



MESSAGE FROM THE PRESIDENT: COL CHARLES DALCOURT USA RET

GREETINGS!



Calls are back! Again, camaraderie, sacrifice, and selfless acts prevail.

In all, I extend my sincerest thanks to our members that remain actively engaged across Tampa Chapter's many areas of interest. Our MOAA Tampa Chapter has an incredible core team that continues to pour into every effort and line of business the Chapter pursues. We could not operate without your time and talent!

As our MOAA Tampa Chapter continues to diligently press forward, I remain optimistic that we will continue to attract new talent that is committed to both bettering our communities and achieving our mission. The Chapter's initiatives are impactful, and the local support given by our members resonates across the Tampa Bay metropolitan area. I am excited to see the positive consequences of a mission focused team.

Key Highlights

As we begin 2025, there are few things I would like to ensure you are tracking. Many of these are covered by our committee leads in other sections of this newsletter. I offer the following:

- MOAA Tampa Chapter 2025 membership renewal window is still open;
- Florida Council of Chapters will host a Leadership Forum and Convention in Orlando, FL from 17-19 January at the Rosen Centre;
- Tampa Chapter's Installation of Officers is tentatively planned for 13 February 2025 at our monthly luncheon; and
- We are seeking volunteers to fill critical openings on our Board of Officers and Directors, as well as, across other administrative and outreach

areas, such as assistants for the secretary, treasurer, and speaker's bureau. We are also in need of members for our Veterans Affairs, Communications, and Outreach Committees.

Please consider these announcements, the import and impact you can make, and act immediately. You can share your interests with our Chapter Secretary, Kiley Stinson, or Matt Mularoni, our Chapter's Vice President.

Wrapping up:

Please stay connected via our website, Facebook page, and this newsletter to all that is happening in our sphere of influence. I ask that you continue to support Operation Helping Hand. They have reestablished the monthly dinners. Please reserve a seat to attend a dinner soon and find out how you can stand with them in helping servicemembers and families in need.

Again, Happy New Year! I am honored to have served as the Chapter President and look forward to another year of progress. I remain very proud of our Board of Officers and Directors. Dedicated, deliberate, caring, and wise, they continue to meet challenges head on and have remained connected with people and organizations across Tampa to ensure we are in the fight.

Thanks again for all you do. I pray that God's mercy covers you, His strength enables you, and His grace propels you throughout the New Year.

All the best,
Charles Dalcourt

Happy New Year and greetings to all! I pray that all found joy in this past holiday season and in its midst, you were able to carve out some short respite from the busyness that accompanies the holidays. I hope the exuberance from the holiday season will flow into 2025 and that our Chapter will experience the joy of growth, progress, and participation throughout the year. We have high expectations for the year and look forward to what our Tampa Chapter can do to advance MOAA's initiatives.

A very special thanks to the Freedom High School NJROTC Cadets who kindly wrote letters to deployed servicemembers and to our MOAA Tampa Chapter. It is inspiring to know that they acknowledged our Warriors away from home and family over the holidays... truly a tremendous gesture of kindness. Also, we had a wonderful group ban together to call other Chapter members during the Christmas season. Yes, Buddy

UPCOMING EVENTS

Jan 9, 2025
Board of Directors Meeting
Meeting prior to luncheon

Jan 9, 2025
Chapter Luncheon:
11:30 AM – 12:00 PM Social
12:00 PM – 1:30 PM Lunch
Columbia's Centennial Museum
(see page 8)

Jan 17-19, 2025
Florida Council of Chapters
Leadership and Mini Convention
www.flmoaa.com

Feb 7-9, 2025
MOAA Tampa Leadership Off Site
My Warrior's Place, Ruskin

Save the Date: 12-13 Sept
MOAA Tampa Chapter Golf Event
Walt Disney World Golf
Palm and Magnolia Courses
More info to come.

