

MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



Greetings to all! As the people of our Nation begin to “breathe” a little easier under their masks, we in Tampa are excited that the COVID-19 vaccines are being distributed widely. Many in our Chapter have received vaccinations and are pleased to have been in eligible populations offered early access to the vaccine. We ask all to remain provident in their steadfast execution of safe protocols. We look forward to seeing you all again at our monthly luncheons.

Next, I extend sincere thanks to all within our ranks that have continued to fervently conduct our chapter’s business. Over the past 90 days, we have stood up a Transition Committee and will hold our first event on 20 May 2021 in Tampa. Our Team has screened and selected two deserving collegiate-level scholarship recipients. We will recognize them at the May luncheon. Also, the Chapter has adopted, published, and implemented a new set of bylaws that reflect needed changes and incorporate suggestions from MOAA.

Activity and Advocacy

MOAA Tampa Chapter remains engaged and active in our community. Throughout the

newsletter you will note opportunities and events beckoning your support or participation. Your contribution in both ways, assisting or partaking, is welcomed and appreciated. I encourage you to seek out upcoming activities, and those responsible for planning and executing those events, and show your support.

Another way we continue to impact our community and constituents is through advocacy. Allison Reilly, an Associate Director for Government Relations at MOAA, published a great article that provides insight into the myriad ways we can ensure our voices are heard in a virtual environment. Please take a few moments to read the article and decide the method in which you will engage, advocate, and advance the initiatives important to our uniformed services. Here’s a link to make it easy: : [MOAA - Advocacy in a Virtual Environment: How to Make Your Voice Heard.](#)

On 20 April 2021, Lt. Col. Mark Belinsky, USA (Ret), Director, Currently Serving and Retired Affairs at MOAA, published two clarion calls to action that cannot be overlooked. We must respond. Please note the following:

1. In the article “Young Military Families Frequent Food Banks. Enough Is Enough,” Mark addresses the issue of food insecurity within our military ranks. The request of us is join with MOAA in support of the Military Hunger Prevention Act (H.R. 2339). Please follow this link and let our lawmakers know we will not allow military hunger to remain an issue: [Send a Message \(moaa.org\)](#)

2. Next, Mark highlights the insensitive act of withholding or recouping part or all of the last retirement payment check when a servicemember passes. His article, “Join MOAA and Support the Military Retiree Survivor Comfort Act,” explains the desired outcome of supporting the Military Retiree Survivor Comfort Act (H.R. 2214). Please follow this link and submit your letter to our lawmakers: [Send a Message \(moaa.org\)](#)

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Member of the Month

Our Honored Member of the Month for May 2021 is Chief Warrant Officer 3 (USA Retired) Billy Farrow. Bill recently passed on to eternal life yet remains in our thoughts and hearts. He was an integral figure in MOAA Tampa Chapter. Bill served as both the Chapter’s President and the Chairman, Operation Helping Hand. A very kind and caring gentleman, Bill could be found circulating around the monthly luncheon crowd brightening many days with sage wisdom and sound advice. He encouraged and challenged me to stay involved in MOAA. His words inspired me then and now to stay the course. Bill Farrow has indelibly etched his mark on this organization. A standard bearer and example for all, it is our honor to highlight his service this month.

Wrapping up:

In closing, I ask that you continue to support MOAA’s advocacy by sending out two letters supporting both the Military Hunger Prevention Act (H.R. 2339) and the Military Retiree Survivor Comfort Act (H.R. 2214). Please stay connected via our website and newsletter to all that is happening in our chosen sphere of influence. Let us not be distracted by the “crisis of the day” but deliberate and resolute in targeting issues relevant to those we represent.

Thank you for your support and confidence. Thank you for staying engaged. I look forward to seeing you all at this month’s luncheon, online or in person.

All the best,

Charles Dalcourt

UPCOMING EVENTS

6 May
10:00 AM
Board of Directors Meeting

13 May
11:30 AM Chapter Luncheon Meeting
-Columbia Centennial Museum
[see page 6 for details](#)

10 June Chapter Luncheon will move to Columbia Siboney Room

14-16 May
Florida Council of Chapters (FCOC) Convention
Sarasota, FL
[see page 2 for details](#)

20 May
Thriving After Military Service
[see page 12 for details](#)

WANT TO PLACE AN AD
[See page 17](#)

REMINDER:

SUBMISSION DEADLINE
FOR THE JUNE ISSUE IS

20 MAY 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 geowilly@aol.com or Tom South 813 975-5025 tsouth1811@gmail.com

LEGISLATIVE LOWDOWN

BY LTC REGINALD WILLIAMS, USA RET

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



As MOAA conducts Advocacy In Action by engaging Congressional Members virtually, servicemembers, veterans, retirees and dependents benefits remain the priority effort. MOAA staff has reviewed the President’s top-line budget and the impact on servicemembers and veterans. Let’s get right to it!

The White House Budget: What Early Figures Mean for You and Your Benefits

President Joe Biden unveiled his top-line FY 2022 budget request April 9, which includes plans for a small increase in overall DoD funding and a significant uptick in VA spending.

The 58-page document sent to Congress outlines the administration’s plans for the federal budget to “lay a foundation to reinvest in the Nation’s strength,” it states.

The president is required by law to submit the federal budget to Congress by the first Monday in February, but this is usually delayed when a new administration takes office. The White House is expected to lay out a more comprehensive budget within the next several months.

Congress began its review of the budget proposal in April, with hearings that will question administration officials about their requests. MOAA will monitor this process closely to ensure our legislative priorities are at the forefront of both Congress and the administration’s agenda.

While initial details are scarce, below are takeaways from the so-called “skinny budgets” of the federal agencies MOAA is tracking:

DoD

The DoD proposed budget is set at \$715 billion, a 1.7% increase from the FY 2021 enacted level and roughly 0.5% behind inflation. The plan has received criticism from both directions: Some lawmakers have stated this figure is not a sufficient increase to maintain a strong national defense, while others have questioned the need for even the limited increase.

The budget will “support America’s servicemembers and families,” according to the White House report -- a standout priority for MOAA.

“Military families are key to the readiness and well-being of the all-volunteer force, and therefore are critical to national security,” the report states. “The discretionary request supports military families by prioritizing programs that directly support military spouses, caregivers, survivors, and dependents.”

This priority is timely, following Jill Biden’s official reintroduction of the Joining Forces program last week; the first lady had outlined plans for the program’s relaunch shortly before the 2021 inauguration.

MOAA Joins Jill Biden in Announcing Joining Forces 2.0

The budget request did not include information on a military pay raise or any details on specific funding levels for the individual service branches. This information will be outlined when the administration releases a more detailed budget request in the coming months.

VA

The White House’s request calls for \$113.1 billion in discretionary VA funding, up \$8.5 billion (8.2%) from the (con’t P. 2)

(Legislative Lowdown con'td from p.1) FY 2021 enacted level. This money is in addition to the funds provided to the VA via the American Rescue Plan Act of 2021; find a full breakdown of those funds, via the VA's Vantage Point blog.

Priorities highlighted in the administration's request include:

- **Medical Care:** \$97.5 billion for VA medical care in the discretionary request, up \$7.6 billion (8.5%) from the FY 2021 enacted figure.
- **Suicide Prevention:** A nearly 75% increase to suicide prevention funding, from \$230 million to a proposed \$542 million.
- **Technology Improvements:** \$2.7 billion to continue advancing the VA's electronic health record modernization efforts, and another \$4.8 billion to the VA's Office of Information Technology.
- **Agent Orange Claims Processing:** \$40.3 million to hire 334 new claims processors to support claims for new Agent Orange presumptive conditions – a MOAA-backed benefits expansion that became law as part of the FY 2021 National Defense Authorization Act (NDAA) and an increase to hire more benefits claims processors to help with Agent Orange conditions and reduce the pandemic-caused backlog.
- **Medical Research:** \$882 million in discretionary funds – “the largest year-over-year increase in recent history,” per the report – for research on topics such as prosthetics, traumatic brain injury, and toxic exposure.
- **Memorial Services:** \$394 million “to ensure veterans and their families have access to world-class memorial benefits,” per the report.

Department of Commerce

The Department of Commerce would receive \$11.4 billion under this budget plan, an increase of 28% over the FY 2021 enacted level. Over half of this money -- \$6.9 billion, up \$1.4 billion from FY 2021 -- would go to the National Oceanic And Atmospheric Administration (NOAA), including \$800 million to expand climate observation and forecasting and help combat climate change-related challenges.

Department of Health and Human Services

The Department of Health and Human Services (HHS) would receive \$131.7 billion. This is a 23.5% increase from the FY 2021 enacted level. MOAA will continue to pay close attention to the upcoming hearings on the HHS proposed budget for more information about the U.S. Public Health Service (USPHS) and the administration's other health care priorities.

Department of Homeland Security

The Department of Homeland Security's proposed funding would be nearly equal to the enacted budget for FY 2021 at \$52 billion. The high-level budget plan does not provide details on Coast Guard funding.

MOAA's Role

As Congress begins the budget and appropriations process over the next several months, and simultaneously begins to work on the FY 2022 National Defense Authorization Act, MOAA will continue to engage with legislators on provisions important to preserving the well-being of the total force.

As a nonpartisan organization, we will remain focused on working with officials from both sides of the aisle on key issues to support servicemembers, their families,

retirees, veterans, caregivers, and survivors.

MOAA Board Member Outlines Need for Comprehensive Toxic Exposure Reform

Improving the care of veterans dealing with the effects of toxic exposure should be a priority for both Congress and the VA, a MOAA board member wrote in a recent commentary published by The Hill.

The need to reform this process comes as the long-term effects of burn pit exposure after the wars in Iraq and Afghanistan come into focus, writes Rear Adm. Tom Jurkowsky, USN (Ret), citing media reports on the issue as well as active legislation that would make critical changes to determining benefits eligibility, among other areas.

“Our organization believes the time has come for action on this issue – not for more studies and data collection efforts,” Jurkowsky writes for The Hill, a news outlet based in Washington, D.C., covering federal policy, defense, finance, and technology.

