



THE RETROSPECT

AUGUST 2018

TAMPA CHAPTER—A CHAPTER OF MOAA NATIONAL—A FIVE STAR CHAPTER 2002, 2004-2016

VOLUME 24, NUMBER 8

A MESSAGE FROM OUR PRESIDENT

SPECIAL POINTS OF INTEREST

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LUNCHEON BBQ MENU:

Caesar Salad,
Meat Lasagna,
Pasta Alfredo
Italian Blend
Vegetables
Cannoli Cake and
Assorted Desserts

Upcoming Events

OUR BOARD WILL MEET AT 1000 on:
- 02 AUGUST
- 06 SEPT
- 04 OCT

LUNCHEON MEETINGS WILL BE HELD AT 1130 AT SURF'S EDGE ON:

— 09 AUGUST
— 13 SEPTEMBER
— 11 OCTOBER

PUBLICATION DEADLINE FOR THE SEPTEMBER ISSUE IS 25 AUGUST



COL ZIERES
PRESIDENT

I can think of only one word that best describes the 30-minute presentation on Tampa Bay Tourism at our July luncheon; “Infomercial.” We were privileged to be enlightened and entertained by the President & CEO of VISITTAMPABAY.COM (formerly Tampa Bay Convention and Visitor’s Bureau), SANTIAGO C. CORRADA, who gave us the “Reader’s Digest” version of all the exciting things that the Tampa Bay Area has to offer. He quoted a few third party statistics targeting Hillsborough County’s tourism:

In 2017, a record 22.9 visitors came to Hillsborough County spending nearly \$3.8 Billion. Economics 101 revealed that tourism is a major contributor to Hillsborough County’s economy and to Florida’s overall tourism revenue. The 2- minute video shown on YouTube from the Visit Tampa Bay website says it all: “The Key is Yours – This is Tampa Bay;” just one of the many marketing tools developed to showcase the treasure troth of places and things to do that reflect the hip, urban culture of Florida’s Gulf Coast.

His presentation couldn’t have come at a better time as the Tampa Chapter prepares for the next Florida Council of Chapters convention in the heart of the Tampa Bay area! Certainly, we all left that luncheon with a renewed sense of pride and appreciation for living in Florida’s most diverse travel destination. We were also pleased to have one new coalition member join us for lunch, LTC HAITHAM MAHMOUD from Egypt, was invited to the podium to give a brief introduction of himself, sharing with us some personal insight on his home country as well as his first impressions of living in the Tampa Bay area.

The other highlight this month was the Change of Command Ceremony for the 6th Air Mobility Wing at MacDill AFB. Col Stephen P. Snelson, USAF incoming base commander is the successor to outgoing Commander, Col April Vogel. I look forward to personally meeting Col Snelson during an office visit and hope that he will accept our invitation request to speak at one of our future luncheons. After all, the Tampa Chapter has been a steady patron of the base’s luxurious Surf’s Edge Club for many years. The program pamphlet handed to me at the Change of Command ceremony contained the history of the 6th AMW, which included a long list of base commanders dating back to September 1939. What caught my attention on that list was that one of our chapter members, Col Milton A. Steadman, was Commander of MacDill AFB from Feb 1981- Jan 1982. I recently learned Col Steadman passed away earlier this month. Milt was a long-time friend of MOAA and served on the chapter board of directors Scholarship committee when I first met him. Our thoughts and prayers reach out to the Steadman family.

AUGUST DATES

On August 4, 1790, the Revenue Cutter Service was created by the U.S. Congress. Congress authorized the construction of ten cutters. These ships were built to enforce U.S. tariff laws. The Revenue Cutter Service was the predecessor the U.S. Coast Guard.

August 6, 1945 - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

August 14th - Japan surrenders; August 15th - Surrender announced to the world; September 2 - Ceremony and formal signing of surrender in Tokyo Bay aboard the USS Missouri. At the time, President Truman declared September 2 to be VJ Day. VJ Day marks the end of WWII, and the cessation of fighting against Japan. It is called "Victory In Japan Day or "Victory Over Japan Day".

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(Board continued on page 3)



CAPT DVORNIK
EDITOR

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OPERATION HELPING HAND UPDATE

Submitted by Chairman, LTC JIM GRIFFIN USA RET

If you were not able to make the JULY DINNER sponsored by USAA and catered by WILLIE JEWEL'S BBQ, then you missed a fantastic opportunity to honor some active duty wounded and injured folks and their families. We had a fantastic turnout of those who chose to join us. The color guard provided by AVAST and a memorable singing of the NATIONAL ANTHEM started the program. THANK TO ALL WHO MADE IT A VERY PATRIOTIC EVENING.

Our next DINNER will be held on 16 AUGUST at 6:00 pm at the JAMES A HALEY VA HOSPITAL IN THE SCI DINING FACILITY (HERO'S CAFÉ). I hope that you will be able to join us and bring a friend to honor the wounded and injured and their families and volunteer with your time and donations. Please come and plan to meet these WARRIORS and their families. You will be a better person- I GUARANTEE IT!

