Army Chaplain Corps?

The Army Chaplains Corps offer soldiers spiritual guidance, counseling, advice, and mentoring in peace and wartime by employing trained clergy members who have had both spiritual and classroom-type training and have passed Army training requirements in non-combatant soldier skills.

Chaplains are expected to accompany troops on and off the battlefield, providing what the Army calls "free exercise of religion in a pluralistic setting".

Army chaplains must be ordained, have appropriate undergraduate and graduate degrees, and must also go through Army training above and beyond college work. But not all the people who work in the Army Chaplain Corps are ordained, nor do all who serve in the Corps serve as military chaplains.

An Army Chaplain is an officer, but an Army Chaplain Assistant may be an enlisted member who does not hold a degree or ecclesiastical training before she or he joins the service.

The Origin Of "Chaplain"

The word "chaplain" is said to have its' origin in the story of St. Martin of Tours, who while a conscript in the Roman army (circa 334 A.D.) is said to have cut his cape (known as a cappa in Latin) in half to share with a homeless person. This humanitarian act is supposed to have occurred while he served as a Roman soldier before his 18th birthday.

The story goes that following the cloak-cutting incident Martin of Tours had a divine vision and woke to find his cloak was whole again. St. Martin of Tours would be baptized into the Christian faith, become a monk, and later a bishop.

Since St. Martin of Tours was associated with military service, when his cloak began to be thought of as a holy relic, it would be carried into battle and used to swear oaths upon. The cloak or cappa would be placed in a royal treasury later given by Charlemagne to a group of monks circa 799 A.D.

A priest responsible for caring for this relic who would be come to known as a cappellanu. Over time any priest serving troops would become known as cappellani. In French, this is translated as chapelains. From there we get "chaplain" in English.

The Historic Role Of Army Chaplains

Those who serve in the Army Chaplain Corps have always done so as non-combatants. Army Chaplains do not carry weapons, cannot direct combat operations, and cannot serve as commanders.

A Chaplain is not permitted to do many of the things that another soldier of

equal rank and seniority may do as it relates to combat, defense operations, or other functions that are specifically related to warfare.

Chaplain Assistants, also known as Religious Affairs Specialists, are not necessarily non-combatants and do not have all the same restrictions as the Army Chaplains they work with.

This enlisted Army MOS does not require the same religious training that chaplains are required to undertake, but they do get training in psychology and related areas as part of their Army professional education experience.

How Army Chaplains Work

Army Chaplains serve as counselors, religious leaders, moral authorities, and provide comfort to those in conflict zones or affected by combat. In peacetime and outside areas where American forces engage in combat operations, you may find Chaplains working in ways similar to those who run civilian houses of worship.

Chaplains may provide teaching, guidance, serve as mentors, even work as radio personalities in military radio stations to discuss their mission, work, and services. They often serve in or in conjunction with military medical facilities on and off the battlefield.

Requirements To Become An Army Chaplain

The U.S. Army frequently adjusts, streamlines, and modifies its' requirements of a variety of [Military Occupational Specialty \(MOS\)](#) codes, but in general, to become an Army Chaplain the following requirements must be met:

- Basic Army Requirements for physical readiness as determined by a [Military Entrance Processing Station \(MEPS\)](#).
- The ability to obtain a [security clearance](#).
- Minimum age of 21 years old and under age 42 at the time of active duty commissioning. Army National Guard or Army Reserve commissioning requirements include being under the age of 47 at the time of commissioning.
- Must complete "basic theological education" for the service member's chosen denomination or faith tradition (a Master of Divinity degree is common).
- A minimum of two years of post-theological education professional experience (active duty only).
- Are ordained by the service member's chosen denomination or faith tradition and have the faith's endorsement to serve in the U.S. Army.
- Applicants are required to obtain "ecclesiastical endorsement" which shows in writing that the service member is qualified "spiritually, morally, intellectually and emotionally to serve as a chaplain in the Army".
- Able to observe sensitivity to a pluralistic faith environment and enable the free exercise of religion for all.

There are minimum education requirements to serve as an Army Chaplain, which include:

- A baccalaureate degree of no less than 120 semester hours.
- A graduate degree in theological or religious studies, and at least 72 semester hours in graduate work.

