



THE RETROSPECT

SEPTEMBER 2019

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL

VOL. 25, Number 9

Upcoming Events

OUR BOARD WILL MEET AT 1000 on:
+ 05 SEPTEMBER
+ 03 OCTOBER
+ 07 NOVEMBER

LUNCHEON MEETING WILL BE HELD AT 1130 AT SURF'S EDGE CLUB ON MACDILL AIR FORCE BASE ON 12 SEPTEMBER

Reserve your seat by 9 September by calling: (813) 676-4676 and following the prompts.

MENU:

CHICKPEA AND CUCUMBER SALAD
CURRY CHICKEN
BASMATI RICE
SPINACH SAAG
INDIAN RICE PUDDING
GRILLED NAAN

PUBLICATION DEADLINE FOR THE OCTOBER ISSUE IS 25 SEPTEMBER 2019

EDITORIAL POLICY

The Retrospect is electronically published monthly by members of the Tampa Chapter of the Military Officers' Association of America (MOAA), P.O. Box 6383, MacDill Air Force Base, FL 33608-0383 and is viewed on line at <http://www.moaaatampa.org/>.

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PRESIDENT'S MESSAGE FOR SEPTEMBER 2019 COL CAROL ZIERES, PRESIDENT, TAMPA CHAPTER



PRESIDENT COL ZIERES USA RETIRED

As summer draws to a close, students are back in school and the U.S. Congress is back in session after a brief August recess, MOAA continues to advocate on the front line of the battlefield for our earned benefits. It has been a notably busy summer, during which MOAA launched a very influential Summer Storm 2019 campaign. If you are a subscriber of MOAA's electronic newsletter, most likely you've already responded to the Call to Action links using the pre-written resources like the letters to send a message to Congress regarding two very key issues: End the Widows Tax and Protect Military Medicine from the proposed cuts, or at least I hope you did! And for those of you who are not "digitally-inclined" to using electronic communications and social media, did you know that you can call MOAA's toll-free Capitol Switchboard: 1-866-272-6622 and still get your message across? If you have the time, you can always contact your representative's local office and schedule a personal visit as well. Any of these engagement actions will help MOAA when they make their pitches on the Hill.

Our August luncheon had an attendance of around 60 attendees. Accompanied by the squadron's Founder, Steve Lampasona, the Civil Air Patrol (CAP) Color Guard from Wesley Chapel, FL opened our program in their usual outstanding fashion: Again, congratulations to the Wesley Chapel CAP on winning the Color guard Cadet competition in Dayton, OH again this year, (for the 2nd consecutive year)! We were honored to have COL STEPHEN SNELSON, Commander, 6th Air Mobility Wing, as our featured luncheon speaker. As the MacDill Base Commander, he is responsible for installation support for two Major Command Headquarters: (U.S. Central Command and U.S. Special Operations Command and 31 other Joint mission partners) providing for the security and well-being of the base's 19,000 employees and their families, along with \$3.18 billion in base property and capital assets (that equates to 595 facilities, 600 houses, 5600 acres and 8 miles of shoreline)! He emphasized how "Team MacDill" provides a huge economic impact on the local economy.

I am also very pleased to announce that COL Snelson joined the MOAA Tampa chapter at our luncheon as a new member! Other invited guests at the head table included three, Senior Coalition Officers: CHAIRMAN OF THE COALITION - BRIGADIER GENERAL HENRIK LARSEN, BRIGADIER GENERAL MUHAMMED ASLAM from Pakistan, and COL ESTHER HARROP from New Zealand. It is always a pleasure to meet at our monthly luncheons the new coalition officers from the J5, USCENCOM Coalition Care Center. We thank the coalition forces for their continued support in fighting the Global War on Terrorism. Many of the coalition officers have already attended at least one of our chapter's Signature Charity, OPERATION HELPING HAND dinners at the JAMES A. HALEY VA HOSPITAL as well. This leads me to my final point; the MOAA TAMPA CHAPTER is proud to be a co-sponsor of the upcoming September 19th dinner for OPERATION HELPING HAND and we need chapter volunteers to serve help meals to the patients and their families and other guests. I thank you in advance for your support. **Happy 72nd birthday to the U.S. Air Force!**

"AS ALWAYS, WE'VE GOT YOUR BACK"

"-NEVER STOP SERVING -"

"TAKING CARE OF OUR TROOPS IS A LIFETIME COMMITMENT"

SEPTEMBER SPEAKER: COLONEL DJ REYES, UNITED STATES ARMY (retired)



COLONEL DJ REYES, UNITED STATES ARMY (retired)