REMINDER:

SUBMISSION DEADLINE FOR THE FEBRUARY 2025 ISSUE IS 20 JANUARY 2025

Please submit articles in a Word Document and photos in JPEG

Email articles to coms@moaatampa.org

NOTICE: if you have a change of address, please notify our membership team via email—Matt Mularoni at membership@moaatampa.org

LEGISLATIVE LOWDOWN



"This bipartisan bill shows what legislators and stakeholders can accomplish when the needs of those who serve, and their families, steer the types of meaningful reforms needed to strengthen our all-volunteer force," MOAA President and CEO Lt. Gen. Brian T. Kelly, USAF (Ret), said after the bill's passage. "I'm thankful to the committee leaders and Quality of Life Panel members who shaped these discussions, to the countless other legislators and staffers and advocates who provided extra support, and to the thousands of MOAA members who shared these critical priorities with their lawmakers throughout the 118th Congress."

Happy New Year from the Legislative Affairs Committee! With the New Year comes new priorities and new issues for MOAA and more importantly, our chapter to advocate for and ensure our servicemembers, veterans, retirees, surviving spouses and family members are receiving their earned pay, benefits, support and care. The passage of the FY25 National Defense Authorization Act (NDAA) was step one. The next step is to ensure earned benefits are not cut in the future in order to reduce federal spending. Let's jump into the new year by leading off with the work you've accomplished in getting the NDAA passed and then focus on the way ahead.

NDAA Update¹

The bill also introduces historic changes to the military pay table to better compensate junior enlisted servicemembers.

MOAA's involvement in the FY 2025 NDAA process took many forms, but a key step came in 2023 with the association's early work with the new House Armed Services Quality of Life Panel. This bipartisan group, chaired by MOAA member Rep. Don Bacon (R-Neb.), compiled an April 2024 report that became the foundation for the initial House NDAA bill. While some of the report's proposals did not make it to the final legislation, many did, and will make a tangible difference for servicemembers and their families now and far into the future.

The 1,800-plus-page legislation passed the Senate 85-14 on Dec. 18 after clearing the House 281-140 on Dec. 11. Here are just some of the quality of life provisions included in the bill:

Pay and Benefits

- **Pay Raise:** A 4.5% raise for most servicemembers keeps pace with the Employment Cost Index (ECI), an important metric MOAA has used to ensure fair compensation for those in uniform.
- **Targeted Pay Table Changes:** A 14.5% raise for junior enlisted members (E-1 to E-4) means meaningful reform to the military pay table. As Kelly put it in an October commentary at Military Times, "Our junior enlisted personnel play a critical role in safeguarding our nation's security, and their strategic importance in maintaining a strong, capable and ready force must remain a top priority."
- **Basic Needs Allowance (BNA):** The Quality of Life Panel report noted that while BNA eligibility has been expanded in previous years, only

0.8% of military families reporting food insecurity are eligible for the program. The NDAA increase in the threshold from 150% to 200% of the federal poverty guidelines, making BNA available to more families in need.

Housing

- **Unaccompanied Housing Reforms:** Poor conditions in unaccompanied housing made headlines in 2024. The NDAA addresses many of these concerns, requiring DoD to develop a public-private partnership strategy for new barracks, improving the inspection process, and authorizing the provision of free wireless Internet access.
- **Family Housing Improvements:** The NDAA builds on previous work to support military families facing housing problems by expanding congressional oversight of housing accounts, requiring new methods to track maintenance requests, and authorizing more than \$560 million in spending for new family housing units.

Medical Care

- **Better Access to Care:** The bill allows DoD to employ more mental health providers and waives some TRICARE referral requirements for specialty care for servicemembers.
- **More Accountability:** NDAA-required reports would provide Congress with data on military care standards (to improve oversight) and ensure DoD offers recommendations to solve staffing shortages in military treatment facilities serving rural areas.

Spouse and Family Support

LEGISLATIVE LOWDOWN cont.

- **Child Care Improvements:** The bill improves compensation and benefits for DoD child care providers – a critical step to making more care options available to more military families.
- **Spouse Employment:** The NDAA moves many existing MOAA priorities forward in this area, to include easier professional license transfers and better child care access for spouses seeking employment.