This month's sponsor is the CELESTAR CORPORATION who have been a strong supporter for many years. The caterer for AUGUST will be BONE-FISH GRILL.

As always a special thanks to our tireless volunteers which enable us to consistently provide 96.5% of all the monies donated to go to our wounded and injured and their families. The strong support of our local business community and their commitment to sponsor our dinner events, golf tournament, and provide generous donations throughout the year, along with the individual support we receive from numerous donors every month by way of checks, or on our website (OPERATIONHELPINGHANDTAMPA.COM) insure that the support of our mission will not be interrupted for as long as our assistance is required.

OP HH JULY 2018 EVENTS



(Board, continued from page 2)

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AUGUST SPEAKER:

By Frances McMorris – Reporter, Tampa Bay Business Journal



An experienced federal prosecutor with drug cases and Army veteran has been named as the new interim U.S. attorney for the Middle District of Florida.

Maria Chapa Lopez was appointed the interim U.S. attorney by U.S. Attorney General Jeff Sessions. The appointment took effect on January 5, 2018. She is one of 17 current and former federal prosecutors that Sessions named as interim U.S. attorneys.

Chapa Lopez's appointment arises out of the period last year when about 50 U.S. attorneys were asked to resign, propelling several first assistant U.S. attorneys into those top prosecutorial positions. On Jan. 4, some of those acting U.S. attorneys will have served the maximum amount of time permitted under the Vacancies Reform Act.

Chapa Lopez replaces acting U.S. Attorney W. Stephen Muldrow, who will resume his role as first assistant U.S. attorney.

"I am appointing today (January 3, 2018), as interim U.S. attorney, someone with a lot of experience taking dangerous drugs off of our streets," said Attorney General Sessions, pointing to the opioid and drug crisis in the United States. "Maria Chapa Lopez has secured convictions of Columbian cocaine smugglers, Tampa crack dealers, and doctors and pharmacists overprescribing and illegally dispensing opioids."

Chapa Lopez has worked in the U.S. Attorney's Office for the Middle District of Florida for the past 16 years, from April 2000 to April 2016. She has prosecuted transnational drug trafficking organizations, complex domestic narcotics trafficking cases, large-scale money laundering cases, and complex opioid cases.

Among the cases she prosecuted were:

- a Lakeland drug dealer who pleaded guilty to selling crack cocaine on four occasions;
- a Colombian drug trafficker who pleaded guilty to a conspiracy to distribute large quantities of cocaine in which speedboats and fishing vessels were used to get the drugs into the U.S.;
- A Tampa pill mill pharmacist who filled hundreds of prescriptions for very large doses of oxycodone and gave them to drug addicts and members of doctor shopping organizations who traveled from Ohio, Kentucky and Tennessee

From April 2016 to the present, Chapa Lopez has been the Department of Justice Deputy Attaché in the U.S. Embassy in Mexico City. Prior to joining the U.S. Attorney's Office, she served in the United States Army Judge Advocate General's Corps, achieving the rank of lieutenant colonel.

The Middle District of Florida serves 35 of the 67 counties in Florida, which is over half the population of Florida from Jacksonville in the north, Orlando in the center of the state, through Tampa on the west coast, and south to the Fort Myers area. The U.S. Attorney's office for the Middle District is headquartered in Tampa.

**FULL CHUTES**

Soldiers fill the sky with full chutes during an airborne operation over the Malamute drop zone at Joint Base Elmendorf-Richardson, Alaska,

<https://www.defense.gov/Photos/Photo-Gallery/igphoto/2001947306/>

**DIVE STRIDE**

Navy Petty Officer 2nd Class Aaron Brown enters the water for a dive at the USS Arizona Memorial at Joint Base Pearl Harbor-Hickam, Hawaii, July 13, 2018, as part of Rim of the Pacific, the world's largest international maritime exercise.