DJ Reyes is a retired US Army Colonel with over 33 years of faithful service to our great Nation. Earning his bachelors, masters, and juris doctor degrees from the University of Notre Dame, the US Naval War College, and Temple University School of Law, DJ also commanded or served in primary staff positions in special forces / operations, military intelligence, infantry, airborne, air assault, Joint/Interagency, and Multi-National organizations. His combat and contingency deployments included tours in Iraq, Afghanistan, North Africa, Bosnia, Kosovo and Haiti. In addition to providing independent consulting for organizations supporting veterans, military families with special needs, and victims of human trafficking, DJ previously served as a DoD contractor assisting local FL veterans and their spouses with employment opportunities. DJ

currently sits on the following advisory boards: National Veterans Court Alliance, Washington DC; US Congresswoman Kathy Castor (D-FL 12th) US Service Academy Nomination Committee; US Congressman Gus Bilirakis (R- FL 14th) Veterans Advisory Committee; FL Department of the VA Executive Director Danny Burgess' "Forward March" Veteran Program Legal Sub-Committee; Legislative Chair, FL Veterans Council, Orlando. Finally, DJ devotes significant time and energy in his community service role as senior military advisor and mentor to the 13" Judicial Circuit's Veterans Treatment Court, or VTC. The VTC identifies those veterans in trouble with the law resulting from some disorder or disability incurred during military service, gets them the necessary medical treatment and therapies, helps in the rehabilitation process, and assists in successful reintegration back into the veterans' local communities.

Within Tampa Bay, DJ was recognized in 2014 with the Tampa Bay Business Journal's "Heroes at Work" Award for his continuing public service as a veteran owned business consultant supporting both military and special needs communities. In 2016, DJ was awarded with the Hillsborough County Bar Association's highest award — the Liberty Bell Award — for his exemplary efforts in promoting, and advocating for, the legal judicial system and process as it supports the local veterans and special needs communities. Additionally, the Hillsborough County's Sheriff's Hispanic Advisory Council announced DJ as the 2016 recipient of the Raymond E. Fernandez Award. This award is presented each year to an individual who has made outstanding contributions to the criminal justice system.



NOTES FROM THE EDITOR



CAPT DVORNIK EDITOR

We are proud to have Melissa Marison, owner of Operations Made Easy LLC on our Tampa Chapter Team. As you know, she now has the task of putting THE RETROSPECT together each month and this is her second issue. We thank our readers for the many favorable comments on our August issue.

Last month we did an expanded story concerning the U.S. Army. This month we are featuring a Department of Defense story about what joint forces need to move to an operation overseas.

Once again If you ever had any desire to be an Editor now is your chance. Please contact me at DSDvornik2@msn.com for details about this marvelous volunteer activity. You will find that Melissa Marison makes the job a pleasure. December 2019 will be my last RETROSPECT as Editor. Thanks in advance for your interest in helping our publication remain an excellent source of information.

Cheers. CAPT Donald F. Dvornik USN (Ret.)



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



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GENERAL CONTACT INFO:

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

SEPTEMBER BIRTHDAYS

1 SEPTEMBER
 CW3 LAWRENCE CRUZ USAR RET
 AUXILIARY MEMBER LORRAINE GONTARSKI
 MAJ GEN JAMES JONES USAF RET
 5 SEPTEMBER
 LTCOL MARTHA M CAMERON USAF RET
 LCDR JASON GOULAS USN AD
 6 SEPTEMBER
 COL JAMES SWENSON USA RET
 7 SEPTEMBER
 FORMER NAVY LT ROGER KUEZ
 LT COL PETER VANVLECK USAF RET
 8 SEPTEMBER
 CAPT DANIEL LEBLANC USCG AD
 9 SEPTEMBER
 LT COL HENRY REIMERS USAF RET
 LT COL RICHARD SIEGMAN USAF RET
 10 SEPTEMBER
 BGEN JOHN BRICKLEY USMC RET
 COL ROBERT LARSEN USA RET
 LTC FRANK PHELAN USA RET
 12 SEPTEMBER
 FMR ARMY 1LT A MICHAEL GIBSON
 14 SEPTEMBER
 CW4 RONALD LUPIEN USA RET
 15 SEPTEMBER
 LT RONALD JARABAK USN RET
 16 SEPTEMBER
 HONORARY MEMBER ROBERT AHERN
 CW3 CARLOS ALERTA USA RET
 DIED: COL RAYMOND NORMAN USAF RET
 17 SEPTEMBER
 CDR ARTHUR GALPIN USN RET
 18 SEPTEMBER
 FMR ARMY 1LT WILLIAM HARRIS
 COL PAUL J McANEY USAF RET
 19 SEPTEMBER
 MAJ JOHN T MASSEY USAF RET
 20 SEPTEMBER
 GARY SNOW
 22 SEPTEMBER
 CAPT STANLEY GRAY USMC RET
 23 SEPTEMBER
 ENS JAKE BLAAUBOER NOAA AD
 LTC ROBERT SAWALLESH USA RET
 24 SEPTEMBER
 MAJ SCOTT MACKSAM USA RET
 25 SEPTEMBER
 LTC IRA J WARD USA RET
 27 SEPTEMBER
 AUXILIARY MEMBER MARTHA DIETRICHSON
 28 SEPTEMBER
 COL WALTER MCKNIGHT USAF RET
 FORMER ARMY CPT LAWRENCE RIVERA
 29 SEPTEMBER
 AUXILIARY MEMBER GERALDINE KRAUSE
 LTC JEFFREY STEPHENS USA RET
 30 SEPTEMBER
 CPT PHILLIP FRICKE USA
 RADM WILLIAM MERLIN USCG RET