Comprehensive toxic exposure reform is one of three issues that make up Advocacy in Action, MOAA's signature advocacy campaign. MOAA supports multiple pieces of legislation that will improve these benefits for deserving veterans, their families, and survivors, to include the bipartisan Toxic Exposures in the American Military (TEAM) Act. Learn more about the legislation [at this link](#).

Jurkowsky also outlined the benefits of another bipartisan bill, the Veterans Burn Pits Exposure Recognition Act. Sen. Dan Sullivan (R-Alaska), who introduced the bill with Sen. Joe Manchin (D-W.Va.) said the legislation “does away with the unreasonable burden on veterans to prove that they were exposed to burn pits while serving at an installation where the pits were in use.”

This reform and others are key to a new generation of veterans avoiding some of the problems still faced by Vietnam veterans dealing with the effects of Agent Orange exposure. MOAA has worked to ensure those veterans receive the benefits they've earned, both with ongoing legislative efforts as supporting successful improvements in the treatment of Blue Water Navy veterans and the expansion of the list of conditions presumed connected to Agent Orange.

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

House Panel Tackles Growing Backlog of VA Compensation and Pension Exams

A March 23 House committee hearing addressed a critical VA exam backlog preventing hundreds of thousands of veterans from receiving earned benefits during the COVID-19 pandemic.

Almost 350,000 veterans are awaiting their compensation and pension (C&P) exams, a figure that's more than tripled since early 2020. These exams are a critical step in the VA disability claims process, determining a veteran's eligibility for access to VA health care, disability benefits, and other VA services. The exams were paused VA-wide in April 2020 because of the pandemic and restarted late the next month at some locations.

VA representatives and advocates from veterans service organizations (VSOs) addressed the backlog during the House Committee on Veterans' Affairs (HVAC)

Subcommittee on Disability Assistance and Memorial Affairs hearing, led by Rep. Elaine Luria (D-Va.), the subcommittee's chair, and its ranking member, Rep. Troy Nehls (R-Texas).

MOAA was heartened to hear the subcommittee's bipartisan concerns and calls for action to address the backlog and other issues of oversight. Key areas identified by the Government Accountability Office (GAO) and the VA's Office of the Inspector General (VA OIG) included:

- The Veterans Benefits Administration (VBA) lacks a long-term strategy to eliminate the C&P exam backlog in a timely fashion.
- GAO recommendations on the oversight of contracted examiners have yet to be fully implemented by VBA. Concerns remain that data from the oversight process still cannot be fully used to analyze the operations of the program.
- OIG and GAO concur that VBA lacks and should develop a detailed, written plan to address the backlog, the quality of contracted examiners, and ensure there is uniform guidance across all levels of VBA and VHA.

MOAA shares the concerns identified by GAO and VA OIG: Without a well-defined strategy to address these issues, thousands of veterans will continue to go without access to critical benefits.

The Path Forward

During a March 25 HVAC hearing, VA Secretary Denis McDonough outlined four guiding principles for his vision of the future of the department. You can learn more about his approach and other plans for the VA [at this link](#).

McDonough is committed to improving VA's outreach and engagement with veterans, their caregivers, their families, and survivors. More work is required to address the backlog and the quality of contracted C&P exams, but the secretary has been hard at work, in his first 45 days, to address all areas of veteran health care and benefits.

MOAA will continue to engage with VA, Secretary McDonough, Congress, and our VSO partners to improve the quality of, and timely access to, VA health care and benefits. The growing backlog of C&P exams must be addressed by the VA, the training of VBA-contracted examiners must improve, and GAO and VA OIG recommendations for these areas must be fully implemented.

Please remember to take action! [MOAA Take Action Center](#)
Sources:

- 1) [www.moaa.org](#), article by Allison Reilly, April 13, 2021
- 2) [www.moaa.org](#), article by MOAA Staff, April 12, 2021
- 3) [www.moaa.org](#), article by Brenden McMahon, March 31, 2021

MAJ Richard Star Act - Concurrent Receipt 20210218, see next two pages.

Florida Council of Chapters

Convention 2021

Sarasota Westin Hotel

May 14 to 16

Host Chapter - Military Officers Association of Sarasota, Inc.

The FCOC is happening this year! The room cost for the convention in Sarasota is \$159 (includes valet parking). There's a \$30.00 registration fee and the meals are \$25.00 each. All the details can be found on the FCOC website, [moaafi.org](#).



February 18, 2021

The Honorable Adam Smith
Chair, Armed Services Committee
U.S. House of Representatives
Washington, DC 20515

The Honorable Mike Rogers
Ranking Member, Armed Services Committee
U.S. House of Representatives
Washington, DC 20515

The Honorable Jack Reed
Chair, Armed Services Committee
United States Senate
Washington, DC 20510

The Honorable James Inhofe
Ranking Member, Armed Services Committee
United States Senate
Washington, DC 20510

Dear Chairmen Reed and Smith and Ranking Members Inhofe and Rogers:

The Military Coalition (TMC), a consortium of uniformed services and veterans' associations representing more than 5.5 million current and former service members, their families, and survivors, write to express our support of the *Major Richard Star Act*.

Under current law, Servicemembers who are medically retired due to combat-related injuries before reaching 20 years of service are prevented from collecting both their service earned retirement pay and VA disability compensation. These two benefits, established by Congress for entirely different reasons, are nonetheless subject to a statutory offset. In recognition of this injustice, medically retired personnel may apply for Combat Related Special Compensation that partially makes up for this injustice. The *Major Richard Star Act* will authorize concurrent receipt of DoD retired pay, for years of service, and VA disability compensation for injuries incurred in service. This legislation is another small step in correcting a larger concurrent receipt problem.

In 2004, Congress acknowledged the injustice of the offset by granting concurrent receipt for retirees with at least 20 years of service who are rated 50 percent disabled or greater. However, those who are 40 percent disabled and below, and those who were unable to complete 20 years of service due to service-connected injuries or illnesses are still subject to the offset. An incremental approach to correcting this injustice should start with those injured in combat in recognition of their extraordinary sacrifices in defending our Nation. Military retired pay is an earned benefit for vested years of service. Service-connected disability compensation is for injury. To deny retired pay because of a disability is an injustice.

As such, we request you ensure the *Major Richard Star Act* is incorporated into the FY22 National Defense Authorization Act to provide our veterans with the compensation they have rightfully earned.

Sincerely,

Jack Du Teil
President,
The Military Coalition



The Military Coalition:

Army Aviation Association of America (AAAA)
 Air Force Association (AFA)
 Air Force Sergeants Association (AFSA)
 American Veterans (AMVETS)
 Association of Military Surgeons of the United States (AMSUS)
 Association of the United States Army (AUSA)
 Association of the United States Navy (AUSN)
 Blinded Veterans Association (BVA)
 Chief Warrant Officers Association of the US Coast Guard (CWOA)
 Commissioned Officers Association of the U.S. Public Health Service, Inc. (COA)
 Enlisted Association of the National Guard of the United States (EANGUS)
 Fleet Reserve Association (FRA)
 Gold Star Wives of America (GSW)
 Iraq Afghanistan Veterans Association (IAVA)
 Jewish War Veterans of the United States of America (JWV)
 Marine Corps League (MCL)
 Marine Corps Reserve Association (MCRA)
 Military Chaplains Association of the United States of America (MCA)
 Military Officers Association of America (MOAA)
 Military Order of the Purple Heart (MOPH)
 National Guard Association of the United States (NGAUS)
 National Military Family Association (NMFA)
 Naval Enlisted Reserve Association (NERA)
 Non Commissioned Officers Association (NCOA)
 Reserve Organization of America (ROA)
 Service Women's Action Network (SWAN)
 Tragedy Assistance Program for Survivors (TAPS)
 The Retired Enlisted Association (TREA)
 The Independence Fund (TIF)
 United States Army Warrant Officers Association (USAWOA)
 USCG Chief Petty Officers Association (CPOA)
 Veterans of Foreign Wars (VFW)
 VetsFirst, United Spinal Program
 Vietnam Veterans of America (VVA)
 Wounded Warrior Project (WWP)

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



2021 OFFICERS:

PRESIDENT: COL CHARLES DALCOURT USA RET

1ST VP: VACANT

2ND VP: COL BILL SCHNEIDER USA RET

IMMEDIATE PAST PRESIDENT: COL CAROL ZIERES USA RET

TREASURER: LT COL KENNETH MARTIN USMC RET

SECRETARY: CDR GEOFF HARRINGTON USNR RET

SENIOR CHAPLAIN: COL BERNARD H LIEVING JR USA RET

JUNIOR CHAPLAIN: CDR RICHARD HELVESTON CHC USNR RET

MOAA MISSION STATEMENT

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

Tampa Chapter



5 Star MOAA Chapter 2002, 2004-2017, 2019



2020 Recipient of the 5 Star Col. Marvin J. Harris Communications Award



Chairman of the Joint Chief's Outstanding Public Service Award

Military Officers Association of America

TAMPA CHAPTER MISSION:

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

GENERAL CONTACT INFO:

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



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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).

May Luncheon Guest Speaker:

Mike O'Dell, President & Founder, Hillsborough County Veterans Helping Veterans, Inc



I grew up in Cold Spring, New York, and entered the Navy at the age of 17. Unfortunately, I was medically retired at the age of 19. I did electrical work before entering the Navy, and while on active duty went to electrical school. I continued my electrical career until retirement in 2014. Throughout the years I struggled with my disability until I had to retire in 2014. I've been working with veterans most of my life, and joined the Disabled American Veterans (DAV) in 1973 and the American Legion in 1975 in conjunction with the fleet reserve. Currently the Vice President of the Vietnam Veterans of American in Tampa and served as the president for 4 years, and I am also the Senior Vice Commander of the DAV in Sun City Center, a mentor in the Veterans Treatment Court, and the founder and President of Hillsborough County Veterans Helping Veterans Inc.