These are far from the only improvements included in the legislation – MOAA will offer a more detailed breakdown of the full NDAA in the coming weeks, along with a look at some of the provisions left out of the final bill that will become top priorities for the association in the new legislative session.

From TRICARE Fees to Lower COLA, These Budget Options Could Gut Service-Earned Benefits²

Several measures in a recent Congressional Budget Office (CBO) report providing options to reduce federal spending would weaken, or eliminate entirely, specific earned benefits for nearly all members of the uniformed services and veteran communities.

The proposals [in this report](#), if enacted, would cost servicemembers – and their families, survivors, and caregivers – thousands of dollars every year in higher health care costs (including TRICARE For Life fees), reduced retirement and VA disability compensation, and pay and benefit cuts for those in uniform. This is a burden that should not befall those who have served this country.

The report, issued every two years before the beginning of a new Congress, provides a 10-year overview of deficit-reduction measures. However, as with past versions, this year's report does not consider long-term implications that would result from these potential savings. It also does not take into consideration the impact that cuts would have on the uniformed services community or on national security, thanks to the cuts' likely effect on military recruitment and retention.

MOAA has identified 14 options from the report which could negatively impact servicemembers and veterans. We will continue to fight for our constituents to help prevent measures like these from being enacted; should any take hold among lawmakers on Capitol Hill, we will mobilize the entire association, our membership, fellow military and veterans service organizations, and our allies to protect the benefits servicemembers have earned.

Below, find more information from the CBO about these proposals. Future articles at MOAA.org and in *The MOAA Newsletter* will provide more details.

Mandatory Spending

- [Introduce enrollment fees in TRICARE For Life](#)
- [Introduce minimum out-of-pocket requirements in TRICARE For Life](#)
- [Introduce means-testing for eligibility for VA's disability compensation](#)
- [End VA's individual unemployment payments to disabled veterans at the full retirement age for Social Security](#)
- [Reduce VA's disability benefits for veterans who are older than the full retirement age for Social Security](#)
- [Narrow eligibility for VA's disability compensation by excluding veterans with low disability ratings](#)
- [Use an alternative measure of inflation to index Social Security and other mandatory programs](#)

Discretionary Spending

- [Reduce DoD's annual budget](#)
- [Cap increases in basic pay for military servicemembers](#)
- [Replace some military personnel with civilian employees](#)
- [Reduce the basic allowance for housing to 80% of average housing costs](#)
- [End enrollment in VA medical care for veterans in priority groups 7 and 8](#)
- [Reduce the annual across-the-board adjustment for federal civilian employees' pay](#)

Revenue Generation

- [Include VA's disability payments in taxable income](#)

MOAA's Continued Advocacy

As with prior iterations of the CBO deficit-reduction report, it's the responsibility of MOAA and other advocacy groups to ensure lawmakers understand what these budget options would entail. It is imperative we emphasize how such cuts would damage the all-volunteer force – damage far outweighing any potential savings.

We encourage you to add your voice to this effort, and other MOAA advocacy priorities, by [joining our Legislative Action Center](#). Monitor *The MOAA Newsletter* and [MOAA's Advocacy News page](#) to learn how your grassroots support can help make a difference for servicemembers and their families.

Sources:

- 1) www.moaa.org, article by The MOAA Staff, December 18, 2024
- 2) www.moaa.org, article by Jeff Goldberg, December 18, 2024