Navy photo by
Petty Officer 1st Class Arthurwain L. Marquez



LT COL ADRIAN R BYERS USAF AD	August 2
LT KAROL CHORDAS USN RET	August 2
LT COL ROBERT BUCKLEY USAF RET	August 3
FMR USA MAJ JOHN CAMMACK	August 3
LT COL FRED FRESHCORN USAF RET	August 3
LT COL LORI THOMASON USAF RET	August 3
MAJ ELLSWORTH WILLIAMS USA RET	August 3
LCDR SCOTT J PRICE NOAA AD	August 4
CDR EDWARD SOCHA USN RET	August 4
LTC TOM MACKIEWICZ USA RET	August 5
MAJ GEN GEORGE NORWOOD USAF	August 6
CPT PEDRO OLIVAR-MONTANEZ USAR RET	August 6
LTC KEITH PARKER USA AD	August 6
MAJ NEIL COSENTINO USAF RET	August 7
LTC F DOUGLAS ANDREWS USA RET	August 8
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CAPT MARTYN ALLEN USN	August 9
LTC LORRAINE BABEU USA RET	August 9
LTC VANCE JENNINGS PHD USA RET	August 10
CAPT DOUGLAS G KNAPP USN RET	August 10
CAPT DAVID DANIEL USN RET	August 12
CAPT WALTER MILLER USCG RET	August 12
AUXILIARY MEMBER MAXINE TERRY	August 12
LTCOL WILLIAM J LOHMAN USMCR RET	August 13
LCDR NICKOLAS J TOTH NOAA AD	August 13
MAJ DANIEL B KALSON USMC RET	August 14
FORMER CPT ROBERT T QUINN USA	August 14
COL LEWIS VANDYKE USA RET	August 15
LTC VICTOR LINDENMEYER USA RET	August 17
LTC EDWARD BRILL USA RET	August 19
LT COL JEANNE RICHARD USAF RET	August 20
COL SANDY PUFAL USA RET	August 21
COL WALTER TANNER USA RET	August 21
LTC JOE KOOLS PHD USA RET	August 24
MAJ SUSAN MURPHY USMCR	August 24
LTCOL CHRISTOPHER NICELY USAF RET	August 24
CAPT R PAUL KENNETT USN RET	August 28
MAJ STEPHEN HARTNETT USMC RET	August 31

REMEMBER IN YOUR PRAYERS
The family of COL Milt Steadman who died on 16 July 2018



FROM THE SENIOR CHAPLAIN
"ALL GOD'S CHILDREN"
(COL) BERNARD H LIEVING JR USA RET

During my twenty-seven plus years as an active duty Army chaplain, whenever I was separated from family whether in Vietnam, Saudi Arabia or in training exercises in Germany or Forts Bragg, Ord, or Hood, my favorite nighttime reading was one of the 21 novels by John D. MacDonald featuring Travis McGee, a salvage consultant who made his living recovering property. Each book title included a color—Nightmare in Pink, The Long Lavender Look, and The Girl in the Plain Brown Wrapper.

In addition to the drama of the McGee stories, MacDonald had a knack for inserting his own understanding of and commentary on human nature. He most often used McGee's accountant PhD buddy, Meyer, as the means of inserting his own personal philosophies into the story.

In Free Fall in Crimson Myer talked about how even though people have only one name, they are many different people dependent on different circumstances, responsibilities, and opportunities which confront them in different settings and relationships.

You have been there and so have I! We show up as different people dependent on the person(s) with whom we are in a relationship at that moment: spouse, child(ren), grandchildren, friend, boss, subordinate at work, or someone with whom we are angry. Sometimes we can even be surprised by the "person" who shows up and then we realize it is our self.

The most important dimension of our many-faceted self, which we may not always acknowledge, is that we are each individually a child of God, and collectively, we are all God's children. I don't remember McGee ever getting to that point in any of his stories. We, however, can get there every hour of every day in every circumstance and in every relationship, acknowledging we are all God's children.

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Greetings,
The Tampa Chapter will be hosting the annual convention for the Florida Council of Chapters next year,

20-23 June. I am the Convention Chairman and just wanted to reach out with an initial email to let you know. I will be sending more information as we move forward.

v/r,

Lewis VanDyke

LEGISLATIVE AFFAIRS
By LTC Charles Hart III USA Ret

LOOKING OUT FOR THE TROOPS

MOAA advocates for all uniformed Service-members, Veterans and their Families — not just officers.
—MOAA President, Lt. Gen. Dana T. Atkins, USAF (Ret)

It's that time of year in the Legislative cycle for us to gear up to protect our health care and retirement benefits, military pay, force levels wounded warriors, and caregivers. After an unpredictable 2017, and enduring 16 years of war, the coming year with its mid-term elections in November and budget pressures to erode Service-earned benefits, we must be even more vigilant and take action.

MOAA's 10 Goals and our 2018 Advocacy Mission:

- Action 1: Ensure any TRICARE reform sustains access to top quality care and avoids disproportional TRICARE fee increases.
- Action 2: Sustain military pay comparability with the private sector.
- Action 3: Block erosion of compensation and non-pay and quality of life benefits.
- Action 4: Protect military retirement and COLAs.
- Action 5: Sustain wounded warrior programs and expand caregiver support.
- Action 6: End financial penalties to disabled Service-members.
- Action 7: End financial penalties to survivors.
- Action 8: Ensure the Guard and Reserve system adequately supports requirements for an operational reserve.
- Action 9: Recruiting and retention of an All-Volunteer Force require alignment of spouse and family support programs.
- Action 10: Ensure timely access to VA Health Care and preserve Veterans' earned benefits.

The time for discussion is over! It's now time for us to take action, and influence the decision-makers in the U.S. House and U.S. Senate as well as President Trump to support our nations Armed Forces, Veterans and their families.

In closing my term on the MOAA Tampa board, I what you to know it has been a privilege to serve with a leadership team of professionals I truly respect and admire. And to all my MOAA Tampa comrades, travel well—

Adios Amigos!

Source: www.moaa.org; Military Officer, June & July 2018.