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



In the month of May we celebrate many things. Month of the Military Caregiver, National Military Appreciation Month, National Nurses Week, National Prayer Day, Military Spouse Appreciation Day, Mother's Day, Armed Forces Day and Memorial Day. We remember. Nurses' week is an annual celebration of nurses worldwide for

the work they do for others. And as a happily retired Navy Nurse, the Navy Nurse Corps Birthday is 13 May just a day after Florence Nightingale's birthday. Armed Forces Day we celebrate those currently serving in uniform, while Memorial Day we honor those who died while serving. We also have the Florida Council of Chapters Convention 14-16 May in Sarasota, and the first of an ongoing event for any Veterans transitioning from military service that will be free to all who attend. COL Paul McAneny, USAF (Ret) is leading the charge for this amazing opportunity to learn things about transitioning into our local community. A very different day of topics from your usual transition seminars. It'll be on 20 May. Please read the newsletter to find out more!

We had a busy month in April honoring our JROTC Award winners at our luncheon, and more being honored as of the writing of my comments. More information to come next month.

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 May, Member of the Month, is CW3 Bill Farrow (Ret) for his patriotism and outstanding service in support of the MOAA Tampa Chapter as Chapter President and Operation Helping Hand and many other organizations. Sadly, Bill passed suddenly this past March. I feel like I knew him from many of you who shared so many wonderful stories with me. How appropriate that we remember Bill during this month of remembering so

many who have served before us over the upcoming Memorial Day.

I'm also pleased to get to know our Chapter Member Spotlight for May, LTC Paula Stewart, USA (Ret). Our chapter is looking forward to her leadership and energy as she develops our outreach to the homeless veterans in our community.

I want to thank Bob Sawallesh for continuing to share news articles and for taking photos at our monthly luncheons. 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. It's important that you tell and share your story with us!

So, let us pray, not just on National Prayer Day, but every day for all those who have served and those who have supported all serving. In this crazy pandemic world, let us recognize the nurses (and other health care workers) who have given so much during this most difficult time, and honor our nurses in uniform. I love a quote from General George Patton, "It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." I know that I remember two of my uncles who died while serving during WWII. I know that I will never forget them but wish more that I had known them. 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).

MOAA National, the Florida Council of Chapters, and the Tampa Chapter are non-partisan organizations. The views expressed in individually signed articles and the advertisements that appear in this publication/website

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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 Colombia Centennial Museum 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

MOAA NATIONAL: www.moaa.org

OPERATION HELPING HAND: www.operationhelpinghandtampa.com

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

As a member of MOAA, you are entitled to exclusive member benefits and discounts. Find out more about our member-only services and offers or explore the topics that most interest you.

UPDATE OPERATION HELPING HAND



LTC JIM GRIFFIN
Chairman, OPHH

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



This past April, we were able to have the best BOB SILAH MEMORIAL GOLF TOURNAMENT we have ever had. Special thanks to all the sponsors and a very special thanks to all the participants we gave their time and money to support the mission of OPERATION HELPING HAND.

On 17 APRIL, while representing the TAMPA MOAA CHAPTER, OPERATION HELPING HAND volunteers made a strong showing at the VETERANS PLAZA at SUN'N FUN in LAKELAND. During our all day stay we met a large number of MOAA folks and many, many veterans from all

wars dating back to WW II. Special thanks to BILL SCHNEIDER and BOB SAWALLESH for making it a very special day.

OPERATION HELPING HAND will need your continued support to allow us to continue our vital program of service to our active duty wounded and injured and their families. This support can be through donations by checks or [using our website www.operation-helpinghand.com](http://www.operation-helpinghand.com).

Every great anything in life, whether it is a company, a non-profit, or an individual, they all have one thing in common and

that is resilience and perseverance. They have all at one time failed. But it is the resilience, it's the perseverance, it's the will to keep moving forward, it's the willingness to learn and develop and let those things develop you. TAKE IT UPON YOURSELF TO RECRUIT NEW CHAPTER MEMBERS!

STAY SAFE, HEALTHY AND RESILIENT!

OUR TREMENDOUS GROUP OF VOLUNTEERS MAKE ALL OF THIS POSSIBLE!

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.



MAY CHAPTER MEMBER SPOTLIGHT

LTC Paula Stewart, USA (Ret)



My name is Paula Stewart. I am a native of Atlanta, Georgia, where I attended a combination of Roman Catholic and public schools, and I graduated from Spelman College with a BS in biology. I was one of the very last women to be commissioned in the Women's Army Corps of the United States Army. Not long before the corps was disestablished in 1978, I was selected to become an Adjutant General Corps Officer. For the next 24 years, my assignments ranged from APO Postal Officer to Public Affairs Officer, Personnel Management Officer for Enlisted Personnel, Army Family Action Program Planning Officer, Operations and Training Officer, Inspector General, and Resource Management Officer. I retired in 1997.

I currently live in downtown Tampa not very far from my son and daughter-in-law, both United States Air Force veterans. I have two adult grandchildren, one of whom just completed a four year tour of honorable active duty service in the United States Marine Corps, and the other is studying to be a veterinary doctor. I am a member of St. Andrew's Episcopal Church where I serve alongside other Eucharistic Ministers and Lay Readers. I also belong to the church's chapter of the Order of the Daughters of the King. In addition to being a lifetime member of the Military Officers Association of America, I am a member of the American Association of University Women. I have tutored many young and old people in adult literacy and English as a Second Language programs. My passion now is volunteering to help my neighbors who are homeless and I have a particular interest in supporting homeless veterans regain their dignity and sustain themselves as functional citizens of the country.

I enjoy classical and jazz music, non-fiction reading, walking and swimming, flower gardening in clay and ceramic pots, going to symphony concerts and live theater performances, and I'd like to pretend I can still horseback ride!



MAY LUNCHEON MEETING

EVENT: Chapter Monthly Luncheon Meeting

DATE: Thursday, 13 May

TIME: 1130 hours

LOCATION: Columbia Centennial Museum 2029 E 7th Ave, Ybor City

RESERVATIONS: Call 813-676-4676 and follow prompts or reply to reminder email. Reservations must be made by NOON Friday, 7 May. Reservations are limited to 50.

CANCELLATIONS must be made by NOON Monday, 10 May by calling 813-676-4676.

REMEMBER a reservation made is a reservation paid.

COST: Event cost \$30 payable by check or with cash.

MASKS are required except when eating.

MENU: Pollo con arroz; roast pork; fresh green beans; black beans; plantanos; 1905 salad; cuban bread; dessert; coffee, iced tea; soft drinks.

PARKING: Across the street from the Columbia Restaurant; behind the Columbia Restaurant and behind the Centennial Museum

DRESS CODE: Business Casual (slacks/shirts with collars).

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.

ZOOM LINK: For members who are not able to attend in person, the meeting will be on ZOOM: <https://triple-strand-global-solutions.zoom.us/j/5850402462> Meeting ID: 585 040 2462



BULLETIN BOARD

CARING FOR OUR "SHUT-IN" MEMBERS

Our Chapter wants to become aware of members who are hospitalized, homebound, in care facilities or just plain sick and has provided a way for you to inform us. Please contact CDR Geoff Harrington USNR Ret at (813) 926-7988 so that he may call or send cards to let them know they are missed.

Alternatively, you may send an e-mail to:

TampaMOAA.Secretary@gmail.com

CDR Geoff Harrington USNR, Ret, Sick Call Chairman

IMPORTANT DATES IN MAY 2021

Month of the Military Caregiver
 National Military Appreciation Month
 1 May Silver Star Service Banner Day
 6 May National Day of Prayer
 6-12 May National Nurses Week
 8 May VE Day
 9 May Mother's Day
 13 Children of Fallen Patriots Day
 13 May Navy Nurse Corps Birthday
 15 May Armed Forces Day
 31 May Memorial Day

Coalition Corner

Submitted by: **BGEN Henrik Larsen**

Dear MOAA members,

I am writing this while touring Grand Canyon, Bryce



Canyon and Zion National Park. For those of you who are not aware I can inform you that Denmark is flat like a pancake. The highest point is less than 1000 feet. If we consider Greenland and the Faroe Islands - both part of the Kingdom of Denmark we of course have mountains as well. Anyway, for us this tour in Arizona and Utah is absolutely spectacular. The Muslim

nations are currently observing Ramadan. As that affects almost all nations within the CENTCOM area of responsibility I have kindly asked the Senior National Representative from Pakistan Brigadier General Ramay to provide some insight on facts related to Ramadan. I hope you will appreciate his contribution to this edition of The Retrospect.

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

RAMADAN – A MONTH OF FASTING

1. Muslims observe Ramadan, the ninth month of Islamic lunar calendar as a month of fasting. The act of fasting is one of five "Pillars of Islam"; others being declaration of faith, five daily prayers, almsgiving (Zakat) and pilgrimage to Makkah. Ramadan places more emphasis on following the teachings of Islam as Fasting redirects the heart away from worldly activities, cleansing the soul from impurities. Ramadan teaches how to better practice self-discipline, sacrifice and empathy for those who are less fortunate thus encouraging generosity and charity. Practices during Ramadan are: -

· Fasting. Ramadan is a period of spiritual emancipation during which able-bodied Muslims abstain from eating, drinking and sexual relations from dawn to sunset each day. Sick, travelers and lactating or menstruating women are exempted who can later either complete missed days of fasting or feed the poor as compensation.

· Suhoor and Iftar. Each day before dawn, Muslims take pre-fast meal called suhoor while at sunset families break the fast together in well laid out Iftar meals. Large family as well as social gatherings for sharing Iftar is common throughout the Muslim world and at some places appear as a festivity.

· Charity. Zakat (that which purifies) is a form of almsgiving to Muslim community and is treated as a

religious obligation or tax in Islam. By Quranic ranking it is next after prayer in importance. Zakat is based on value of all of one's possessions and is calculated as 2.5% of the amount which is beyond a person's basic needs. Muslims believe that reward for good deeds is multiplied seventy folds during Ramadan, hence large number of other voluntary charities are common throughout this month creating balanced wealth distribution in society.

· Increased Prayer and Recitation of Quran. Muslims increase recitation of Holy Quran during Ramadan as special nightly prayers are organized in mosques where Imams recite Holy Quran from memory. During last ten days of Ramadan, some devout Muslims isolate themselves in mosques concentrating on prayer, recitation of Quran and self-reflection.