FOOD FROM MOAA TAMPA LUNCHEON TAKEN TO VETERANS IN NEED

—Photo Credit: Sara Marks



CONGRATULATIONS DECEMBER LUNCHEON RAFFLE WINNERS

—Photo Credit: Sara Marks and Ben Ritter



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



2024 OFFICERS:

PRESIDENT: CHARLES DALCOURT COL USA RET

1ST VP: VACANT

2ND VP: MATTHEW MULARONI LTC USA RET

IMMEDIATE PAST PRESIDENT: CAROL ZIERES COL USA RET

SECRETARY: KILEY STINSON LT COL USAF RET

TREASURER: LEWIS VAN DYKE COL USA RET

SURVIVING SPOUSES LIAISON: MILLIE DALCOURT

2024 DIRECTORS:

COMMUNICATIONS: SARA MARKS CAPT NC USN RET

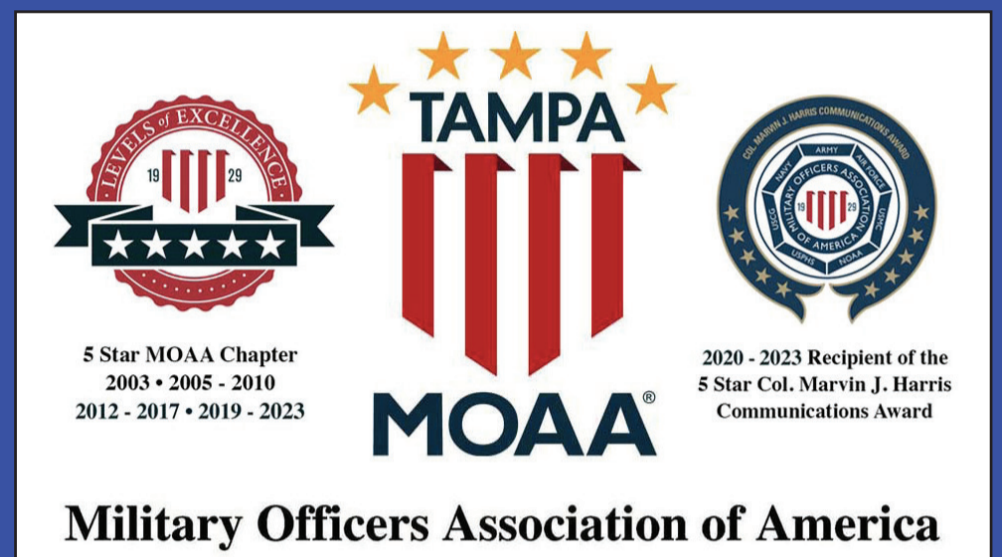
LEGAL AFFAIRS: WILLIAM MITCHELL LTJG (former) USN

LEGISLATIVE AFFAIRS: REGINALD WILLIAMS LTC USA 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, Space Force, Public Health Service, or NOAA and their surviving spouses.



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
Tampa, FL 33608-0383
E-Mail: Secretary@moaatampa.org





Mazda of Clearwater

Thank You for Your Service!

Mazda of Clearwater has built its reputation around respect and honesty. In doing so, we're able to deliver a superior experience in both Sales and Service. We think of MOAA members as family and will strive to exceed your Mazda ownership expectations.

MOAA members, as well as MOAA friends and family will receive Mazda of Clearwater Employee Pricing on ANY new Mazda purchase.



Transparent Pricing is the reason Mazda of Clearwater is the Clear Choice for your next new or preowned vehicle purchase...

- No Price Addendums
- No Market Adjustments
- No Certification Fees
- No Reconditioning Fees

Visit Us at Our New Facility Located at: 15064 US Highway 19N., Clearwater, FL 33764

For More Information, Please Call Us at 727.344.3344 or Visit www.MazdaofClearwater.com

December Luncheon Photos

Photo credit: Ben Ritter and Sara Marks



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



There's something about starting out a new year. For me it's filled with possibilities and a chance to make fresh new starts and new beginnings. I learned the other day that one can start anew at any moment, so as I begin 2025 it occurs to me that every moment can be a new beginning.

Looking back on last year, our chapter accomplished a lot. From my perspective as your newsletter editor, I'm proud of the fact that our chapter has been awarded the Five Star MOAA Marvin J. Harris Communications Award over the last five years for the monthly edition of *The Retrospect* and for our website. This month I'm working on the 2024 award submission and am confident that our high standards have been maintained. I say that unabashedly because of all the inspiring articles that so many of our chapter members have submitted over the last year sharing the many activities you've been involved with that represent our chapter so well. As your editor, I look forward to your continued support of our chapter and newsletter/website in the upcoming year.