OPHH DINNER PHOTOS
By CW2 Thomas South USA RET



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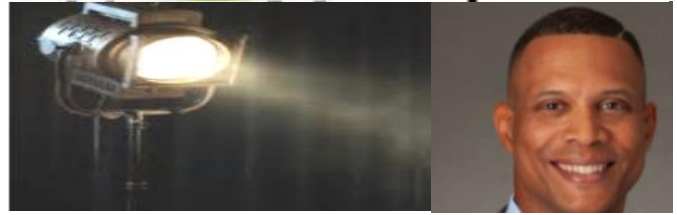
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SWEET FRIENDSHIP

A soldier hands out candy to a group of kids during a patrol along the demarcation line outside Manbij, Syria, July 14, 2018. The United States and Turkey began conducting independent, coordinated patrols to help reinforce the safety and security in the region after the elimination of the Islamic State of Iraq and Syria.
Army photo by Staff Sgt. Timothy R. Koster



Colonel Charles Dalcourt (new member of our Board) is a Louisiana native that has served our Nation as a Soldier and Officer in the United States Army, active and reserve, for over 33 years. His vast experience in myriad staff, operational and leadership positions during his service is complemented by influences from his interactions across the United States and exchanges abroad in Germany, South Korea, Canada and several countries throughout the Middle East. Charles is currently serving as the U.S. Army Central Liaison Officer to U.S. Central Command at MacDill AFB. An avid mentor and enabler of others, Charles also enjoys exercise, cooking and socializing with family and friends.



EQUINE INTERACTION

Children interact with King, an Army horse, while Spc. Colin Martin holds the reins at Arlington National Cemetery in Arlington, Va., July 16, 2018. King is assigned to the Caisson Platoon of the 3rd U.S. Infantry Regiment, known as "The Old Guard."
Army photo by Elizabeth Fraser
<https://www.defense.gov/Photos/Photo-Gallery/igphoto/2001944747/source/>



RIMPAC READY

An MH-65 Dolphin helicopter prepares for takeoff on the flight deck of the Coast Guard Cutter Bertholf south of Oahu during the Rim of the Pacific exercise in the Pacific Ocean, July 11, 2018.
Coast Guard photo by Petty Officer 2nd Class David Weydert



DEMOLITION DETONATIONS

Marines take cover from demolitions during sustainment training at Camp Titin, Jordan, July 8, 2018. The Marines are assigned to Battalion Landing Team, 2nd Battalion, 6th Marine Regiment, 26th Marine Expeditionary Unit.
Marine Corps photo by Cpl. Santino D. Martinez
<https://www.defense.gov/Photos/Photo-Gallery/igphoto/2001943515/source/>



Operation Helping Hand of Tampa (Op HH), a project of the Tampa Chapter of Military Officers Association of America (MOAA), was organized to help the families of the wounded and injured during their stay in Tampa Bay. Assistance from the public and business community is definitely needed to help these families.

Monthly dinners are held on the third (3rd) Thursday of each month to honor those injured and their families.

SAILOR FINDS BALANCE AS NAVY RECRUITER

By Navy Seaman Nolan Pennington, Navy Recruiting District Dallas



Navy Petty Officer 1st Class Travis Wyatt has been stationed at Navy Recruiting District Dallas since September 2016 and is one of their top performing recruiters.

Navy photo by Seaman Nolan Pennington

DALLAS—Recruiters’ lives are rooted in their communities, making them representatives of the life the Navy has to offer. It’s a unique and often stressful job that requires sailors to creatively adapt to an ever-changing landscape, but also allows for great growth in a sailor’s personal and professional life.

Petty Officer 1st Class Travis Wyatt, an operations specialist and recruiter at Navy Recruiting District

Dallas, was brought up as the middle child in a family of five children in San Diego, where nothing was ever handed to him. This helped forge him into a sailor with the desire, drive and optimism ideal for managing the challenges, and reaping the rewards, of recruiting. “I was raised really old-school, you didn’t make the team if you weren’t good enough, you literally had to earn everything,” Wyatt said. “It was a hard life, we didn’t have a lot of money, we grew up mostly poor and so we had to work hard for everything we had.”

This work ethic enabled him to overcome numerous challenges before he began his Navy career, and drove him to attain many personal and professional goals when he came to NRD Dallas. He advanced in rank, and earned qualifications that let him take on greater responsibility.

Wyatt also found a beneficial outlet through community involvement. He volunteers his free time extensively with the Lone Star Sea Cadets Squadron at Navy Air Station Joint Reserve Base Fort Worth.

“I never started volunteering [just] for the volunteer hours, I think the volunteer hours are the bonus,” Wyatt explains. “I needed something for my soul. I found my passion in mentoring junior sailors; that’s what feeds my soul.” Not only does volunteering help him decompress from work and feel gratified, it also helps him communicate with the future sailors interested in enlisting in the Navy.