2. End of Ramadan (Eid ul Fitr). A festive holiday Eid ul Fitr marks end of Ramadan as Muslims offer a special morning prayer, greet relatives and friends, host banquets while taking care of poor and needy. Every Muslim, before going for Eid prayer has to give special charity to needy so that they can also celebrate the holiday.

3. Health Benefits of Fasting. Fasting cleanses our body of toxins, improves blood pressure and cholesterol levels thus protecting from heart diseases. Fasting is also known to boost cognitive performance, protect from obesity and associated chronic diseases, reduce inflammation, improve overall fitness and support weight loss.

April Luncheon Photos



CHAPTER MEMBER OF THE MONTH CW3 BILLY FARROW, USA (RET)



Our chapter honors Bill Farrow as our Member of the Month. Sadly he passed suddenly this past March.

Bill was born on May 23, 1931, in Fountain Inn, SC. He was preceded in death, by his wife of 63 years, Sybil McElreath Farrow, who was his partner through this life, and who he cherished dearly. They had three sons, five grandchildren and three great grandchildren. He graduated from Spartanburg High

School in Spartanburg, SC, attended Wofford College also in Spartanburg, SC earning a BS in Psychology. He earned his Sociology degree from the University of Texas, and a masters degree from Golden Gate University of San Francisco, California with additional studies at the University of Utah in Salt Lake City.

Bill had a distinguished career in the Military, serving in the occupational forces in Germany in 1950. While serving in Korea in 1959, he was tasked along with 11 soldiers, to travel to Vietnam, and assess the situation to determine what might be needed from an outsiders point of view. Later he served two tours of duty in Vietnam, one in 1966 the other in 1969. He later retired from the army in 1974, and went to work as the operations director for the Dallas and Atlanta Salvation Army. Bill retired as a US Army Officer in 1974 after 23 years of honorable service.

He held several Chairman, President, Vice President and Board of Director positions with the following: Hillsborough Heart Association, Salvation Army, Prevention of Blindness, American Red Cross, Military Officers Association of America (Tampa Chapter), Member Operation Helping Hands, Florida State Campers on Mission. We will always be inspired by Bill's ability to leave one feeling better for having known him, and remember him for his invaluable contributions as President of the MOAA Tampa Chapter and his work as Chairman for Operation Helping Hand.

Jim Griffen remembered Bill: BILLY FARROW was a dear friend, a mentor and a much needed consultant for the tasks that laid ahead for me. First as TAMPA CHAPTER PRESIDENT and later as CHAIRMAN OPERATION HELPING HAND sound wisdom and input were needed and requested. I had the privilege of serving with BILL for many years both organizations. Both his insight and passion was shared with me on the conduct of both of these positions. Before presiding over my first luncheon as MOAA CHAPTER PRESIDENT, BILL (as we all called him) presented me with a silver business card case that he said should only be used on very special occasions. As I write this, I have the case sitting before me and remembering the special occasions that I have used the case. I have long since realized that it was not the occasion, but the fact that I remembered who gave it to me made the occasion special. On one occasion we exchanged some sound life living attitudes. I told him one of the sayings that my father always used on my brother and me: "Winners develop the habit of doing things that losers don't like to do." Then BILL gave me his thoughts that were in the "from BILLY FARROW'S HEART": "Life is a gift to you. The way you live your life is your gift to those who come after. Live it well., enjoy today, do something fun, be happy, have a great day." I have taken these simply words of wisdom to heart and will always try to live up to them. Bill Farrow will always be in my thoughts.



in

April Luncheon Guest Speaker

**Valerie McDonald: District Secretary to State Representative Andrew Learned, District 59
The Florida House of Representatives**



Valerie McDonald spoke on behalf of Representative Andrew Learned at our April luncheon. Of note are two bills that are in the Florida House that are in the process of being voted on. HB 492 designates certain k-12 schools in Hillsborough County as "military-friendly" by providing additional support & programs to transitioning military families. This program would be a first for Florida as this program is only available in 9 other states (Texas, Tennessee, Virginia, Ohio, North & South Carolina, Arkansas, & Georgia). This bill also passed all the committees and is on its way to the floor for a House vote, but we don't know what day it'll be heard. Quote: "Those who dedicate their lives to serving our country deserve to know that their loved ones are being taken care of at home. As a Veteran, and father of two wonderful 8-year-olds, I know moving schools can be an incredibly frustrating experience, especially for young students. The Purple Star Campuses Act will support our military families during these challenging periods and get our educators the tools they need to help military-connected students be successful."

HB 1097 gives the VA the ability to recruit & hire qualified physicians by removing some of the hurdles they would normally be faced with. We found out late Friday, that this bill will be on the floor for a House vote on Tuesday!!

Quote: "I believe the men and women who've served our country deserve the best healthcare available; however, many VA hospitals are experiencing a severe shortage of practicing physicians. I believe the men and women who've served our country deserve the best healthcare available; however, many VA hospitals are experiencing a severe shortage of practicing physicians."

My First Bill: Helping Military Families

submitted by William Mitchell



Today, I'm proud to announce that I have filed my first bill in the Florida House.

HB-429, the Purple Star School Program is a bipartisan effort along with Senator Tom Wright (R) and

Representative Pat Maney (R) to designate schools that are particularly military-friendly. This bill will help our transitioning military families access the best education possible for their kids while they serve here in the Sunshine State.

Investing in education and standing with our Veterans and military families were big themes of my campaign and I'm excited to deliver out of the gate. It was also a particular honor to work with Senator Wright on this in a bipartisan way. I can't think of a better time than now to put the politics aside and get something done for the people of Florida.



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!



MOAA Tampa Chapter Join Form

Name _____

Rank _____ Service _____

Status _____

Street Address _____

City _____ State _____ Zip _____

Email _____

Phone (____) _____ - _____ cell (____) _____

Date of Birth Month _____ Day _____

Spouse _____

Emergency contact: Name _____

Phone _____

MOAA National Member Number _____

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

MOAA National annual dues: \$48.00. You can join National MOAA at their website: moaa.org

MOAA National Lifetime dues: Based on age.

Range: \$851-\$0

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

“MOAA Tampa Chapter”, to:

Bill Schneider

15888 Sanctuary Dr.

Tampa, FL 33647

Tips On Navigating Through Emotionally Sensitive Dates

Submitted By Renee Brunelle



I am guessing that all of us have specific dates that come up on the calendar every year that really sting a little at our hearts. It could be a Death Anniversary, Birthday, Wedding Date or even a Holiday that is simply a tough day to get through. After numerous sessions of Grief Counseling and many discussions with grief professionals I hope a few tips will give a bit of relief.

- For many people the first year of life without their loved one is the hardest. Numerous adjustments to the daily routine are necessary to get your life back in order. Often the list of "to-do's" keeps you so busy.
- For myself the second year was the hardest because I was accustomed to full year deployments. I had my own way of getting through the time as best as possible with my life "on hold". The reality that there was no need to be ready for a homecoming was painful.
- Time can make the grief less painful but no one has the same experience. Each one of us has the set the tempo and be honest with our loved ones about what that looks like. Some people will feel you are going to slow and others will feel you are moving too fast. It's up to you to know what is right.

- Give yourself Grace in transitioning to the new life you did not want to experience without your loved one. COVID forced a lot of us to reevaluate what is important in our lives and worthy of our time.
- It's okay to ask for help. Most people are at a loss when your loved one passes but are a phone call away. My friend is on speed dial to fix my finicky printer.
- Remember and Reminisce the special times you were able to share with your loved one. I often share that "I was lucky to have those loved ones in my life as long as I did".
- Find a way to remember your loved one in a manner that feels comfortable for you. That could be a collection of pictures and items they loved. Perhaps deciding upon a special place to keep their belongs so you can find everything easily if needed.

Allowing yourself or someone you care about the ability to determine their own healing process is so important. In my professional life I have spoken to so many people who have lost a loved one. Each one has an unique experience and story to share. I trust some of the tips might help a little.

What You Don't Know

Submitted by F. Scotty Cleland

On Jeopardy the other night, the final question was:

"How many steps does the guard take during his walk across the Tomb of the Unknown?" All three missed it. Tomb of the Unknown Soldier

1. How many steps does the guard take during his walk across the Tomb of the Unknown and why? 21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.
2. How long does he wait after his about face to begin his return walk and why? 21 seconds for the same reason as above.
3. Why are his gloves wet? His gloves are moistened to prevent his losing his grip on the rifle.
4. Does he carry his rifle on the same shoulder all the time and if not, why not? He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.
5. How often are the guards changed? Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.
6. What are the physical traits of the guard limited to? For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30".

Other requirements of the Guard: They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform {fighting} or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror. The first six months of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe E. Lewis {the boxer} and Medal of Honor recipient Audie Murphy, {the most decorated soldier of WWII} of Hollywood fame. Every guard spends five hours a day getting his uniforms ready for guard duty.

ETERNAL REST GRANT THEM O LORD, AND LET PERPETUAL LIGHT SHINE UPON THEM.

In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment.

They respectfully declined the offer, 'No way, Sir!' Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a service person. The tomb has been patrolled continuously, 24/7, since 1930.

God Bless and Keep Them - I don't usually suggest that many posts be forwarded, but I'd be very proud if this one reached as many people as possible. We can be very proud of our young men and women in the service no matter where they serve.

Duty - Honor - Country IN GOD WE TRUST



MEDICAL CORNER

Beware of Adverse Reactions With Prescription Drugs

Prescription drugs can be a blessing if used properly but misuse of these medications is a huge problem in America. According to the [Centers for Disease Control and Prevention](#), adverse drug events, or ADE, cause 1.3 million emergency department visits each year. Over 350,000 patients annually need to be hospitalized for treatment after landing in the E.R. for ADE's.

Older adults are seven times more likely to be hospitalized for drug mishaps because they usually take more prescription medication than younger people and should be closely monitored, says Ellen Kamhi, Ph.D., author *The Natural Medicine Chest*. "These adverse drug reactions account for a whopping 106,000 deaths a year, at a cost of \$12 billion," she says. A recent study published in the *New England Journal of Medicine* found that one in four patients suffered side effects from prescription medications, and 13% suffered serious reactions such as internal bleeding or low blood pressure.