These requirements must be met with degrees from an accredited institution of higher learning.

The U.S. Army Chaplain Experience For College Students

The Army offers a training program to help Chaplain candidates determine if the Army Chaplain Corps is right for them. The Army Chaplain Candidate Program allows students to "train to become an Army Chaplain at the same time you are training for the ministry" according to the Army official site.

This program requires entry into the Army Reserve or Army National Guard. Chaplain Candidates will attend the Chaplain Basic Officer Leader Course, described as "an intensive, entry-level, initial military training process for newly acquired chaplains and Chaplain Candidates."

Military Honors For Army Chaplains

In spite of being non-combatants, Army Chaplains have earned many awards for bravery, self-sacrifice, and valor. Five have been awarded the [Medal of Honor](#) including a posthumous award in 1969.

During World War Two, [four Army Chaplains died](#) helping servicemembers survive a German torpedo attack on an Army transport ship, the U.S.A.T. Dorchester. They gave their life jackets to other soldiers, went down with the ship, and died as a result. These men, known as "The Four Chaplains" were awarded the [Purple Heart](#) and the [Distinguished Service Cross](#) posthumously.

They were also awarded a specially-created, one-time honor: the Special Medal for Heroism. This was authorized by Congress and awarded by the President on January 18, 1961, and has never been awarded again.

Many other Army Chaplains have died in the line of duty, including 12 during the Korean War, and 13 killed in action during the Vietnam conflict.

The Army Chaplain Corps Today

There are approximately 1,300 active duty Army Chaplains, with another 1,200 Army Reserve Chaplains serving a diverse group of faiths including Buddhism, Islam, and Judaism. More than 120 individual denominations are represented.

The Sacrifices Made By The Declaration Signers...

Source: MichaelWSmith.com

Happy July 4 to everyone here in America. Just a reminder of the price that was paid for our freedom. I honestly just did not know the great sacrifices that these men paid... Makes me love this country even more.

What happened to the signers of the Declaration of Independence? This is the Price They Paid

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons in the revolutionary army, another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the revolutionary war.

8 Things You Should Know About the Korean War

They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they? Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners, men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.



Vandals or soldiers or both, looted the properties of Ellery, Clymer, Hall, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. The owner quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged: "For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

8 Things You Should Know About the Korean War

Get the facts on this perpetually overshadowed Cold War clash.

— Jesse Greenspan Jul 26, 2013 Source: <https://www.history.com/>

1. Korea was split in half after World War II.

Japan ruled over Korea from 1905 until the end of World War II, after which the Soviet Union occupied the northern half of the peninsula and the United States occupied the south. Originally, they intended to keep Korea together as one country. But when the United Nations called for elections in 1947, the Soviet Union refused to comply, instead installing a communist regime led by Kim Il-Sung. In the South, meanwhile, strongman Syngman Rhee became president. Both Kim and Rhee wanted to unify Korea under their rule and initiated border skirmishes that left thousands dead.

2. The U.S. Congress never declared war, thereby establishing a precedent.

On June 25, 1950, North Korea launched a full-scale invasion of the South after receiving the go-ahead from Soviet dictator Joseph Stalin. Until that point, the United States appeared disinclined to intervene. The year before it had removed its last remaining troops from Korea, and that January U.S. Secretary of State Dean Acheson had given a speech in which he excluded Korea from America's defense perimeter. Nonetheless, the United States got involved in the Korean War almost immediately. On June 27, as North Korean troops reached the outskirts of Seoul, the South Korean capital, U.S. President Harry S. Truman ordered naval and air forces into action. Then, three days later, he approved the use of ground troops. Though the Constitution gives Congress the power to declare war, it did not do so in this case. "If a burglar breaks into your house, you can shoot him without going down to the police station and getting permission," Senator Tom Connally told Truman when asked if Congressional approval was necessary. As a result, Congress has not formally declared war since World War II.