“I’m 37 years old...associating with a 17 or 18-year-old is not always easy,” Wyatt said. “Volunteering with the Sea Cadets has helped me talk to kids in a way that doesn’t make me feel like I am a boss to them.” Wyatt’s main motivation in life is to ensure his family will have a better life and better opportunities than he did growing up.

“I don’t have an ‘off’ button, I keep going, I keep grinding, I am hard on myself to continually push myself as much as possible, and I always give one hundred and ten percent,” Wyatt said. “You don’t let anything keep you down. You get back up and you stand up even stronger.”

Wyatt also attributes much of his success to his shipmates. “The team I work with in south Fort Worth, we take good care of each other, and when we’re struggling, we pick each other up,” Wyatt said.

He said that recruiting at NRD Dallas has taught him to balance the challenges of work with his personal development.

“I truly am grateful and I cannot say it enough,” Wyatt said. “I never considered being a recruiter, and all of a sudden it added so much positive light to my career.”

OPERATION HELPING HAND PHOTOS FROM THE GOLFERS’ GRAIL EVENT



Air Force Recruiters Learn About Innovations for Next-Gen Special Ops Airmen



Air Force Staff Sgt. Robert Jette undergoes a body composition measurement test at the 350th Battlefield Airman Training Squadron at Joint Base San Antonio-Lackland, Texas June 28, 2018. Jette is a special operations recruiter based in Fresno, Calif.

DoD photo by EJ Hersom

WASHINGTON -- For the first time in the Defense Department, a series of career field specialties is using human performance monitoring and a data collection system, as well as specialized recruiters.

Because of high attrition rates in its special operations career fields -- pararescue, combat controller, tactical air control party and spe-

cial operations weather technicians--the Air Force stood up the 350th Battlefield Airman Training Squadron at Joint Base San Antonio-Lackland, and the 330th Recruiting Squadron at Joint Base San Antonio-Randolph in Texas. Recruiters also focus on the special operations support career fields: survival, evasion and resistance and explosive ordnance disposal.

Air Force Chief Master Sgt. Josh Smith, the special warfare preparatory course superintendent for the 350th BATS, has been a pararescueman, or PJ, for 25 years. He said his team was tasked to stand up the squadron within 121 days. They shadowed the Army's and Navy's special operations programs and used their best practices to model this new program, he said.

The team received "amazing support" from Naval Special Warfare at Great Lakes Naval Training Command in Illinois, Smith said. "And we're using the same contract for our coaches, so some of their staff could help us set up the program here," he added. "It's been an amazing partnership between the two organizations."

On June 5, 2017, the first battlefield airmen preparatory pilot course ran through its first eight-week iteration. Smith said the course's goal is to "create a program focused on creating that fitter, faster, stronger, more mentally resilient warfighter."

He said one area the Navy would like to increase training on is psychology. "We really try to focus on that communication, team building, the character tributes of leader, integrity, professionalism, trainability and teaching them how to improve in those areas," Smith said. "This generation knows how to text, but they need to work on communication."

Smith said the team was tasked to improve production by 10 percent, but were able to improve it by 20 percent overall. They were able to eliminate the two-week pararescue development course, and tactical air control party candidates went from a 30 percent graduation rate to 66 percent.

Air Force Maj. Heath Kerns, 330th Recruiting Squadron commander and a special tactics officer, said the squadron pulled recruiters from 27 different squadrons across the Air Force who showed an aptitude and interest as well as other qualifications to head up this new squadron, specializing in recruiting for the three Air Force special forces career fields and its support career fields. "Instead of worrying about 160 jobs, [our battlefield airmen recruiters] can get really smart on six jobs," Kerns said.

The Air Force has learned that potential special operations recruits are not motivated in the same ways as recruits from the larger force, he explained. "They don't care about the benefits or the money. They care about the challenge," Kerns said. "I wanted to know, 'What's the hardest thing in the world I could do?' I wanted to become the most elite [and] challenge myself in the worst ways possible," he said of his own motivation.

Kerns said the recruiters' mission is to scout, develop and guide the future warriors for their combat calling. With this new program, the recruiters work hand-in-hand with the squadron ahead of time and have developers, retired operators, who will work with the recruits to make sure they can pass the physical training test and be ready for battlefield airmen prep before arrival.

To help recruiters understand what the course is like, about 90 of

them attended a one-week version of the course, June 25-29.

"This week has been excellent training. Simple things like you normally swim with goggles, but now you have a face mask fogging up, and your nose isn't used to having dead space, so it's trying to breathe in but it's not [able to]," Kerns said. "We can now absolutely understand that even though my applicant passed the test well in a different environment, he may show up here and freak out and his score may look bad. We understand the process now because we've lived it. It's going to change the way our recruiters go back and work with the candidates."

He said having the partnership with the active-duty community has also been helpful. "I reach out to my brothers and tell them, 'If you want me to replace you with quality people, I need you to provide these things.' It's been a great partnership," Kerns said.

Recruiters are critical because they're the first contact with candidates, Smith said. "If they're not sending the correct candidates," he added, "that will affect the capabilities of what will be produced out of this program."