**Is your September birthday missing?
 JUST SEND A NOTE TO: CW2 THOMAS SOUTH USA RET
 tsouth1811@gmail.com**

OUR MISSION:

**The Tampa chapter is a Five-Star organization dedicated to supporting MOAA's primary purpose:
 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.**



BULLETIN BOARD

CARING FOR OUR "SHUT-IN" MEMBERS

Our Chapter wants to become aware of members who are hospitalized, homebound, in care facilities or just plain sick and has provided a way for you to inform us. Please contact CW3 Bill Farrow, USA (Ret) at (813) 884-7823 so that he may call or send cards to let them know they are missed. Alternatively, you may send an **e-mail** to: moaatampachapter@tampabay.rr.com, *CW3 Bill Farrow, USA, Sick Call Chairman*



Celebrate the Air Force

The US Air Force was officially founded on 18 September 1947, and in the decades since it has established itself as an air force second-to-none. Yet the Air Force's history and heritage goes back the turn of the twentieth century.

Between 1909 -- when that the US military purchased its first aircraft -- and 1947, the US Air Force did not exist as a separate and independent military service organization. It went through a series of designations: Aeronautical Section, Signal Corps (1909); Aviation Section, Signal Corps (1914); United States Army Air Service (1918); United States Army Air Corps (1926), and United States Army Air Forces (1941).

WWII illustrated the value of airpower, and the need to change the basic organization of the US Military Forces. The result was the creation of a single Department of Defense with a strong Joint Chiefs of Staff with Army, Navy, and Air Force chiefs. In 1947 President Truman signed the National Security Act which established this new defense organization, and along with it the creation of the US Air Force as an independent service, equal to the US Army and US Navy. The official birthday of the US Air Force is 18 September 1947.

Other September Dates to Remember...

September 11, 2019 - Patriot Day

September 21, 2019 - POW/MIA Recognition Day

September 29, 2018 - Gold Star Mother's and Family's Day

HOW TO JOIN THE TAMPA CHAPTER:

Come to a luncheon (2nd Thursdays) at 1115 at the Surf's Edge Club on MacDill Air Force Base and ask for COL William A Schneider USA OR [download our brochure](#) and mail the application accordingly with payment.

NOTE: to be eligible for membership in the Tampa Chapter, one must be a member of [MOAA National](#) or join National at the same time the Chapter is joined.

HAVE YOU SEEN OUR UPDATED WEBSITE?

WWW.MOATAMPA.ORG

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 password to access. You can also download an Excel version of the list once permitted into the page. Check out the [Member Directory](#) now!

WWW.MOATAMPA.ORG



LEGISLATIVE LOWDOWN

For more information, visit [MOAA National’s Legislative Action Center!](#)



COL Charles
Dalcourt, USA RET
Legislative Affairs

Greetings to all of MOAA’s Tampa Chapter members and thanks again for your responsiveness, engagement, and involvement. Your input and advocacy has had a profound impact on several initiatives this year.

While many of MOAA’s 2019 goals are within reach, some are at risk. Our efforts are making a difference. We must remain vigilant. Your engagement demonstratively strengthens the team working in Washington D.C. and will enrich the quality of life for those who have sacrificed, and are still sacrificing, for our Nation.

Focus

In this month’s newsletter, I’ll reemphasize the importance of your continued, voiced support for the repeal of the “Widow’s Tax.” We truly have a chance to correct this incredible burden to those forfeiting all or portions of their Survivor Benefit Plan (SBP) annuity when they are awarded the VA’s Dependency and Indemnity Compensation (DIC).