According to [WebMD](#), 55% of Americans take prescription medication regularly, and also take, on the average, four over-the-counter drugs, vitamins and other dietary supplements. Among those who take prescription drugs, 53% get them from more than one healthcare provider. Statistics show that the average older adult takes four or more prescription drugs each day but a whopping 39% of seniors take five or more prescription medications daily. This is called "[polypharmacy](#)" and can be deadly.

"Considering you are at risk of adverse drug events if you take two or more medications — and an extremely increased risk if you take four or more — many Americans are putting their health at risk on a daily basis," says Kamhi. Kamhi says that fueling the rise are significant jumps in prescriptions to treat type 2 diabetes, depression, anxiety, blood pressure, cholesterol, heartburn, and acid reflux — drugs normally associated with adults. Adverse reactions can also

occur by mixing prescription drugs with other drugs you may be taking, says Dr. David Newman-Toker, Ph.D., director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence.

"Make sure your doctor knows every drug, herb, or supplement you are taking," he says. "This helps keep records up to date and can prevent negative interaction between medications. Also reveal any allergies you have. Make sure that you can read the prescription and double check with the pharmacist to ensure that the treatment is correct." Kamhi says that the root of the problem is that prescription drugs have been over prescribed for conditions that could be treated safely and sanely with lifestyle modifications.

"Ideally, the best way to reduce your risk of having an adverse reaction to a drug is to limit your exposure in the first place," she says. "This is something that can — and should — be done as a matter of course throughout your life.

"Here are some tips on reducing the need for unnecessary prescription drugs. Always check with your healthcare professional before making any changes to your diet or medication.

- Eat plenty of health-promoting fresh and raw foods. Always limit processed foods and sugar in your diet, says Kamhi.
- Choose locally grown ingredients whenever possible.
- Include monounsaturated fats which are found in avocados, olive oil and nuts, and omega-3 fats found in fish.
- Make sure that you get enough sleep. Aim for 7-9 hours of quality sleep nightly.
- Manage stress. Calm your mind by using deep breathing and meditation techniques. Stress adversely affects your immune system.
- Exercise regularly. Regular exercise is a proven way to keep both your mind and body healthy, says Kamhi, the author of *Arthritis, an Alternative Medicine Definitive Guide*.

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Study of Marine Recruits Reveals Imperfect Immunity Effects of Having COVID-19

A study of more than 3,000 Marine recruits indicates that having a case of COVID-19 doesn't necessarily keep young people from getting the illness again. The research, conducted during six months last year at the [Marine Corps'](#) recruit depots, found that 10% of 189 recruits known to have previously had COVID-19 became reinfected with the virus while in quarantine or during boot camp. The risk of reinfection was five times lower than the infection risk among those who



hadn't previously had the virus, but shows that people can get COVID-19 more than once and can pass it along to others, wrote researchers from the Naval Medical Research Center and the Icahn School of Medicine at Mount Sinai in New York.

"Our findings indicate that reinfection by SARS-CoV-2 in healthy young adults is common," said senior author Dr. Stuart Sealfon, a neurology professor at the medical school, using the technical name for the disease. "Despite a prior COVID-19 infection, young people can catch the virus again and may still transmit it to others."

The study, published April 15 in [The Lancet Respiratory Medicine](#), assessed 3,249 18- to 20-year-old Marine recruits, 90% of whom were male, who were tested for COVID-19 antibodies after arriving for supervised restriction of movement at boot camp. During the six-week study period, 2,346 were followed for the duration and were tested for COVID-19 every two weeks after quarantine. Initial antibody testing found that 189 were "seropositive" on arrival at boot camp, indicating they previously had a COVID-19 infection. Of those, 19 contracted COVID-19 during the study period. Of the recruits who showed no evidence of a previous coronavirus infection, 1,079, or 48%, were diagnosed with COVID during the six-week study period.

The viral loads of the reinfected recruits were roughly 10 times lower than those in the newly infected, and most of the reinfected had asymptomatic or mild cases of COVID-19, according to the report.

The authors said the study is significant because it can help determine the rate at which reinfection occurs following natural immunity or vaccine-induced immunity. That calculation could help determine when the U.S. population may reach "herd immunity" -- the proportion of the population with immunity developed by either having the illness or receiving a vaccine -- that can deprive the coronavirus of hosts, leading to a decline in prevalence and cases. "Despite a prior COVID-19 infection, young people can catch the virus again and may still transmit it to others," Sealfon said. "This is an important point to know and remember as vaccine rollouts continue. Young people should get the vaccine whenever possible, since vaccination is necessary to boost immune responses, prevent reinfection, and reduce transmission."

The authors also said the study had some limitations, including that it likely underestimated the risk of reinfection in previously infected individuals because it didn't include individuals with low levels of antibodies.

In commentary accompanying the research, two infectious disease experts also noted that without having sequenced the virus in both the first and second infections, it's difficult to determine whether the repeat cases were actually reinfections and not the result of the patient harboring a persistent COVID strain. But the results do show that having had a COVID-19 infection does provide "an important, albeit limited protection, for new infections," even as it does not provide an "almost universal and long-lasting protective immunity unlike that seen in measles, for example," wrote Dr. Maria Velasco of Hospital Universitario Fundacion Alcorcon, and Dr. Carlos Gujardo of Rey Juan Carlos University, both in Madrid.

They added that the results show that even young people with a previous COVID-19 infection should be vaccinated to target transmission from asymptomatic individuals and improve immune response.

"Reports suggest that vaccine-induced immune response might be higher than that elicited by SARS-CoV-2 infection, suggesting that vaccination might be more effective in preventing new infections," they wrote. As of Monday, there have been 183,875 cases of COVID-19 diagnosed in U.S. service members, including 66,598 in the [Army](#), 37,379 in the [Navy](#), 30,538 in the [Air Force](#) and 21,353 Marines. Nearly 27,000 cases have been tallied in the [National Guard](#) and 1,105 additional cases among personnel assigned to Defense Department agencies. Twenty-four service members have died, including three active-duty Army soldiers, five active-duty Navy sailors, six Army Reserve members, two Navy Reserve members and eight Air Force or Army National Guard members.

Source: <https://www.military.com/daily-news>



Thriving After Military Service





**Retired Members of the
MOAA Tampa Chapter**










WHAT: “Thriving After Military Service” Transitioning Veteran Event

WHO: Hosted by the MOAA Tampa Chapter

WHERE: Hyatt Place Tampa Airport/Westshore Hotel, 4811 W Main St., Tampa, FL

WHEN: Thursday, 20 May from 9:00 am - 3:00 PM

WHY: There are a multitude of events for transitioning military members, BUT none quite like this! The typical event focuses on resume development, interview skills, dressing for success, building your elevator speech, etc., while our event goes a completely different direction.....
.....we are focused on helping military members support themselves and their families now that they have the opportunity to put down real and lasting roots in the Tampa Bay community.

COST: No cost. **Open to ALL RANKS and spouses!** Light complimentary lunch & beverages provided.

REGISTER: Seating is limited. Click the following link to register: <https://www.eventbrite.com/e/thriving-after-military-service-seminar-tickets-150903050085>.

**Due to COVID19, space is limited to ensure appropriate spacing and compliance with all safety requirements, including mask wearing. Complimentary masks and hand sanitizer will be available.

Celebrating Nurses’ Week

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

When Is Nurses’ Week?

Nurses’ week takes place between Thursday, May 6 – Wednesday, May 12, 2021. May 12 is significant as it marks the revered Florence Nightingale’s birthday.

It takes place annually and this is going to mark the 201st year of celebrating Nurses’ Week.

Nurses have sacrificed so much for the community. It’s only fitting that there’s a week dedicated to giving back to them.

What Is Nurses’ Week?

Nurses’ week is an annual celebration of nurses worldwide for the work they do for others. The week allows people the chance to acknowledge the nurses in their lives. It also provides an opportunity to thank nurses within the industry as a whole for the work they’ve done.

Though the week seeks to honor all nurses, there are specific days dedicated to certain nurses. May 6 is National School Nurse Day, May 8 is for student nurses on National Student Nurses Day and May 12 is International Nurses Day.

During COVID-19, nurses have worked tirelessly on the front lines to ensure that people who need help are cared for. The pandemic has taken a toll on nurses’ morale and [mental health](#). Nursing, in general, is stressful and COVID-19 only amplifies that. Therefore, it’s even more critical to use nurses’ week to reach out and celebrate the nurses around you and throughout the world. We need to keep nurses emotionally engaged with their work to continue providing excellent care to their patients.

What Can You Do to Celebrate Nurses’ Week?

The pandemic has made celebrating nurses’ week a bit more complicated. However, there are ways to honor nurses still. If a nurse helped you, you could provide them a [thank you note](#) or even a [gift](#). Or, if you prefer video, you can create a thoughtful or fun video to share with a nurse who has touched your family. You can send the note, gift, or video to the facility or hospital you received care from. As a nurse, there are also various activities you can pursue during nurses’ week. There are several [freebies and discounts](#) that a nurse can take advantage of all year and additional ones that are available only during nurses’ week. [We have](#) compiled a list of giveaways and freebies for 2021 nurses’ week as well. Administrators can also celebrate nurses on their staff. Below are a few ideas for administrators to thank their nurses.

Host a virtual awards ceremony

Recognizing nurses for their achievements goes a long way toward boosting morale. You may need to postpone the in-person celebration. However, you can still host a virtual awards ceremony with the full leadership team. You can pay for the honorees’ food as well.

Send letters of appreciation

Letting a nurse know they are appreciated goes a long way. Handwriting a letter to express your gratitude could provide the extra motivation for a nurse to continue moving forward during the pandemic.

The good news about writing a thank you note is that it generally doesn’t cost much. All you need is nice stationery, a pen, an envelope and sincerity. Set aside time to key into why their efforts mean a lot and what they bring to the team.

Create ways for nurses to recognize each other

Nurses need to hear from their peers how much they are appreciated as well. You can facilitate this by setting up a live forum for nurses to share their stories. Creating a sharing forum is a great way to build team chemistry and foster a sense of camaraderie.