3. The United Nations played a major role.

On the first day of the war, the United Nations Security Council demanded that North Korea stop fighting and withdraw to the border along the 38th parallel. When this warning was ignored, it passed a second resolution asking its member states to assist South Korea in repelling the attack. It then established a unified command under U.S. General Douglas MacArthur, who had gained fame fighting in the Pacific during World War II. All of these measures would have been vetoed by the Soviet Union had it not been boycotting Security Council meetings at that time. In the end, although the United States and South Korea provided most of the manpower and military equipment, 15 countries fought with them, including the United Kingdom, France, Australia, Canada, Turkey and Ethiopia.

4. Long retreats marked the early stages of the war.

The invading North Korean troops were able to capture Seoul within three days—the first of four times that city would change hands—and quickly pushed their opponents back to the so-called Pusan Perimeter in the extreme southeastern portion of the peninsula. The tide turned that September, however, in part due to a surprise amphibious landing that General MacArthur executed behind enemy lines at Inchon, the port for Seoul. U.N. troops then pushed deep into North Korea, precipitating rumors that they would be home by Christmas. When China entered the war in October on the side of North Korea, MacArthur initially discounted its importance. If they tried to advance, then "there would be the greatest slaughter," MacArthur told Truman. He was quickly proven wrong, as a November attack by the Chinese sent

the overextended American troops into the longest retreat in U.S. military history, nicknamed the "Big Bug-Out." "They turned our Army into a leaderless horde, running headlong for Pusan," one soldier later wrote. The final substantial retreat of the war came in spring 1951, when U.N. troops, having repelled a major communist offensive, advanced a short distance into North Korea.

5. MacArthur was fired for insubordination.

Following the "Big Bug-Out," the Truman administration abandoned its goal of unifying Korea and expressed its willingness to negotiate with the Communists. But MacArthur continued advocating for an escalation. In December 1950 he stated that Washington's refusal to allow him to attack bases in China was "an enormous handicap, without precedent in military history." He also wanted to blockade China and bring Chinese Nationalists from Taiwan into the conflict, among other "all-out measures." Then, on April 5, 1951, a letter from MacArthur was read on the floor of the U.S. House of Representatives, in which he declared that there was no substitute for victory. Truman relieved him of command a few days later. "We are trying to prevent a world war—not to start one," Truman said at the time. MacArthur returned to the United States a hero in the eyes of many, but never gained much traction during his flirtation with a 1952 presidential bid.

6. Truce talks went on for most of the war.

Official ceasefire negotiations began in July 1951, by which time the wild swings of the early war had been replaced by limited attacks on strategic positions. Within months the two sides had agreed to divide the country along the existing battle line and not the 38th parallel. This would give South Korea slightly more territory than it had before the war. Fighting temporarily died down at

the front as a final deal appeared imminent. But it was held up by a dispute over the repatriation of prisoners of war. The Communists wanted all POWs to be forcibly sent home, whereas the United States wanted them to be able to choose. Finally, after Stalin's death in March 1953, the Communists conceded on this issue, which led to 14,704 Chinese, 7,900 North Koreans, 335 South Koreans, 23 Americans and one Briton refusing repatriation following the signing of the armistice.

7. The U.S. military integrated during the war.

In July 1948 President Truman desegregated the military with an executive order that mandated "equality of treatment and opportunity" for all soldiers. Even so, separate black units remained the norm at the start of the Korean War. Piecemeal integration came when, as casualties mounted, field commanders of white units began accepting black replacements. More institutional change then occurred once General Matthew B. Ridgway, who called racial segregation "both un-American and un-Christian," took over for MacArthur. By May 1952 he had integrated the entire Far East Command, and by September 1954 the rest of the armed forces had followed suit.

8. No permanent peace treaty has ever been signed.

The July 1953 armistice may have ended the war, but it has not led to a peace treaty between North and South Korea. The two sides are still separated by a heavily fortified 2.5-mile-wide demilitarized zone, and tensions remain high, particularly over the North's fledgling nuclear weapons program. North Korea has also occasionally resorted to assassination attempts and border incursions, including a 2010 artillery attack against a South Korean island that left four dead. Though North Korea has pronounced the armistice nullified on several occasions, most recently this March, the United Nations holds that such action cannot be taken unilaterally.