Recap

HR 553: Military Surviving Spouses Equity Act, remains a critical piece of legislation at the forefront of MOAA’s agenda. Often referred to as the “widow’s tax,” this colloquially describes the loss of any portion of the Survivor Benefit Plan (SBP) annuity.

Under current law, survivors of deceased servicemembers must forfeit part or all of their purchased SBP annuity when they are awarded the VA’s Dependency and Indemnity Compensation (DIC). This financial penalty affects more than 67,000 survivors.

The provisions which repeal the widow’s tax will be included in the National Defense Authorization Act (NDAA) for fiscal year 2020.

Update

Both the House and Senate have rallied behind this effort in impressive numbers. Moreover, they have come to battle in a bipartisan formation. In a recent letter from several senators to the leadership of the Senate’s Committee on Armed Services, it states that “There has never before been more bipartisan support in Congress for repealing the SBP-DIC offset.” The letter goes on to say “Currently, there are 75-cosponsors of legislation to repeal the widow’s tax in the Senate and 371 co-sponsors in the House. Numerous military and veterans advocacy groups have joined us in this effort.”

Amanda Dolasinski, a MOAA staff writer, recently noted that this issue was a hallmark advocacy issue during MOAA’s 2019 Storming the Hill event and highlighted that MOAA is again pushing for full repeal as part of our 2019 Summer Storm: <https://www.moaa.org/summerstorm>.

Way Ahead

We have an opportunity to take our advocacy of this issue across the finish line. Please take a few moments and help support change by sending a message to your elected officials about the widow’s tax. You can use this link: <http://takeaction.moaa.org/app/write-a-letter?0&engagementId=501141>.

As always, thanks for your continued interest and support. Even more, thank you for taking action – using your time, experiences, and willingness to continue serving to help advance MOAA’s legislative efforts and the wellbeing of our Brothers and Sisters in arms. Please allow your voice to make a difference by calling or writing soon. All the best!

Letter advocating the repeal of the “Widow’s Tax,” dated 5 August 2019, https://www.moaa.org/uploadedfiles/content/publications_and_media/news_articles/2019_news_articles/widows-tax-letter-to-ndaa-conferees.pdf

**More From the
MOAA National Legislative Action
Center...**

[Ensure Safe Housing For Military Families](#)

[Do Not Dismantle Military Medicine](#)

[Act Now to Help Veteran Caregivers](#)

**JAHVA Awarded MOAA Foundation Community Grant
By Carol Zieres, COL, MS, USA (Ret) - President, MOAA Tampa Chapter**

The Tampa Chapter of the Military Officers Association of America (MOAA) was pleased to be awarded a \$3750 grant from the MOAA Foundation to support the expansion of the Creative Arts Therapy program at the James A. Haley Veterans' Hospital (JAHVH) in Tampa, Florida. In January 2019, the JAHVH submitted to our board of directors, a "wish list" for Music and Art Therapy needs totaling in excess of \$19,000, requiring everything from musical instruments to potter's wheels, projectors, and laser-Jet color printers. We are most thankful to MOAA and its MOAA Foundation sponsors for selecting and supporting our local programs to assist military veterans. LTC Jim Griffin, USA (Ret), dual-hatted as Chairman of the MOAA Tampa Chapter's signature 501(c)3 charity, Operation Helping Hands, and Immediate Past President of the Tampa Chapter, joined me at the podium to present the grant money to Associate Hospital Director, Ms. Melissa Sundin; Hospital Chief of Staff, Dr. Colleen Jakey; and Chief of Physical Medicine & Rehabilitative Services, Dr. Steven Scott, during the June 20, 2019 Operation Helping Hands dinner which was held in the JAHVH Spinal Cord Injury dining room. Over 500 people attended this dinner, including MOAA members from the 42nd Florida Council of Chapters convention attended this special event.



MOAA Community Foundation Grant check presentation to JAHVH Staff: From left to right: COL Carol Zieres, USA (Ret) MOAA Tampa Chapter President; LTC Jim Griffin, USA (Ret), Chairman, Operation Helping Hand; JAHVH Associate Director, Melissa Sundin; JAHVH Chief of Staff, Dr. Colleen Jakey; and JAHVH Chief PMRS, Dr. Steven Scott



Merrilee Jorn, MS, Art Therapist, Registered-Board Certified Creative Arts Therapy, giving a tour of the JAHVH Art Therapy room displaying some of the patients' mask creations