Cutting-Edge Technology

The squadron uses many cutting-edge innovative technology systems. By January, the squadron will have a 55,000-square-foot smart gym with an indoor track with an LED lighted system called a rabbit. The gym will know when the students enter via a chip in their smart watches. The cardio equipment will read the chips as well. The weight equipment will have tablets with video cameras where the students will type in their student number and record their workout, and then the coaches will critique and send them a message if they did anything wrong in their techniques.

The squadron is the first in DoD to use a digital functional movement screening called DARI for all candidates. The camera system identifies joint mobility and strength imbalances of 28 movement patterns.

The first class had 14 candidates who were identified to be at high risk for injury, Smith said, and within 10 training days, 12 of the 14 were injured in the way the computer had predicted. "For the next class, for those identified,



A computer displays up to 300 data points monitoring the strengths and weaknesses of Air Force special operations recruiters during an after-midnight ruck march at the 350th Battlefield Airman Training Squadron, Joint Base San Antonio-Lackland, Texas, June 28, 2018.

DoD photo by EJ Hersom

we gave them homework," he said. "They wear these compression shirts and shorts that link to their tablets to show that they're doing the exercises for accountability. The injuries went down."

The students wear a harness with a Zephyr biomodule sensor, which measures their core body temperature throughout the day, as well as 44 individual post-training event data analytics that provide in-depth understanding of individ-

ual and group data on heart rates, calorie burns, estimated core temperatures, physiological and mechanical training. It provides feedback on windows of trainability in endurance, speed, power, strength and coordination.

The squadron's dietician is working with Google to implement an automated process of determining a candidate's food consumption by providing a machine-learning vision system to digitally track food. It will compare a trainee's performance calorie burn before and after meals for nutritional intake of actual calories consumed by taking a photo of the plate of food before and after the meal. The subject matter expert can address the disparities, Smith said.

The most successful technology has been tracking omegawaves, Smith said. It directly assesses the central nervous system, direct current potential, autonomic regulation of the heart and heart rate variability and the cardiac system through and electrocardiogram. It provides feedback on windows of trainability in endurance, speed and power and strength and coordination.

The staff uses all of this technology, as well as contrast therapy, massage, cold tanks, movie theaters, a recreation room, hydrotherapy and float tanks for recovery and down time for the candidates.

Air Force Master Sgt. Maria Teresa Pineda and other special operations

The article is continued on page 9; see *Innovations*

Innovations continued from page 8



Air Force Master Sgt. Maria Teresa Pineda and other special operations recruiters carry a large bag filled with sand during a class that allows recruiters to experience the 350th Battlefield Airman Training Squadron preparatory course at Joint Base San Antonio-Lackland in San Antonio, Texas, June 28, 2018. The ruck march and sand bag carry began at 2 a.m. and is one of the many challenges presented by the squadron to help recruiters understand what their recruits endure.

DoD photo by EJ Hersom

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<https://www.defense.gov/News/Article/Article/1577810/air-force-recruiters-learn-about-innovations-for-next-gen-special-ops-airmen/source/GovDelivery/>



Air Force Staff Sgt. George Childres scans the skies over Kingsley Field, Ore., July 14, 2018. Childres is a loadmaster assigned to the 41st Airlift Squadron.

Air Force photo by Airman 1st Class Rhett Isbell



LT. COL. ROBERT WILKIE CONFIRMED AS NEW HEAD OF VA

Robert Wilkie, a lieutenant colonel in the Air Force Reserve,

is set to lead the massive Department of Veterans Affairs healthcare system that includes 9 million people across 1,700 centers.

SOLDIER AMPUTEES HAVE MORE OPTIONS FOR CONTINUED SERVICE

By Whitney Delbridge Nichels
U.S. Army Warrior Care and Transition



Army Col. Todd R. Wood, commander of the 1st Stryker Brigade Combat Team, 25th Infantry Division, administers the oath of re-enlistment to Army Staff Sgt. Brian Beem, left, then a cavalry scout assigned to the 5th Squadron, 1st Cavalry Regiment, at Forward Operating Base Frontenac, Afghanistan, Nov. 9, 2011. Beem is a single-leg amputee who was able to continue to serve despite his injury. He lost his leg after an improvised explosive device detonated during his 2006 deployment to Iraq.

Army photo by Sgt. Thomas Duval

ARLINGTON, Va. --

Thanks to advances in modern medicine and the availability of sturdier prosthetics, soldiers who are able to redeploy after amputation have a number of possible options for continued military service.

Army Staff Sgt. Brian Beem lost his leg in 2006 to an improvised explosive device in Iraq. "I thought my career was over," he said.

Beem credits his experiences at Walter Reed National Military Medical Center in Bethesda, Maryland, with helping him assess and eventually find options for returning to duty.

"It took me about a year to get up to speed with [physical training], and I was feeling pretty confident," he said. Within a short time, Beem was ready to deploy to Afghanistan with his unit. Although he was no longer on patrol as he was in previous deployments, he still played a vital role in battle staff operations.