The History of Nurses’ Week

Dorothy Sutherland of the U.S. Department of Health, Education and Welfare [sent a proposal](#) to President Eisenhower in 1953 to create an official nurse day. About 20 years later, President Nixon created a week in February 1974 to acknowledge the nursing profession. In 1978, New Jersey’s governor, Brendon Byrne, declared May 6 as National Nurses Day. In 1981, there was an assassination attempt on President Reagan. He received care from a team of nurses who dislodge a bullet inches from his heart. After his recovery, Reagan tracked down the nurses and sent them words of encouragement and thank you notes. In 1982, the Ronald Reagan signed an executive order making it official on May 6, 1982. Furthermore, the International Nurse Council declared International Nurses Day on May 12 after Florence Nightingale. After a few years, the ANA determined that the profession needed an entire week of celebration. Now we have nurses’ week!

Source: <https://www.incrediblehealth.com/blog/celebrating-nurses-week/>



Happy 113th Birthday to the Navy Nurse Corps

By André B. Sobocinski, Navy Medicine Office of the Historian

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

*Original article written for 104th Navy Nurse Corps Birthday

May 13th marks the 113th anniversary of the Navy Nurse Corps.

On May 13, 1908, President Theodore Roosevelt signed the Naval Appropriations Bill authorizing the establishment of the Nurse Corps as a unique staff corps in the Navy. Initially, all Nurse Corps candidates were required to travel to Washington,



D.C., at their own expense and take an oral and written examination. Since many applicants expressed reluctance to travel at their own expense, U.S. Navy Surgeon General Presley Rixey ordered that applicants be allowed to submit an original essay on the topic of "nursing practices" by mail, in lieu of an onsite written examination.

The nucleus of this new Navy Nurse Corps was a superintendent Esther Hasson, a chief nurse Lenah Higbee, and 18 other women—all would forever be remembered as the "Sacred Twenty."

Beatrice Bowman, one of these pioneering nurses, and later superintendent of the Nurse Corps, recalled that these "nurses were assigned to duty at the Naval Hospital, Washington, D.C. There were no quarters for them but they were given an allowance for quarters and subsistence. They rented a house and ran their own

mess. These pioneers were no more welcome to most of the personnel of the Navy than women are when invading what a man calls his domain."

The First Portrait

In October 1908, the first portrait of these plank owner nurses was taken in front of Naval Hospital Washington, D.C. (main hospital building). This building would later become the U.S. Navy Bureau of Medicine and Surgery's "Building Three." The picture featured one current and two future superintendents of the Nurse Corps. Collectively, Esther Hasson, Lenah Higbee and Beatrice Bowman would account for 27 years of Nurse Corps leadership.

Rank

In 1908, the Navy Medical Department was comprised of Medical Corps Officers and Hospital Corpsmen (then referred to as Hospital Stewards and Hospital Apprentices). Unlike their physician counterparts, the first nurses did not hold rank. Navy nurses were not granted "relative rank" until July 3, 1942. Nurse Corps officers were finally granted "full military rank" on February 26, 1944.

Roles in Navy Medicine

Until 1909, all Navy nurses had the choice of one duty station, Naval Hospital Washington, D.C. (sometimes referred to as the Navy Medical School Hospital). In 1909, BUMED began detailing its Navy Nurse Corps to medical facilities outside of Washington, D.C. Naval Hospitals Annapolis, Md., Brooklyn, N.Y., and Mare Island, Calif., were among the first hospitals to receive nurses. In spring 1909, Surgeon James Leys, commanding officer, Naval Hospital Norfolk, Va., requested BUMED to send "nurses" to his hospital. When three female nurses (Lenah Higbee, Ethel Swann, and Mary Nelson) reported for duty Surgeon Leys was aghast. He had fully expected to receive male hospital corpsmen and did not know how they could work in a hospital without a single female patient.

Mascots of World War I & COVID 19 Pandemic Pets

Contributed by Lieutenant Colonel Robert F. Sawallesh, US Army, Retired.



"John Bull" – the mascot of the 77th Aero Force. 165-WW-472A-49

"John Bull" – the mascot of the 77th Aero Force. 165-WW-472A-49 Years before the United States Marine Corps officially adopted the bulldog as its mascot or the United States Military academy adopted the mule, many military regiments adopted mascots and pets. Some were donated by local groups and many were found. Additional photos at <https://unwritten-record.blogs.archives.gov/2016/10/25/photographs-of-military-mascots-in-wwi/>. Sawallesh comment: Pets are reportedly boosting the morale during the COVID-19 pandemic. See <https://www.foxnews.com/lifestyle/pets-morale-coronavirus-pandemic-study-report>.

Years before the United States Marine Corps officially adopted the bulldog as its mascot or the United States Military academy adopted the mule, many military regiments adopted mascots and pets. Some were donated by local groups and many were found.

		
165-WW-472A-048 - "Spike" of the First Regiment, Cavalry, N.Y.N.G.	165-WW-472A-059 - "Marshall" of Second Field Artillery, N.Y.N.G.	165-WW-472A-065 - Mascot of 7th Regiment Infantry, N.Y.N.G.
		
165-WW-472A-077 - Soldiers with Mascot outside Red Cross Canteen, France	165-WW-472A-060 - Plattsburg, New York	165-WW-472A-058 - Carlstrom Aviation Field, Arcadia, Florida



TAPS

This month, we remember those Tampa chapter members who recently left us:

CAPT Jerome G. Benyo, USN Ret
 CW3 Bill Farrow, USA Ret
 MAJ Frederick J. Heyer, USAF Ret

Alchemy of the Ever Given

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

The recent blockage of the Suez Canal put a spotlight on the global maritime industry and showed the world's dependence on it.

Since its opening in November 1869, the Suez Canal has been a conduit for trade and military forces. It helped fuel the rise of the British Empire during the age of Imperialism and allowed its possessions in Asia to be drawn closer to the British Islands. During the World Wars, it was a target for attack, first by the Turks from the East, and then from the Germans and Italians from the West. In 1956, this symbol of imperialism was thrust into the world news when Egypt, led by Gamal Abdel Nasser, nationalized the canal, provoking a response from its original builders—Great Britain and France—and leading to the Suez Crisis. The canal remained



closed until early 1957. Another conflict, this time the Six Day War of 1967, led to its blockage until 1975. As ships were forced to sail via the southern tip of Africa—the Cape of Good Hope—the maritime industry responded by constructing vessels that emphasized an economy of scale. They grew in tonnage, particularly in the oil transportation sector. Over time, other types of large ships followed, and the Suez Canal had to expand to accommodate them. In 2015, following an \$8 billion expansion that included a new double lane in the center section, new ships, such as the ultra-large container vessel (ULCV) MV Ever Given, a ship of 1,300 feet in length, a 200-foot beam, drawing nearly 50 feet of water and capable of carrying 20,000 containers, could traverse the canal.

On the morning of March 23, 2021, MV Ever Given was the fifth ship in the northern bound convoy departing the anchorage at Suez and beginning her passage through the canal from the Red Sea to the Mediterranean. The ship had completed a series of stops in China, Taiwan, and Malaysia and was scheduled to offload in Rotterdam, Felixstowe, and Hamburg at the start of April. She was one of eleven ships in the Golden class of container ships (the 13th largest class in the world) for the Taiwanese shipping company Evergreen. She reflects the international nature of world shipping. Her owner is Japanese, a German firm provides her crewing and maintenance, she is registered in Panama, and classified by an American agency. Her hull and machinery insurance are through Japan and her protection and indemnity insurance from Great Britain. As she entered the canal, she had an Indian crew onboard, along with two Egyptian Suez Canal Authority pilots. That morning, at 0742 local time, Ever Given ran her bow into the eastern bank of the canal at 13 knots. The force with which she hit caused her stern to careen across the channel and push her rudder and propeller into the mud on the western bank. At a point in the canal only 200 meters across, Ever Given had her bow ashore in Asia, her stern planted on Africa, and her midships hanging across the navigable section of the canal, effectively cutting off twelve percent of the world's trade in one swift action.

The cause of the grounding is mired in controversy. An early report by the ship's agent and Panamanian registry identified a loss in power. There has been

a rash of incidents worldwide, with vessels losing power caused by the adoption of new low Sulphur fuel mandated by IMO 2020 (though none previously reported in the Suez Canal). Ever Given's operating company blamed the incident on strong wind gusts and a dust storm that pushed the vessel out of the channel. The Automatic Identification System (AIS) shows Ever Given meandering through the navigable channel prior to the vessel taking a hard turn to starboard and ramming the bank, grounding the forward third of the vessel.

The incident had an immediate impact. Astern of Ever Given, MV Maersk Denver, a U.S.-flagged containership and part of the 60-ship fleet of the U.S. Maritime Security Program, was forced to stop in less than a mile. The Maersk Lines, Limited ship was able to keep herself in the channel and avoid any damage, although the vessel astern, MV Asia Ruby III did suffer

an engine malfunction that nearly sent her into the stern of the U.S. ship. Immediate attempts by the Egyptians to move the 200,000-ton containership proved unsuccessful. The scale and type of grounding required expert salvors.

SMIT, a subsidiary of Royal Boskalis Westminster, was called in by Evergreen's insurers to oversee the salvage. With emergency response centers in Rotterdam, Houston, Cape Town, and Singapore, and a global presence, they are one of the leading salvors in the world. In 2016, they oversaw the refloating of CSCL Indian Ocean grounded in the Elbe River. The removal of Ever Given followed the model set in Germany five years earlier. Using dredgers from the Suez Canal Authority, SMIT directed the removal of spoil and bottom from the port bow and starboard quarter. Assessing the damage to the vessel, and with reports of leaks in the forepeak and bow thruster room, large pumps were brought on board to handle any further flooding when the vessel was freed. To assist in the removal, two large anchor tugs—ALP Guard and Carlo Magna—joined the effort to provide the necessary pull.

At approximately 04:30 on March 29, six days after her grounding, and after surveys indicated her rudder and propeller had been cleared from the bottom, her stern was freed from the west bank. With her aft end in the main channel, and her bow still aground, and no room to swing the vessel any further, the decision was made to use the ship's engine and available tugs to expedite her removal before a full survey could be made of any damage caused by the shifting. This calculated risk was taken as the fleet of vessels waiting to transit the canal had grown to nearly 450.