Attendees were privileged to meet several combat wounded patients undergoing therapy and treatment at JAHVH and were given a tour of both the JAHVH Art and Music Therapy Center along with the CAPT Robert J. Silah Virtual Reality Room arranged by Public Affairs representative, Ms. Alicia Burden. Prior to the facility tour, I met with Mr. Geoff Hopkins, Chief of Recreation Therapy to learn more about how the Creative Forces program got started at JAHVH back in October 2017. Creative Forces/NEA Military Healing Arts Network is a partnership of the National Endowment for the Arts (NEA) who work with the Department of Defense and Veterans Affairs, as well as the state and local arts agencies that serve the special needs of military patients and veterans with traumatic brain injury and psychological health conditions, as well as their

families and caregivers. Geoff arranged to have me interview four patients with their permission. One of the Active Duty patients I interviewed was Nick Catinna, who has been undergoing therapy in the program for ten months after suffering from Traumatic Brain Injury (TBI). He was accompanied by his parents, Nick Sr. and Jan Catinna. Nick shared his story on how the Art and Music Therapy program changed his life by giving him a renewed outlook through creative expression using poetry and art. He showed me a special art project he's been working on with his Art Therapist, Ms. Merrilee Jorn, MS., ATR-BC; "The Mask program" where patients are given paint and a mask as their canvas. The mask is part of the initial patient evaluation and the image is shared with the rest of the interdisciplinary treatment team. Before a small audience, Nick unveiled for the first time his own personal mask. "The Mask program, he went on to explain, communicates how a 'demon' can affect a patient suffering from PTSD or TBI. The eyes catch a glimpse of my soul," he added. The Mask project is designed to help the patient remove the demon(s).



MOAA Tampa Chapter President COL Carol Zieres, USA, (Ret) posing with JAHVH Active Duty Coast Guard patient Nick (Horace) Catinna and his parents, Jan and Nick Catinna, in front of the rock climbing wall on the hospital's 2nd floor. Nick (Horace) is a poet and an artist.

Creative Forces is placing creative arts therapies at the core of patient-centered care at eleven military medical treatment facilities around the country and is making a tremendous impact on the health and recovery of patients suffering from PTSD and TBI. The JAHVH is the first VA hospital in the nation to be a site for Creative Forces. "This is a one-of-a kind collaborative network," says Hopkins, during the interview. He went on to say that JAHVH has partnered

with the STRAZ Center for the Performing Arts, the Morean Art Gallery in St. Petersburg, University of South Florida School of Dance, the Art-Thread Foundation, the Dali Museum, St. Petersburg College of Fine Arts - Tarpon Springs campus, and many others will continue to expand the extensive creative arts opportunities available to wounded, ill or injured active duty service members, veterans and their families. The JAHVH Polytrauma Center is a product of Dr. Steven Scott's vision that has become a reality bringing together the three tenets of the Creative Forces Network: Clinical, Community, and Capacity. The Tampa Chapter MOAA and Operation Helping Hands are pleased to be an integral part of the team that supports that vision by continuing to provide invaluable resources necessary for the sustainability of the JAHVH creative arts program.

“Helping Hands - Helping Heroes.”



Active Duty Army patient, Michael Durham, in the Virtual Reality Room at the electronic controls that produce computer imagery designed to reduce chronic pain/ anxiety .



JAHVH Registered Music Therapist, Natalie Quintana, plays the guitar while JAHVH Active Duty Army patient Kerry Murphy sings the song titled “All My Life.” The Creative Arts Music Therapy program helped Kerry find his voice again; relearning to speak and sing after suffering from a vocal cord injury



Geoff Hopkins introduces the Creative Arts program to some of the visiting guests from the 42nd annual Florida Council of Chapters Convention

Have You Heard...?

Start enjoying the health benefits of a smoke-free environment...

...anywhere in, near or around any VA medical facility

[Click Here to Read This Story Online](#)

VA will implement a smoke-free policy beginning in October 2019 and complete full implementation no later than January 2020. VHA's new smoke-free policy applies to cigarettes, cigars, pipes (including electronic and e-cigarettes), and vape pens or e-cigars.

VA evaluated the current state of research on second-hand and third-hand smoke, as well as best practices in the health care industry, then modernized its policy.

The new policies for patients, visitors, volunteers, contractors, vendors, and employees allows VA to protect the health and well-being of VA staff, patients, and the public. It's part of VA's commitment to provide excellent health care for Veterans and their families. Click here for additional resources available to Veterans who want to quit smoking. Employees can contact their facility for resources if they want to quit smoking.



Evidence of significant medical risks

VHA's [new smoke-free policy](#) also applies to all electronic nicotine delivery systems (ENDS) not approved by the Federal Drug Administration.