In line with our chapter involvement, ongoing Buddy Calls have been initiated in late December and early January. So, if you haven't received a call yet, they are coming and praying that everyone is well. Thank you to Angie Nimmo for organizing and for all the volunteers for taking the time to check on everyone. More to follow on these calls and the Buddy Call program. I'd also like to thank our chapter member Bill Merlin, RADM USCG Ret and the Freedom High School NJROTC students for writing letters to a deployed Navy pilot and letters for him to distribute to his shipmates. John Burch, the NJROTC Instructor provided over 90 handwritten letters from the students before I drove home to be with family for Christmas. I was so pleased to receive these letters to mail and the young Lieutenant's parents were so touched. I was especially touched that the NJROTC students wrote thank you notes to our chapter. Hopefully each of you received the series of emails of the letters that I scanned. Make sure to see the article about

these letters.

In this issue I'd also like to highlight My Warrior's Place upcoming Duck Derby. Updates on our website and the MOAA National database transition are provided in this edition. There are several articles that I hope will be of interest to include working on your fitness routine (another new year aspiration), and a year in review of the Army's 405th AFSB Unit and the Marines shifting from Okinawa to Guam.

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. I love hearing about your stories and adventures. You never know who you may inspire by sharing your experiences. Page three of our newsletter has our Chapter Secretary's email, so send any articles or questions to secretary@moaatampa.org or you contact me at coms@moaatampa.org.

It is always my pleasure and honor to serve as your Editor for *The Retrospect* and work on our chapter's website. My role as your editor continues to be an enriching and rewarding learning experience, but one that I don't do alone. In the meantime, I'll continue to share my travel adventures and would love to hear about your travels as well as your community involvement. Please send your stories to my MOAA Tampa email: coms@moaatampa.org.

In closing, I pray that in these challenging times we have peace in this new year. Happy New Year everyone and looking forward to seeing everyone at the next luncheon.

Let us never forget. - NEVER STOP SERVING!

"You are never too old to set another goal or to dream a new dream." - C. S. Lewis

Sara Marks, CAPT NC USN (Ret)

THE RETROSPECT is published monthly by the Tampa Chapter of the Military Officers Association of America (MOAA), P.O. Box 6383, MacDill Air Force Base, FL 33608-0383. The Tampa Chapter is a 501(c)(19) tax exempt veterans' organization not associated with the Department of Defense and is an affiliate of the Military Officers Association of America (MOAA).

OUR EDITORIAL POLICY:

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 do not reflect an endorsement by MOAA or this affiliate. Articles in the newsletter/website are the opinions solely of the individual authors and do not necessarily express the policy or opinions of the newsletter's editor or publisher, nor do they reflect an endorsement by the Tampa Chapter or the National organization of the Military Officers Association of America, unless so indicated. The views expressed in individually signed articles do not necessarily reflect Chapter policy. MOAA National, the Florida Council of Chapters, and the Tampa Chapter are nonpartisan organizations. Our chapter membership is open to all Military officers (Commissioned and warrant), including Active Duty, National Guard, Reserve, former officers, and spouses/surviving spouses of military officers.

Our luncheon meetings are held 1130 hours every second Thursday of each month at the Columbia Restaurant in Ybor City.

ON THE WEB:

Tampa Chapter <https://moaatampa.org>

Communications directed to specific board members listed in the main menu ABOUT US then LEADERSHIP may be made by emailing secretary@moaatampa.org or going to the main menu to CONTACT and email us using the form provided.

FACEBOOK: [MOAA Tampa Chapter](https://www.facebook.com/moaa.tampa)

INSTAGRAM: https://www.instagram.com/moaa_tampa

A password protected MOAA Tampa MEMBERSHIP DIRECTORY is posted on the website under the "MEMBERSHIP" category.