"It was really gratifying to be able to deploy," he said. "It's possible, but it's not easy. The process is there for those who have the perseverance." Some of those processes include passing the Physical Evaluation Board, which determines if a soldier with a prosthesis is still fit to serve. The Continuation on Active Duty/Continuation on Active Reserve program also provides options for some wounded, ill and injured soldiers who can prove they are still physically able to serve. "I was able to continue on and reach retirement," Beem said.

Deployments "are really what the Army is all about," he said. "Even the training you do at home. It all culminates with deploying. And for combat arms folks, if you don't have deployments, you can't be competitive [for promotion]."

Beem acknowledges that every case is different. For some, he said, the will to serve alone is not enough to overcome the severity of their injury. But for those who are able, Beem said, it is very rewarding to continue to serve with their comrades.

"I didn't join the Army to sit around and have a comfortable lifestyle. I joined the Army because I knew it would be hard work, and it is," Beem said. "But when you're done, you can look back and say, 'Wow, look at everything I did.'"

<https://mail.google.com/mail/u/0/#inbox/FMfcgxvxBPLKHVLmmmmGGrmVlzHTNNQSG>



Daniel Cash

ARMY DOCTOR DESCRIBES HIS RISE FROM POVERTY TO FOLLOW HIS DREAMS

FORT LEE, VA—"You're not smart enough to be a doctor." That statement, spoken by Daniel Cash's mother when he was 10, echoed in his mind for years, motivating him to prove her wrong.

Now a doctor and a LTC serving as the deputy commander for clinical services at Kenner Army Health Clinic, Cash said a childhood accident was the impetus for his desire to practice medicine.

"When I was 10, I crashed a moped into a house when the accelerator got stuck, and I

almost died," he said.

He was rushed to the hospital by ambulance and monitored for 24 hours. In those days (the early '80s CAT scans weren't readily available at most medical facilities), so Cash said he was fortunate they kept him for monitoring because he had an undiagnosed subarachnoid hemorrhage—bleeding in the space between the brain and its outer tissue.

"I've been told I went a little crazy in the hospital and they had to burr a hole in my head to release pressure," he said. "After I recovered, that's when I knew I wanted to be a physician. However, my parents didn't think school was important when I told them. That's when they said I wasn't smart enough."

Reflecting on the moment, Cash said he didn't think the comment was meant to hurt him but had more to do with their life situation. Since his parents didn't push education and his family was very poor, advanced schooling was hard to fathom and a run at a medical degree clearly pie in the sky.

"It was an issue of poverty for sure. The way they saw it, I would never have enough money to pay for school," he mused. "That made education a luxury...and they didn't care about that. It was all about work. "I don't think my mom even remembers what she said," Cash continued, "but when you're a child you always remember a putdown. That kind of thing sticks with you."

Painting an even broader picture of his childhood, Cash said his family was continuously in need of an immediate paycheck and at times struggled to keep a roof over their head. When he was 14, the family moved from their home in South Carolina to Homestead, FL, where his father had a job lined up as a correctional officer. He was fired two months later.

"We relocated to Fort Lauderdale, where my father continued to look for work because there were no jobs available in Homestead," he said. "We were homeless for 2-3 weeks, and we sort of lived in a park; then we lived in a shelter for two months before my parents got enough money for a place to live."

Despite his tough childhood, Cash—the fifth of six children—was the first in his family to graduate high school. While he was anxious to begin his medical school journey, the first order of business was to get a job and earn some money. A year later, he applied for financial aid for advanced schooling and was told he had "made too much money" as a landscaper to qualify for the assistance. So, he put his dreams back on hold and returned to the blue collar grind.

"Over the next 9-10 years, I worked at the same job," he said. "In the evenings, I ran orders for places like Pizza Hut and Dominos, hours after an already full day of landscaping."

During those years, Cash met and married his wife, Enereida, an immigrant from Panama. When their daughter was born, his college aspirations returned with a fervor. He enrolled at a community college and worked a full-time job while also juggling his undergraduate coursework. He managed to earn a bachelor's degree in 3 years by increasing his credit hours each semester. After he graduated, he was accepted into medical school.

"Throughout this process, my wife was pitching in big time. She was working full time while also taking care of our daughter," Cash said. "She worked as an au pair, so it was great because our daughter could go with her and grow up and play with those kids." Despite earning mostly A's and a few B's and maintaining at least

a 3.5 grade point average, Cash said he couldn't shake the nagging suspicion that he wasn't good enough to follow such dreams.

"The thought still lingered in the back of my mind; that I wasn't smart enough to be a doctor," he said. "Going through it, I wondered 'am I really able to do this?' In a lot of ways, I still saw myself as the blue collar worker landscaping under the hot sun and doing back-breaking work. How could I become something totally different?"

A lucky break from the draining effects of constant work and seeking loans to keep his dream alive came in the form of the Army's Health Professional Scholarship Program. It would pay for his medical school on top of a monthly stipend. He signed on, and reaped the reward of the free ride through the remaining three years of medical school, after which there would be a three-year service obligation.