There is overwhelming evidence that smoking and exposure to second-hand smoke creates significant medical risks. There is a growing body of evidence that exposure to third-hand smoke creates additional risks to safety and direct patient care. [Click here](#) to learn more about the health risks associated with smoking from the U.S. Surgeon General.

VHA has extensive resources and programs to assist Veterans in their smoke-free journey.

OPERATION HELPING HAND UPDATE

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



**LTC JIM GRIFFIN,
CHAIRMAN, OPHH**

Our AUGUST DINNER was dedicated to the memory of BOB RANS, a true American hero and longtime supporter of OPERATION HELPING HAND. May you rest in peace.

BONEFISH GRILL provided a truly outstanding dinner and we really appreciate their support.

The SEPTEMBER DINNER will be held at the JAMES A HALEY VA HOSPITAL in the HERO'S CAFÉ AT 6:00 PM. You are all invited to attend and participate in honoring the active duty personnel and their families.

The sponsors for the SEPTEMBER DINNER are DTCC and TAMPA CHAPTER, MOAA. Both of these organizations have been strong supporters for many years and are active participants in the overall success of our mission. Special thanks to SCOTT POEHNER of DTCC and COL CAROL ZIERES, PRESIDENT, TAMPA CHAPTER, MOAA for their strong support and leadership.

Please mark a date on your calendar for OCTOBER 28,2019. That is the date of the CABA GOLF CLASSIC at the CARROLLWOOD COUNTRY CLUB. The proceeds of this tournament will benefit OPERATION HELPING HAND and I hope you will attend and support us. You can sign up at USECABA.COM.

As always, a special thanks to our tireless volunteers which enables us to consistently provide 96.5% of all 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 in the 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.

By the way, if you have not been to our website (OPERATIONHELPINGHAND TAMPA.COM) you are missing a fantastic experience. MELISSA MARISON, our WEBMASTER posts new information and pictures as soon as they are submitted. Not only should you visit the site, but you should also thank MELISSA for doing a great job.

VISITING FAMILY MEMBERS

Since the beginning of Operation Iraqi Freedom and Operation Enduring Freedom, the James A. Haley Veterans' Hospital has had a marked increase in the number of wounded and injured active duty members referred for treatment. Their Spinal Cord Injury and Comprehensive Rehabilitation Units have treated some of the most severely injured service members who have been in combat in these operations. The average stay for the injured is 45 days. Many of the families travel from all over the country and must



CHAPLAIN'S CORNER
CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



**CINDY AND CHAPLAIN (COL)
BERNARD H LIEVING JR USA RET**

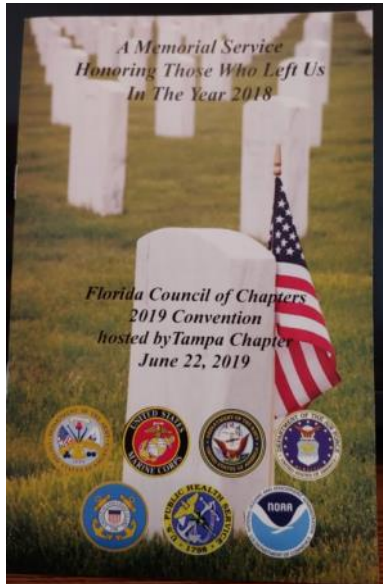
I am writing this month's article the day after Cindy and I completed a 1,665 mile, 35 hours in the Jeep, round trip to the North Carolina mountains in the Waynesville area. Except for our trip up the eight miles of dirt/gravel road to Max Patch Bald in the Pisgah National Forest,

Cindy was my navigator using her cell phone and iPad for directions. We were also able to communicate with family and friends during our trip, thanks to the modern technology available in hand-held devices. Wherever we were, except in the mountain tunnels, we listened to our favorite music via Sirius XM over the Jeep radio.

What a difference from the days I remember in the 1970's and 80's as the family moved from one duty station to another, three times pretty much crossing the continent. In those days we used our AAA TripTik Travel Planner to get us where we were going. If we wanted to talk with each other in our separate vehicles we used the CB radio. To talk with family or friends, we stopped and found a pay phone, usually at a service station. We used cassette tapes and later compact discs (CD's) to listen to music, often our kids' favorite genres.

One means of communication that has not changed in the past forty years; and has never changed since creation, is that which we call "prayer" – communication with God. Prayer is simply talking and listening to God; a time to honestly converse with God about our joys, fears, thanks, and challenges and to be silent to hear what God has to say to us, sometimes answering our prayers in ways that we would least expect. Today, wherever you are reading these words, know the truth of what one anonymous person wrote, "Prayer is the greatest wireless connection." Try it!





