

Military Spouse News

May 2019

MOAA May Speaker



Lieutenant Colonel Robert L. Moore

Lieutenant Colonel Robert L. Moore is the Commander, 6th Security Forces Squadron, MacDill Air Force Base, Florida. The squadron provides force protection, physical security, law enforcement, and police services for over 13,000 military and civilian personnel assigned to the 6th Air Mobility Wing, U.S. Special Operations Command, U.S. Central Command and 38 other mission partners. The unit is the base focal point for the resource protection program and the personnel, information, and industrial security programs, and provides security forces Unit Type Codes for war-time and contingency deployments.

Lieutenant Colonel Moore was born 21 January 1967 in Memphis, Tennessee. He graduated from Wooddale High School, Memphis Tennessee in 1985 and enlisted in the Air Force in October of 1985. He completed Officer Training School March 2001, Security Forces Academy in September 2001 and has had assignments as a Security Forces officer in Illinois, Florida, Texas, Utah, served as Chief, Security Forces Training Branch, Operations Division, Directorate of Security Forces, Deputy Chief of Staff for Logistics, Installation and Mission Support, Headquarters U.S. Air Forces, Washington, D.C. and multiple deployed locations. Lieutenant Colonel Moore arrived at his current assignment, MacDill Air Force Base Florida in June 2018.

May Luncheon Day Changed

This is a *Notification/Reminder* that the MOAA Tampa Chapter **May 2019 Luncheon** will be on **WEDNESDAY 8 MAY** at 1130 Hours at the Bay Palms Golf Course.

A golf tournament is being held on Thursday 9 May so our luncheon date was changed.

Your Taco Salad is waiting for you!!! Make your reservation by calling 813-676-4676 by 3 May.

See you there!!



MOAA Luncheon

8 May 2019 - 11:30 a.m.

**Bay Palms Golf Complex
Tournament Room**

1803 Golf Course Avenue

Members and Guests Cost: **\$16.00**

Menu

Taco Salad, Chicken Enchiladas,
Spanish Rice, Mexican Street Corn,
Churros

Order Fruit or Chef's Salad
When you make your reservation

Program

Lieutenant Colonel Robert L. Moore

Reservations

Call 813-676-4676
by noon 3 May

Known May Birthdays

- 1 Mary Bellis
- 3 Ruth Hemmingway
- 8 Victoria Parker
- 17 Shirley Helveston
- 24 Barbara Ewanowski
- 29 Catherine Jenkins



This And That

Pat Mullins wrote after receiving her April *Military Spouses News*: “That was one of your very best *Chit Chats*. I wish I could have been at that meeting with Ann (McClinton) as she was a wonderful lady. I am fully ensconced in Lincoln, CA and everyday I miss Tampa and all the people there. We have an active lifestyle here but it’ll never compare to our wonderful life at MacDill. To all a very fond Hi.”

MOAA

Renée Brunelle wrote about her latest adventure, “This is the picture in front of the KC-135, before the Civic Leader Flight got started from MacDill to Lackland Air Force Base in San Antonio. We were able to view an inflight refueling of a C-5 and then tour the plane when on the ground. We got to see the Alamo and the Riverwalk as part of the trip. The next day, we were able to view the Basic Military Training graduates being sworn in. This was an amazing trip of a lifetime!!!”



One of the JROTC Cadets to receive an award. He is accompanied by his sponsor. How about those medals?



*Wouldn't it be great if we could put ourselves in the dryer for ten minutes;
come out wrinkle-free and three sizes smaller?*

AND THEN IT IS WINTER

(author unknown)

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is...the winter of my life, and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey...they move slower and I see an older person in myself now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will...I just fall asleep where I sit!

And so...now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you...
but your grandchildren are perfect!



We are getting older but not OLD!

~Going out is good...coming home is even better!

~You forget names...but it's OK, because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything...especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch.

~You tend to use more 4 letter words..."what?"..."when?"...???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet...2 of which you will never wear.

~But "Old" is good in some things: Old Songs, Old movies...and best of all, our dear ...OLD FRIENDS!!



Dick and Shirley Helveston
Nicky always insists on taking my picture.



Food For Thought

On the first day, God created the dog and said, sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years.

The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

And God said that it was good.

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."

The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God again said that it was good.

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed it was good.

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

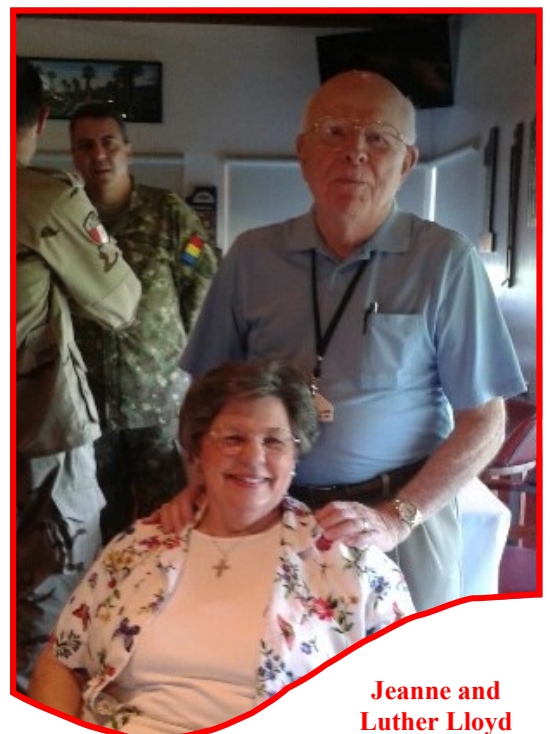
Life has now been explained to you.

There is no need to thank me for this valuable information. I'm doing it as a public service. If you are looking for me, I'll be on the porch.