FL COUNCIL of CHAPTERS: <https://flmoaa.org/>

MOAA NATIONAL: www.moaa.org

OPERATION HELPING HAND: www.operationhelpinghandtampa.com

TAKE ACTION: <https://moaa.quorum.us/>

MOAA'S NEWS LISTING - Click for the latest news and resources from MOAA www.moaa.org

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.

UPDATES FROM MOAA NATIONAL ON DATABASE TRANSITION

MOAA recently went through a database transition. If you haven't logged in to MOAA.org, we recommend you reset your password. You will use the same email associated with your account as your username. Please use the most recent link sent by our Lightning Member Portal password reset form. Additionally, both the username and passwords are case-sensitive. Password reset emails may arrive in your spam or junk folder. Please let me know if you do not receive it. If any further difficulties arise, please email msc@moaa.org or call our Member Service Center at (800) 234-6622 so that we can help you troubleshoot.

Thank you for your continued membership and support of MOAA.

MEDICAL CORNER

New Prescription Refill System Coming to Military Pharmacies: What To Know

Submitted by Jeanne Richard, Lt Col USAF (Ret)

—Courtesy Story - Defense Health Agency

FALLS CHURCH, Va. – Do you get your prescriptions at a military pharmacy in the U.S.? You should know that the Defense Health Agency is upgrading to a new prescription refill system at military pharmacies. The new Interactive Voice Response system will help standardize refill notices.

"DHA's commitment is to deliver exceptional care anytime, anywhere, always, including our pharmacy services," said U.S. Air Force Lt. Col. Julie Meek, deputy pharmacy program manager, Informatics Integration Branch, Pharmacy Operations Division at the Defense Health Agency.

Meek is managing the transition to the new system.

"We embrace opportunities like this to take advantage of available technology and better fulfill that promise," she said.

This change means your military pharmacy may have a new phone number for its prescription refill line. To find your military pharmacy's refill phone number, check the military hospital or clinic's website. The pharmacy's old refill number will automatically transfer to the new refill number until the transition is complete. (Note: If you typically reach your pharmacy by calling the military hospital or clinic's main line, you can still do this by selecting the pharmacy option.)

If you get prescriptions at a military pharmacy overseas, this upgrade will happen later in 2025. You don't need to check for a new phone number yet.



—Photo By Tech. Sgt. Jordan Thompson | U.S. Air Force Senior Airman Rhona Reyes, pharmacy vault custodian fills prescriptions at the Buckley Pharmacy on Buckley Space Force Base, Colorado, October 17, 2024. The Buckley Pharmacy recently achieved a lobby wait time goal of one hundred percent of patients waiting no longer than 30 minutes since October 2023. (U.S. Space Force photo by Tech. Sgt. Jordan Thompson)

You can also refill your prescriptions using the MHS GENESIS Patient Portal. Follow these steps:

Log in to the MHS GENESIS Patient Portal. Click on the "Rx Refills" tab at the top menu bar of the homepage. You can see all your prescriptions that are ready for refill in one place. Choose which prescriptions you want to refill. Pick where you want to get your refills. See when your refills will be ready. Want to learn more about managing your prescriptions in the patient portal? Check out the TRICARE Newsroom article "MHS GENESIS Patient Portal Makes Refilling Prescriptions Easier."

It's important to know this transition won't affect any of your existing prescriptions or refills. All remaining refills will move over to the new system—for example, if you have two refills left on a prescription now, you'll still have those two refills once the new IVR system is in place.

Remember: At a military pharmacy, you can get up to a 90-day supply of most covered drugs, as described in the TRICARE Pharmacy Overview Fact Sheet.

Have more questions about this new prescription refill system? Contact your local military pharmacy to learn more.

Would you like the latest TRICARE news sent to you by email? Visit TRICARE Subscriptions, and create your personalized profile to get benefit updates, news, and more.