2019 FCOC Convention Wraps Up Successfully

By Lewis VanDyke

2019 Convention Chair

The 2019 FCOC convention, held at the Safety Harbor Resort and Spa 20-23 June and hosted by the Tampa Chapter, is now history. Feedback on the activities and facilities from those attending was very positive.

Thursday evening some attendees bussed over to the James A. Haley Veterans Hospital for a tour of the new virtual reality room and to attend the monthly Operation Helping Hand dinner honoring those wounded military receiving treatment at the hospital.

Friday was full of activities including presentations on local history, MOAA vacation opportunities, a wellness seminar and FCOC board meeting. That evening, LtGen Atkins conducted the formal awarding of Col Marvin J. Harris Communication Award winners. This activity was followed by the Presidents Reception where friendships were renewed and heavy hors d'oeuvres consumed.

Attendees then had an opportunity to experience Safety Harbor's 3rd Friday festival on Main Street literally right outside the front doors of the Resort where there was dining, shopping and entertainment opportunities.

Saturday kicked off with breakfast and a presentation by RADM Silah, on the capabilities of NOAA, followed by a moving memorial service honoring those we lost in 2018.

The convention activities continued with a council business meeting and informative presentations by state and national MOAA representatives. Many took advantage of a great buffet lunch at the Resort while others sampled the local food restaurants or simply relaxed and took advantage of Safety Harbor Resort and Spa amenities.

Saturday evening's events began with a social hour. Music and singing by the Sounds of Joy greeted everyone as they moved into the ballroom for the Military Gala. We were fortunate to have our own MOAA President and CEO, Lt Gen Atkins as our guest speaker.

At the conclusion of the dinner, many enjoyed music and dancing by the Joiner Quartet, while others simply enjoyed the camaraderie the weekend provided.

The weekend concluded with the Council board meeting on Sunday morning. Finally, as the Chairman for this year's convention I would like to personally thank all of the Tampa chapter volunteers whose time and effort made the convention such a success.

To see the 2019 FCOC Convention Photos, visit our [Convention Page](#) and scroll through the Gallery...



August Birthdays

- 8 Esther Whitley
- 11 Jeanette Hinton
- 13 Kathy Kennett
- 13 Pat Mullins
- 18 Nancy Evers
- 19 Helen Button
- 22 Barbara Meador
- 23 Pat Geasa
- 29 Elaine Taylor
- 30 Marilyn Bedke



September Birthdays

- 2 Valerie Andrews
- 15 Susann Jarabak
- 16 Emily Povey
- 17 Phyllis Halverson
- 18 Barbara Godfrey
- 21 Sylvia Reeves
- 23 Laura Genre
- 24 Linda Bakunas
- 24 Uschi Farnham
- 26 Un Yong Laux
- 27 Lou Wyatt
- 29 Gerry Krause
- 30 Esther Berg



Sunshine Cards

Dolores Hale passed away August 2, 2019 at her apartment in University Village. She was married to LTC Charles A Hale. She joined MOWC on October 9, 2003 and was a widow at that time.

Ode to Old Age

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walked over to me and asked, "What brings you in today?" I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to say, "No,

it's for company!"

Employment application blanks always ask who is to be called in case of an emergency I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends. AMEN!!!!

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs?"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know why I look this way. I've traveled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have: Love to share, Cash to spare, And friends who care.

Information on Widow Tax

https://www.militarytimes.com/news/pentagon-congress/2019/08/06/advocates-plead-to-keep-widows-tax-repeal-in-military-policy-measure/?utm_campaign=Socialflow+MIL&utm_source=facebook.com&utm_medium=social&fbclid=IwAR23d88xeV42orhOz1x9NJZOqGBLWc8WHRAwP1sd_xlSfquWOD2HXM9I6JY

	End on remarriage	Reinstated?	Age where you keep	
Tricare	Y	No (unless annulled)		
SBP (RCSBP)	Y	Yes	55	
DIC	Y	Y	57	
Social Security	Y	Y	60 50 if disabled	Marriage - 9 mo Only 1 ss pymt
CHAMPVA	Y	Y	55	
Dep. Educational Asst.	Y	Depends on date of remarriage	57	
VA Home loans	Y	Y	57	

Information about what happens to our benefits if we remarry.

From the *Remarriage Guide*
Erin Stone-Program Director for Council & Chapter Affairs

Global Markets, Shipping Shape Military Ops

AUG. 21, 2019 | BY C. TODD LOPEZ

[Click here to read this article online](#)

About 85% of the joint force resides inside the continental United States. When they need to move to an operation overseas, and their equipment needs to go with them, U.S. Transportation Command will be doing the heavy lifting.