—Photo credit: Korean Memorial by Sara Marks, Jan. 1, 2014 on the National Mall

CHAPLAIN'S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



Frederick Douglas, a 19th century Black abolitionist, was born into slavery. He finally escaped on his third try to find life as a free man. He became prominent as an eloquent speaker, author, and human rights leader. He was the first African-American to serve in a high position in the U.S. government when he was a diplomat in the Dominican Republic and Haiti.

When he accepted the invitation to speak at a 19th century 4th of July celebration part of what he said was: "Fellow citizens, pardon me and allow me to ask, why am I called to speak here today? What have I, or those I represent, to do with your national independence? Are the great principles of political freedom and

of natural justice embodied in that Declaration of Independence extended to us? And am I therefore called upon to bring our humble offering to the national altar and to confess the benefits and express devout gratitude for the blessings resulting from your independence to us? Would to God, both for your sakes and ours, that an

affirmative answer could be truthfully returned to those questions."

Over one hundred years later, President Barack Obama in his July 4, 2015 speech on the White House lawn honoring our military and their families said, in part: "The 4th of July is about family, it's about the American family, it's about us getting together with the people we love most... And it involves us respecting each other. And it involves us recognizing that there are still people in this country who are going hungry and they're not free because of that. There are still people in this country who can't find work and freedom without the ability to contribute to society and put a roof over your head or look after your family, that's not yet what we aim for.

And so on a day like this, we celebrate, we have fun, we marvel at everything that's been done before, but we also have to recommit ourselves to making sure that everybody in this country is free; that everybody has opportunity; that everybody gets a fair shot...that every child has a good education. That is what we should be striving for on Independence Day."

Although both of these July 4th speakers used different language, they were basically saying the same thing. On this July 4th I urge you to reflect on the meaning of equality, freedom, and justice for all Americans. And I hope you will recognize just how central the Founding Fathers understood God's role to be as the giver of these rights.

Thriving After Military Service

—By Paul McAneny, COL USAF (Ret)

When you are released from active duty military service you receive any number of info briefings on the importance of a good resume, how to interview, how to dress, and on and on. At this point you've probably got that pretty firm in your mind if not on paper. To be sure, you need to get a job with pay and benefits adequate to meet your family needs; and, of course, you want that next job to lead to a fulfilling career with advancement and all that goes with it.

But...is there more to life after military service than getting a job and starting a non-military career? What about you and your family? Have you really thought out what your health insurance options are and how much they cost? Have you considered life insurance options, building a nest egg over and above your military retirement, your finances, your taxes? Do you have a will, health power of attorney, and have you set up a trust? You have a lot going for you and now is the time to capitalize on it by seriously considering these questions.

Alright then, you've got a handle on this, having military training and experience you know the value of service. You served your country with honor and integrity and you did so proudly! How about taking some of that commitment and spreading it around? Voluntary service is out there just begging for you to join in, and myriad opportunities abound in our fast growing Tampa Bay Region. Find out what the Veterans Treatment Court (VTC) does and learn how you can support your fellow veterans who may not be as fortunate as you. Join a local Krewe - many of these organizations do more than just march and throw beads in the big Tampa parades (but, no doubt, that's a heck of a lot of fun too!) and are very much into community service. Want to start a local business? Then get active in one of our award winning Chambers of Commerce. How about supporting the various veteran organizations in the Tampa area? Consider helping the VA's homeless veterans' initiatives. If you



were an officer, join the Military Officers Association of America (MOAA) and its local 5-star award winning chapter. If you were an NCO, how about the NCOA (Non-Commissioned Officers Association). There's also SOF Foundation, Association of the US Army, and many more. Many Veterans have found their niche in exciting and unusual part-time gigs such as fitness instructors and working in stadium staff for our local Professional Sports Clubs. Finally, there are volunteer organizations - too many to mention here - like Habitat for Humanity, various church-sponsored food banks, and so on.

It's your brand new life as a civilian - make the most of it!! Our focus is on you, your family, and our community. The MOAA-Tampa Chapter offering a new and unique "Thriving after Military Service" event on **Thursday, 19 August from 9:00 am to 4:00 pm at (location: TBA)**. Spaces are limited. Best yet, there's no cost to you and a light lunch will be served. Look for details on Eventbrite in the coming weeks. For questions **E-mail: TampaMOAA.Secretary@gmail.com**.

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.



"NEVER STOP SERVING"