That afternoon, at 15:00, with the spring high tide just starting to recede, Ever Given was pulled into the channel. In most cases, a vessel that had suffered such a grounding would have been towed clear of the canal, but within minutes she was underway on her own power. She sped up to 7 knots in less than an hour, heading to an anchorage in the Great Bitter Lake. As she entered the lake three hours later, ships that had been waiting to proceed into the Red Sea resumed their voyages. Ever Given was maneuvered into an anchorage near the eastern shore, close to shoal water should the need arise to beach the vessel, and to complete necessary repairs before her voyage could be

completed.

The consequences of the unprecedented six-day disruption to carefully orchestrated global supply chains linking at least five continents are far reaching. Estimates put the hourly cost of the blockage at \$400 million! While investigations likely will take many months—as is typical in events of this magnitude—some immediate outcomes of the logjam were apparent from the moment the bulbous bow of the ship rammed the canal sandbank.

To begin with, for a world community still in the grip of an obstinate pandemic, this maritime incident was an interesting distraction. Nagging thoughts about COVID-19 testing, new variants, and vaccine availability were replaced by daunting images of a steel leviathan, four football fields long and twenty stories high, and its effective blockade of the Suez Canal—which itself is a 152-year-old testimonial to human ingenuity.

People around the world Googled the canal, its history, and the geography of that part of the world, which many had either forgotten or ignored. Suddenly, those topics became ice breakers for many a virtual meeting. More importantly, an industry that rarely draws attention for anything it does right was suddenly in the headlines worldwide for a whole week, but with a marked difference. No oil was spilled; no one on board or in its immediate vicinity died from the incident; and the ship itself suffered minimal structural damage. As a result, the global community now has a better appreciation for container ships, their enormity, and their massive role in fulfilling our consumption needs. Some will forever retain a fascination for ships, the shipping milieu, and the box (standardized shipping containers) that changed the world. The Ever Given incident vividly demonstrated how vulnerable today's global supply chains are when their most critical link—the maritime workhorse, whether it be a container ship, an oil tanker, or a ship laden with bulk commodities—breaks down. The competitive dynamics within today's global supply chains have fixated attention on cycle-time compression and on-time reliability rather than resilience within the system.

Although the Ever Given incident was unprecedented, it raises a number of questions. Given the size of ultra large container ships, the likelihood of strong wind gusts and sandstorms in the Suez region, and the razor-thin margin of error while on canal transit, were the potential adverse effects on an exposed, massive box-shaped superstructure and hydrodynamic bank suction effects analyzed by canal authorities and their naval architects? Why is a canal continuity of operations strategy not included in the playbook for any and all ships transiting the canal? Canal pilots in Suez work in an advisory capacity, but was their local knowledge shared with the ship's master and watchkeepers? Was there negligence on the part of the ship's crew? Did crew fatigue from the strains of operating a massive container ship in trouble-torn Red Sea waters along with COVID-19 ship operating protocols contribute to this? And what about mental health of seafarers, which has reportedly been on the decline since the pandemic began? Was it worsened because of unplanned (often involuntary) longer stays on board ships and the attendant separation from loved ones during uncertain times? These are just some of the questions that remain unanswered at this point.

Those of us who now look at the world of shipping and supply chains with new-found respect should dig a bit deeper to fathom how ships kept running, despite the pandemic, and delivered personal protective equipment and other essential goods. The story of how the global community of 1.7 million mariners toiled 24/7 to maintain a modicum of normalcy for the rest of us is an important one. Mostly overlooked when people think of "essential workers," mariners subjected themselves to health and safety risks and yet received no particular priority for vaccination. Finally, the Ever Given's blockage of the Suez Canal provided a poignant lesson in globalization and its maritime nexus: some 20,000 cargo containers from a number of Asian countries, destined for countries in Europe and North America, carried by a Panamanian-flagged ship, built and owned by the Japanese, commercially operated by a Taiwanese shipping company, under German technical management, and fully crewed by Indian nationals! Wittingly or otherwise, as a verse from the ancient Sanskrit Upanishads puts it, "Vasudevaya Kudumbaka" (the world is one family).

Source: <https://www.usni.org/magazines/proceedings/>

Flag Raised for First Time at National World War I Memorial

submitted by CAPT Sara Marks, NC, USN (Ret)

The nation's capital has national memorials commemorating the sacrifices of service men and women who died in World War II, Korea and Vietnam. Until this year, there hasn't been a national memorial commemorating World War I.

Today, during a "first colors" ceremony, the U.S. flag was raised for the first time over the newly-constructed National World War I Memorial in Washington, D.C.

Nearly 4.7 million Americans served in uniform during WWI, with more than 2 million of those deploying overseas. By war's end, 204,000 of those who deployed



had been wounded, and nearly 117,000 had been killed."The Great War [touched] almost every American family at the time," President Joe Biden said during a recorded presentation before the raising of the flag. "For too long, that nationwide service has not been fully commemorated here in the nation's capital. This memorial finally will

offer a chance for people to visit and reflect and to remember. More than 100 years has passed since WWI ended, but the legacy and courage of those Doughboys sailing off to war, and the values they fought to defend, still live in our nation today."

The new memorial features sculptures, fountains and quotes which pay tribute

to those who served in World War I. It shares a space with an existing memorial dedicated to General of the Armies John Joseph "Black Jack" Pershing, who served as commander of the American Expeditionary Forces in World War I. The site is a short walk east of the White House.

Chairman of the Joint Chiefs of Staff Gen. Mark A. Milley said the site is a testament to the strength of the American people, and that it honors the bravery and sacrifice made by service members during what was known as "the Great War," which he characterized as a war of stalemate, trenches and attrition.

"It is our duty to remember what they fought for and why they fought," Milley said. "Thought to be the war to end all wars, those who lived it experienced unimaginable carnage. And by the end of the conflict, it ripped apart four empires and killed more than 22 million people, and it set the conditions for World War II, 20 years later — which was the most destructive war in human history."

World War I ended 102 years ago, but the effects of that conflict are still felt today, Milley said.

"It was one of the most significant events to fundamentally shape the modern world," he said.

At the memorial, the 3d U.S. Infantry Regiment (The Old Guard) raised the American flag for the first time over the site, while a bugler from the U.S. Army Band "Pershing's Own," played "To the Colors" on a bugle once owned by Pershing himself. As an added tribute, there was a flyover by two F-22 Raptor aircraft from the 94th Fighter Squadron, Joint Base Langley-Eustis, Virginia.

Source: <https://www.defense.gov/Explore/News/>

You know you're a military mom when...

[Army Mom Strong](#) | June 26, 2020

submitted by CAPT Sara Marks, NC, USN (Ret)

Military life is full of unique challenges, from deployments and separations, to a deep sense of patriotism. As a military mom, a single day can take you through a full range of emotions.

You experience it all, including friends who don't quite understand and military moms who share your heart.

Everything in life can take on new meaning when your child joins the military. You may start seeing things a little different.

You Know You're a Military Mom When:

1. You smile if the phone rings and wakes you from a deep sleep.

I can't tell you how many nights I prayed for the phone to ring in hopes that my soldier would be on the other end. That's a far cry from the days where I cherished a good night of sleep and turned off my phone ringer. When that call finally came, waking me out of deep slumber, I wore a smile from ear to ear.

If you keep your phone close by with the ringer on high at bedtime, know that you aren't alone!

2. You know and speak in Military Time.

When my son started [his military career](#), military time became his standard. It's based on the 24-hour clock and takes some getting used to! That was over 15 years ago. After much memorization and charts, I started thinking and speaking in military time. It actually makes more sense to me! Keep a military time conversion chart handy and you'll be fluent in no time!

3. You always say, "See you later!" because goodbye is too final.

I've lost count of how many times I hugged my son before a [deployment](#) or a PCS to another country. The thought of saying "goodbye" felt so final, like a conclusion at the end of a story. We settled on saying "see you later," which implied "until next time." Each parting never gets easier but I always look forward to seeing him again. When parting with your child, be mindful of the moment and how blessed you are in each other's lives.

4. You get tears in your eyes when you hear the National Anthem.

One July 4 in a beautiful coastal city, I attended a parade celebrating our Independence. With smiles on their faces, people celebrated as a colorful, patriotic parade made their way through Main Street. To honor our military, hundreds of veterans and active duty military members took their places. As they passed by, the National Anthem played on, and unstoppable tears streamed down my face. If you find yourself at a sports or patriotic event, don't forget your tissues.

5. Holidays happen whenever your children are home and not according to the calendar.

One early November, a small Christmas tree sat in the corner of the room. It's colored lights and decorative ornaments sparked delight for all. You could not mistake that

our family was celebrating Christmas, with presents under the tree and a turkey dinner. Our celebration was just as meaningful although it wasn't on the official day. What mattered most was that we were all together as a family, sharing love and cheer. If your military child's schedule doesn't align with holidays (and they won't), find [unique ways to celebrate with new holiday traditions](#).

6. When a minute long phone call from your child makes your entire week better.

When my son went off to boot camp, I longed to hear from him. Worry and stress crept into my life as the days went by. One day, I went to a small town known for their fine apples and pie. As I strolled about with a friend, my phone rang. It was the call I'd been waiting for! Although it only lasted about 1 to 2 minutes, my smile lasted for days!

Every phone call from your child can give way to cherished moments and big smiles that last all week long!

7. You see men and women in military uniform and tears stream down your face.

Whenever I'm in an airport, I notice men and women in military uniforms. I want so much to thank them for their service to our country. I've learned to say it as a quiet prayer because the tears start streaming down my face. I get so choked up I can hardly speak a word.

Don't forget your kit: sunglasses and tissues for the next time you find yourself somewhere with service members in uniform!

8. You leave your phone at home and turn right around to get it.

Having my phone on my person at all times became a new normal for me. I couldn't imagine leaving home without it and missing a call from my soldier son. That's exactly what I did on a run one beautiful Spring day. The moment I realized the phone wasn't on my person, I ran all the way home to grab it and start my run again.

Repeat your new phone mantra: don't leave home without it!