Speaking yesterday at the Department of Defense Intelligence Information Systems Worldwide Conference in Tampa, Florida, Transcom's commander said much of Transcom's capacity to project U.S. military power around the globe relies on commercially procured transportation.

Just who is the ultimate owner of that commercial transportation — friend or adversary — is something Army Gen. Stephen R. Lyons said is being looked at all the time.

"When the sealift industry reorganized — when it was really in a downturn a couple years ago and reorganized and came out with three major alliances — one of those alliances was led by a French company. CGM, I think, is the name of the company," Lyons said.



CGM has alliances with COSCO Shipping, "the leading state-owned enterprise for China that is buying up all the ports globally, owns all the sealift, includes the sealift that will support PLA activities," he said.

The French-owned CGM also has an alliance with American-owned APL," which is one of our U.S.-flagged companies," Lyons said.

The general said he has spoken with the APL's CEO to discuss concerns,

"The question was, 'What does that kind of alliance mean?'" Lyons said. "You have to recognize that our traders have to trade with [the] Asia-Pacific. That's the vast majority of the trade. But what does that really mean in terms of data sharing and their level of understanding?"

Right now, he said, "it's a pretty clear bifurcation."

"But it's something we watch pretty closely," he said, "because we're not only competing for allies and partners, we're also competing for business partners that we're going to count on, that fly the U.S. flag, particularly on the sealift side."

Lyons said a "vendor vetting cell" is helping Transcom keep abreast of who is partnering with whom — and who owns ships that Transcom may one day need to call on to ship troops or tanks overseas.

"It's probably only one of two that are in the department," he said. "[U.S. Central Command] has one focused on their Centcom theater operations. But we have one ... [that] looks inside the subcontracting networks to make sure that our primes are doing business with the folks we want to do business with. We found a few that we didn't want, and we've got to work that through the broader acquisition communities."



AUGUST LUNCHEON PHOTOS



AUGUST OPERATION HELPING HAND DINNER PHOTOS



PHOTOS FROM AROUND THE WORLD



The Blue Angels, the Navy's flight demonstration squadron, perform during the 2019 Chicago Air and Water Show, Aug. 16, 2019.



A service member jumps out of an MV-22B Osprey during parachute training at Marine Corps Training Area Bellows, Hawaii, Aug. 13, 2019.



On Aug. 18, at 2:30 p.m. Pacific Daylight Time, the Defense Department conducted a flight test of a conventionally configured ground-launched cruise missile at San Nicolas Island, Calif. The test missile exited its ground mobile launcher and accurately impacted its target after more than 500 kilometers of flight..



Coast Guard personnel conduct a search and rescue demonstration from an MH-60T Jayhawk helicopter in San Diego, Aug. 10, 2019.



Army paratroopers take part in an airborne operation above the Frida Drop Zone in northeastern Italy, Aug. 8, 2019.



Airmen move through smoke during a tactical leaders course at Moody Air Force Base, Ga., Aug. 10, 2019.



Marines exit an MV-22B Osprey during a training exercise at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Aug. 3, 2019.



The USS Boxer, the USNS Tippecanoe and the USS John P. Murtha transit the Strait of Hormuz, Aug. 12, 2019.



Soldiers launch a missile using a Stryker-mounted antitank weapon system during training at the Grafenwoehr Training Area in Germany, Aug. 14, 2019.



U.S. and Indonesian Marines train together during the Korps Marinir Platoon Exchange 2019 program in Surabaya, Indonesia, Aug. 9, 2019.



Marines conduct a funeral escort for Marine Corps Sgt. Meredith Keirn at Arlington National Cemetery, Arlington, Va., Aug. 8, 2019.

**Operation Helping Hand
Honors our veterans and wounded heroes
featuring their creative artwork**

**2019
Star
Spangled
Art Event**

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Painting by Stuart Dwork



Painting by Carol Zieres



Painting by Stuart Dwork

**You are invited
to attend the Seventh Annual
Star Spangled Art Exhibit
at St. Petersburg College
Tarpon Springs Campus**



November 12th to December 10th

Sponsored by Operation Helping Hand, Tampa MOAA and
ST. Petersburg College, Tarpon Springs Campus

Reception

Saturday, November 16th 3-5PM

Refreshments provided

St. Petersburg College, Tarpon Springs Campus
600 E. Klosterman Rd. Fine Arts Building FA132

Come Join Us For A Very Special Event
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You can see all of our event information on our [Events Page](#).