Cash did his residency at Fort Bragg, North Carolina's Womack Army Medical Center. Other highlights of his now 13 years of military service include a squadron field surgeon gig while deployed to Iraq; a stint as 108th Air Defense Artillery Brigade surgeon; and several postings as a family practice or primary care physician in Army clinics.

Upon reflection, Cash realized he had never been in doubt that he had signed up for the long haul.

"I did a lot of stuff [hard labor] over the years and didn't have much to show for it," he said. "I didn't want to do my time in the Army and not have anything to show for it."

"So, I tell anyone who comes through Kenner and is thinking about getting out to remember things like the great military retirement plan," Cash said. "You're going to be working most of your life. What makes it easier, in my opinion, is working toward something. To be able to retire after 20 years is worth it, and some can have a full second career after that."

There are moments along the path he has traveled, Cash said, when it felt like a dream.

"I wondered how I was doing it—how I was attending school, making good grades," he said. "But here I am, 13 years later, and I've been working up the chain. I've done...pretty well."

Now, Cash knows his mother and entire family are proud of what he has made of his life. To this day, his younger sister uses him as an example where she works.

"My sister graduated high school after me, the second one in my family to do so," he said. "She's now a police officer, and when she arrests someone and they try to make excuses about being poor and having to make a living, she tells them about me and how I became a doctor. She doesn't let anyone use being poor as an excuse. She says, 'If [he] could do it, anyone could.'"

And it seems as though Cash's daughter, Maria, will be walking in his footsteps. She's set to attend his civilian medical school alma mater, Nova Southeastern University College of Osteopathic Medicine, at the end of July. She's also using the same military scholarship program her father did but will contribute her skills to the Air Force.

In her formative years, while he was going through undergraduate coursework, medical school and his residency, Cash said she was always interested in what he was learning about.

"One day while in first grade, Maria came home crying because other kids made fun of the drawing she made for show and tell," he said. "She drew a picture of a brain with all the optic nerves coming out, the circulatory system and a bladder with the kidneys. The kids were laughing because the bladder is where the urine comes out."

"I told her she shouldn't be upset because the children did not understand all the stuff she did," Cash said.

When Maria told her father she wanted to be a doctor, Cash says he told her, "You can be whatever you want to be. You can do anything."

<https://www.defense.gov/News/Article/Article/1578797/face-of-defense-army-doctor-describes-his-rise-from-poverty-to-follow-dreams/source/GovDelivery/>



WORLD WAR II SURVIVOR MARKS GUAM LIBERATION

By Army Sgt. Nicholas Holmes
Joint Force Headquarters National Capital Region



FORT LESLEY J. MCNAIR, D.C. -- Irene Perez Ploke Sgambelluri was 10 years old in 1942 when her father, Navy Petty Officer 1st Class John Ploke, a pharmacist's mate, was taken into custody by Japanese forces in Guam during the early days of America's war with Japan.

Sgambelluri and her family spent the next three years living under Japanese occupation. On July 16, she participated in a full-honors Army wreath-laying ceremony at the Tomb of the Unknown Soldier.

Irene Perez Ploke Sgambelluri participates in a full-honors Army wreath-laying ceremony at the Tomb of the Unknown Soldier in Arlington National Cemetery, July 16, 2018. The ceremony, featuring soldiers from the 3rd U.S. Infantry Regiment and the U.S. Army Band, commemorated the 74th anniversary of the liberation of Guam, the Battle for the Northern Mariana Islands and the war in the Pacific.

Army photo by Spc. Lane Hiser

The ceremony, featuring soldiers from the 3rd U.S. Infantry Regiment and the U.S. Army Band commemorated the 74th anniversary of the liberation of Guam, the Battle for the Northern Mariana Islands and the war in the Pacific.

Sgambelluri's father was captured in December 1942. "He said he had to surrender or we would all be killed," she recalled during an interview with Guam's KUAM News. "He took off his shirt and tied it to a branch, and we walked out holding my hand. I will never forget that day, never. The Japanese soldiers took him, stripped him naked, dragged him and took him to the prison in Hagatna."

A few days later, Sgambelluri and her family discovered that all the imprisoned men, including her father, were transferred to the Zentsuji prisoner of war camp in Osaka, Japan. "The place was empty," she said. "We asked the interpreter where the prisoners were, he said, 'They were all shipped out to Japan.'" It was more than three years before she would see her father again.

Following the ceremony, Sgambelluri expressed her gratitude for the opportunity to honor the memories of the brave men and women of the military who lost their lives.

<https://www.defense.gov/News/Article/Article/1578948/world-war-ii-survivor-marks-guam-liberation/source/GovDelivery/>

OPERATION HELPING HAND AT CANADA DAY

Photos by LTC Robert Sawallesh, USA Ret



OPHH AT CANADA DAY



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We meet monthly at 10:00 AM prior to the Tampa Chapter's luncheon at the Surf's Edge Club on MacDill AFB.



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