9. You know you raised one of America's best.

Amid the worry and missing out on time spent together, I know in my heart that my son is one of the strong and brave who proudly serve to maintain our freedom. My heart overflows with pride, knowing that I raised one of America's best! Stand in solidarity with other military moms. We share the same deep seated pride, knowing our children are part of the greatest military in the world.

10. Two simple words—I'm OK—bring you joy.

Whenever my son deployed to a combat zone, I would create all types of crazy scenarios in my mind. I needed one thing, that is, to know that he was OK. We didn't need to have a big conversation and I didn't need details. I wanted to know that he was OK. Every few days I would receive the best message a military mom can hear: I'm OK.

Embrace the joy you'll feel from those two little words that have a big meaning!

Conclusion

No matter where you are on your journey, being a military mom takes a special love, strength, courage, and a lot of patience. You'll know and feel like a military mom as you traverse your unique journey.

8 Things You May Not Know About Memorial Day

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

From its Civil War origins to its modern-day traditions, find out more about America's most solemn holiday.

Memorial Day and its traditions may have ancient roots.

While the first commemorative [Memorial Day](#) events weren't held in the United States until the late 19th century, the practice of honoring those who have fallen in battle dates back thousands of years. The ancient Greeks and Romans held annual days of remembrance for loved ones (including soldiers) each year, festooning their graves with flowers and holding public festivals and feasts in their honor. In Athens, public funerals for fallen soldiers were held after each battle, with the remains of the dead on display for public mourning before a funeral procession took them to their



internment in the Kerameikos, one of the city's most prestigious cemeteries. One of the first known public tributes to war dead was in 431 B.C., when the Athenian general and statesman Pericles delivered a funeral oration praising the sacrifice and valor of those killed in the Peloponnesian War—a speech that some have compared in tone to Abraham Lincoln's [Gettysburg Address](#).

One of the earliest commemorations was organized by recently freed slaves.

As the Civil War neared its end, thousands of Union soldiers, held as prisoners of war, were herded into a series of hastily assembled camps in Charleston, South Carolina. Conditions at one camp, a former racetrack near the city's Citadel, were so bad that more than 250 prisoners died from disease or exposure, and were buried in a mass grave behind the track's grandstand.

Three weeks after the Confederate surrender, an unusual procession entered the former camp: On May 1, 1865, more than 1,000 recently freed slaves, accompanied by regiments of the U.S. Colored Troops (including the Massachusetts 54th Infantry) and a handful of white Charlestonians, gathered in the camp to consecrate a new, proper burial site for the Union dead. The group sang hymns, gave readings and distributed flowers around the cemetery, which they dedicated to the "Martyrs of the Race Course."

The holiday's "founder" had a long and distinguished career.

In May 1868, General John A. Logan, the commander-in-chief of the Union veterans' group known as the Grand Army of the Republic, issued a decree that May 30 should become a nationwide day of commemoration for the more than 620,000 soldiers killed in the recently ended Civil War. On Decoration Day, as Logan dubbed it, Americans should lay flowers and decorate the graves of the war dead "whose bodies now lie in almost every city, village and hamlet churchyard in the land." According to legend, Logan chose May 30 because it was a rare day that didn't fall on the anniversary of a Civil War battle, though some historians believe the date was selected to ensure that flowers across the country would be in full bloom.

After the war Logan, who had served as a U.S. congressman before resigning to rejoin the army, returned to his political career, eventually serving in both the House and Senate and was the unsuccessful Republican candidate for vice president in 1884. When he died two years later, Logan's body laid in state in the rotunda of the United States Capitol, making him one of just 33 people to have received the honor. Today, Washington, D.C.'s Logan Circle and several townships across the country are named in honor of this champion of veterans and those killed in battle.

Logan probably adapted the idea from earlier events in the South.

Even before the war ended, women's groups across much of the South were gathering informally to decorate the graves of Confederate dead. In April 1886, the Ladies Memorial Association of Columbus, Georgia resolved to commemorate the fallen once a year—a decision that seems to have influenced John Logan to follow suit, according to his own wife. However, southern commemorations were rarely held on one standard day, with observations differing by state and spread out across much of the spring and early summer. It's a tradition that continues today: Nine southern states officially recognize a Confederate Memorial Day, with events held on Confederate President Jefferson Davis' birthday, the day on which General Thomas "Stonewall" Jackson was killed, or to commemorate other symbolic events.

It didn't become a federal holiday until 1971.

Americans embraced the notion of "Decoration Day" immediately. That first year, more than 27 states held some sort of ceremony, with more than 5,000 people in attendance at a ceremony at Arlington National Cemetery. By 1890, every former state of the Union had adopted it as an official holiday. But for more than 50 years, the holiday was used to commemorate those killed just in the Civil War, not in any other American conflict. It wasn't until America's entry into World War I that the tradition was expanded to include those killed in all wars, and Memorial Day was not officially recognized nationwide until the 1970s, with America deeply embroiled in the Vietnam War.

It was a long road from Decoration Day to an official Memorial Day.

Although the term Memorial Day was used beginning in the 1880s, the holiday was officially known as Decoration Day for more than a century, when it was changed by federal law. Four years later, the Uniform Monday Holiday Act of 1968 finally went into effect, moving Memorial Day from its traditional observance on May 30 (regardless of the day of the week), to a set day—the last Monday in May. The move has not been without controversy, though. Veterans groups, concerned that more Americans associate the holiday with first long weekend of the summer and not its intended purpose to honor the nation's war dead, continue to lobby for a return to the May 30 observances. For more than 20 years, their cause was championed by Hawaiian Senator—and decorated World War II veteran—Daniel Inouye, who until his 2012 death reintroduced legislation in support of the change at the start of every Congressional term.

More than 20 towns claim to be the holiday's "birthplace"—but only one has federal recognition.

For almost as long as there's been a holiday, there's been a rivalry about who celebrated it first. Boalsburg, Pennsylvania, bases its claim on an 1864 gathering of women to mourn those recently killed at Gettysburg. In Carbondale, Illinois, they're certain that they were first, thanks to an 1866 parade led, in part, by John Logan who two years later would lead the charge for an official holiday. There are even two dueling Columbus challengers (one in Mississippi, the other in Georgia) who have battled it out for Memorial Day supremacy for decades. Only one town, however, has received the official seal of approval from the U.S. government. In 1966, 100 years after the town of Waterloo, New York, shuttered its businesses and took to the streets for the first of many continuous, community-wide celebrations, President Lyndon Johnson signed legislation, recently passed by the U.S. Congress, declaring the tiny upstate village the "official" birthplace of Memorial Day.

Wearing a red poppy on Memorial Day began with a World War I poem.

In the spring of 1915, bright red flowers began poking through the battle-ravaged land across northern France and Flanders (northern Belgium). Canadian Lieutenant Colonel [John McCrae](#), who served as a brigade surgeon for an Allied artillery unit, spotted a cluster of the poppies shortly after serving as a brigade surgeon during the bloody [Second Battle of Ypres](#). The sight of the bright red flowers against the dreary backdrop of war inspired McCrae to pen the poem, "In Flanders Field," in which he gives voice to the soldiers who had been killed in battle and lay buried beneath the poppy-covered grounds. Later that year, a Georgia teacher and volunteer war worker named Moina Michael read the poem in *Ladies' Home Journal* and wrote her own poem, "We Shall Keep the Faith" to begin a campaign to make the poppy a symbol of tribute to all who died in war. The poppy remains a symbol of remembrance to this day.

Memorial Day traditions have evolved over the years.

Despite the increasing celebration of the holiday as a summer rite of passage, there are some formal rituals still on the books: The American flag should be hung at half-staff until noon on Memorial Day, then raised to the top of the staff. And since 2000, when the U.S. Congress passed legislation, all Americans are encouraged to pause for a National Moment of Remembrance at 3 p.m. local time. The federal government has also used the holiday to honor non-veterans—the Lincoln Memorial was dedicated on Memorial Day 1922. Source: <https://www.history.com/>



CHAPLAIN'S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



As designated by action of the United States Congress in 1952, Thursday, May 6th is the date for the 2021 National Day of Prayer. The President is required by law to sign a Presidential Proclamation each year encouraging Americans of all faiths to turn to God in prayer and meditation on that day. The theme set by the privately funded task force is for this year's observance is: "LORD, pour out your LOVE, LIFE, and LIBERTY."

Those three elements of God's care for all of God's creation are desperately needed in these days of the COVID 19 pandemic with the number of cases again increasing and with the political, social, cultural, and religious turmoil surrounding us.

We desperately need God's LOVE to help us not only love God with all our heart and soul and mind and strength but to love all our neighbors, regardless of the ways in which we may see them as different from ourselves. We are all God's children, created by God in God's image.

We desperately need God's LIFE to fill us in these days as we deal with the stresses upon our personal, family, and professional lives. One of my favorite authors, Frederick Buechner, said that after a great theologian had lectured on miracles he was asked to give an example and he responded

by saying "There is only one miracle; it is life." Buechner then challenged us in this way: "Have you wept at anything during the past year? Has your heart beat faster at the sight of young beauty? Have you thought seriously about the fact that someday you are going to die? More often than not, do you really listen when people are speaking to you instead of just waiting your turn to speak? Is there anybody you know in whose place, if one of you had to suffer great pain, you would volunteer yourself? If your answer to all or most of these questions is "no," the chances are that you're dead. Buechner says "life is with." Are you willing in your life to be with one another and with all else that is in God's creation?"

God's LIBERTY is one of the unalienable rights with which our forebears were endowed, according to our Declaration of Independence. That liberty is what President George W. Bush in his new book, *Out of Many, One*, says helped drive the desire of people to live in the United States. In an editorial he said, "We should never forget that the desire to live in the United States — a worldwide and as powerful an aspiration as ever — is an affirmation of our country and what we stand for." "Over the years, our instincts have always tended toward fairness and generosity. The reward has been generations of grateful, hard-working, self-reliant, patriotic Americans who came here by choice."

Our prayer on this National Day of Prayer should be a call for God to fill our lives, our families, churches, work places, educational institutions, the military, government, arts, entertainment, and medicine with God's LOVE, LIFE, and LIBERTY.

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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!

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