Photos from MOAA April Luncheon



Jim and Susan Healan
See you SnowBirds next Fall!



Jeanne and
Luther Lloyd

President's Message for May 2019



COL Zieres

Accompanied by their families and ROTC Instructors, it was my pleasure to honor Four JROTC CADETS from four Hillsborough County High Schools at our annual JROTC awards luncheon April 11th: CADET ANDREW HATCH, 1LT JOSEPH LUBINSKI, MASTER SERGEANT THOMAS PARKER and CADET COMMAND MASTER CHIEF SETH KOCH. The CADETS representing the finest JROTC programs from ALONZO HS, MIDDLETON HS, STRAWBERRY CREST HS, and FREEDOM HS were very impressive to all chapter members in attendance. It is gratifying to meet these accomplished young folks and recognize their potential for future leadership in the Armed Forces by awarding them the MOAA ROTC Medal and Certificates of Achievement. I'd like to thank USAA for again sponsoring our JROTC awards program this year and a personal thank you to LTC KEN MARTIN who always does an excellent job as our chapter liaison and outreach to the students as well as to the JROTC instructors at the respective high schools.

In addition to the Chairman of the Coalition, BGEN HENRIK LARSEN, we were also honored to meet and greet two more Senior National Representatives from the coalition, COL MARIAN MUNTE-ANU from ROMANIA and COL AHMED ISMAIL from EGYPT.

Our Guest Speaker from Hillsborough County, 13th Circuit Court JUDGE CARL HINSON, spoke to us in military parlance focusing on a serious topic involving Family Law. He shared some real world cases that were particularly challenging, accentuating the familiar caveat; "The role of the Judge is to follow the law and be an impartial decision maker while remaining nonpartisan."

While we are on the subject of Legal affairs, this might be a good opportunity to bring up the subject regarding our chapter's bylaws. You may be aware that a copy of the Tampa Chapter's by-laws is posted on the website: www.moaatama.org. The current by-laws were reviewed at the April board meeting and some changes were recommended by the board. The changes will be voted on at the upcoming May board meeting and if approved, will supplant the existing by-laws on the web-site. Stay tuned for further details.

Lastly, as a reminder, the FLORIDA COUNCIL OF CHAPTERS Convention is coming up soon (20-23 JUNE) at the Safety Harbor Resort and Spa. The room rate is a good deal at a world-class resort and tax free if you register online now at <http://www.moaafl.org/convention>. With a chapter of more than 300 members, we'd like the Tampa Chapter to be well-represented at this event!

AS ALWAYS, WE'VE GOT YOUR BACK – NEVER STOP SERVING –
TAKING CARE OF OUR TROOPS IS A LIFETIME COMMITMENT



**Plant City JROTC
Cadets recite their creed
at the beginning of their
awards ceremony.**

Life Events

- 1) Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, *Success is when you look back at your life and the memories make you smile."*
- 2) Today, I asked my mentor - a very successful business man in his 70s what his top 3 tips are for success. He smiled and said, *Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."*
- 3) Today, after my 72-hour shift at the fire station, a woman ran up to me at the grocery store & gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said, *On 9-11-2001, you carried me out of the World Trade Center."*
- 4) Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And, just before he died, *he licked the tears off my face.*
- 5) Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. *A man in a BMW pulled over and gave me a ride. We chatted. And, then he offered me a job. I start tomorrow.*
- 6) Today, as my father, three brothers & two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. *She simply said, I feel so loved right now. We should have gotten together like this more often."*
- 7) Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, *I realized it was the first time I had given him a kiss since I was a little boy.*
- 8) Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" *"Because that's where I keep all my stuff," she said.*
- 9) Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized, *I need to stop complaining about my life and start celebrating it again.*
- 10) Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, *"I hope you feel better soon."*
- 11) Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away." *It was from a high school friend I hadn't seen in 10 years.*
- 12) Today, I was traveling in Kenya & I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days & looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. *The first thing the man said was, "We can share it."*



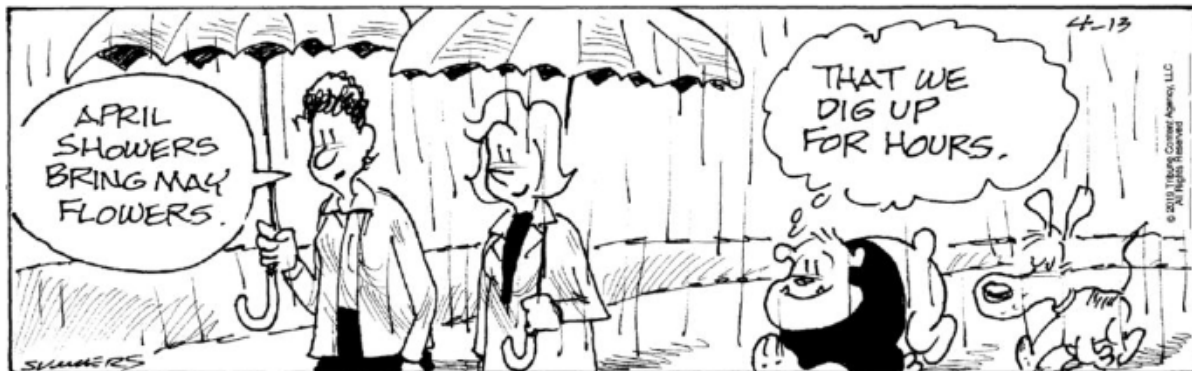
Nicky and Dick Siegman





Dick Helveston presented the MOAA medal and certificate at the JROTC Awards Ceremony at Plant City High School April 16, 2019.

THE MIDDLETONS APRIL 13, 2019



Future Opportunities

May 8: MOAA luncheon

June 13: MOAA luncheon

July 11: MOAA luncheon