Source: <https://www.dvidshub.net/news/487692/new-prescription-refill-system-coming-military-pharmacies-know>

Surviving Spouse Corner: Facing Your Holiday Blues

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

—By Pat Green

The holiday season is a time of joy. It's a time of get-togethers with family and friends. But it also can be the perfect storm of events and emotions. For those suffering the loss of a spouse, it might be overwhelming and a time of dread.

Some have a fear of going to a party alone, of becoming emotional, or being alone and lonely on days that used to hold so many happy memories. Others worry the weight of carrying their grief is visible and contagious. A few are trying to decide how much jolliness is appropriate, what lessons about grief and coping they are teaching their children and grandchildren, and whether the absence of decor and tradition signal the sadness and depression that surrounds us.

All these considerations can weigh one down, and the numbness sets in. Fortunately, there are some coping skills that work.

Find your comfort zone. Initially, you might feel you want to cocoon, and be antisocial. For most of us, crying is necessary. A lot of crying is best done privately. You also need time to focus on *your* health and happiness. Maybe you sit out the holidays. Eventually though, you must ...

Embrace change. After a necessary (your time frame) grieving period, accept the reality that no holiday will be the same again, and adjust.

[SURVIVING SPOUSE CORNER: [Thrift Savings Plan Considerations](#)]



—Yellow Dog Productions/Getty Images



Instead of the big holiday dinner at your house, take the family out. If it's affordable, rent a cabin in the woods or a house at the beach. Assign dishes for each guest to bring. Announce that your only responsibility is the turkey, gravy, and dressing. Relax. Do things simply.

If you and your spouse hosted an annual holiday cocktail party, and you feel up to entertaining, do something different. Alcohol is a depressant, and tears are harder to hold back if you've been drinking. Have a cookie-sharing party or a neighborhood open house.

Decorate, but keep it simple. Guests will enjoy the party whether your tree is 5 feet or 15 feet tall. A wreath trimmed with a red ribbon on the front door might be all you have the energy for, and it's enough!

Ask the leadership of your church, temple, or mosque for suggestions for changes in rites or presiding over a customary event.

religious ceremonies. Possibly a family member can assume the role your spouse held in presiding over a customary event.

If you are truly alone, find your solace and your footing in helping others. This will be a difficult time, but good times will follow. Many of us have been in your shoes. As you now know, that is why we are called "surviving spouses."

Source: <https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/member-spotlight/surviving-spouse-corner-facing-your-holiday-blues/>

THE DUCKED UP DERBY

—Submitted by Submitted by Carol Zieres

There are 14 Duck Teams in play; Army, Navy, Marines, etc. Each Duck Team has a sponsor assigned to it. Ducks can be purchased online for \$10 each or three for \$20. Go to <https://www.mywarriorsplace.org/ducked-up-derby-2025>. First prize is \$1,000 cash for the duck team that comes in first during the race with a chance to win an additional \$50K. The winner need not be present to win. Ducks will race at 11:30 am and at Noon on Saturday, February 1st on the Little Manatee River waterfront at My Warriors Place. Those who would like to drop by in person will enjoy food and drinks and a chance to participate in a 50/50 raffle.

The Ducked Up Derby Fundraiser will be on February 1st, 2025. To get ducks go to our *Ducked Up Derby* webpage use this link: www.myduck.org

**IT'S THE DUCKED UP DERBY!!!
A FUNDRAISER FOR MY WARRIOR'S PLACE
WE HAVE 14 AMAZING DUCK TEAMS!**

**SO COME GET YOUR QUACK ON AND
PURCHASE A DUCK (OR 2 OR 3)**

**THE TEAMS: AIR FORCE, ALL AMERICAN,
ARMY, BLUE STAR, COAST GUARD,
FIREFIGHTER, GOLD STAR, HERO BIKER,
LEO, MARINE, NAVY, SERVICE DOG,
SPACE FORCE AND VETERAN!**

**GO TO WWW.MYDUCK.ORG TO GET
YOUR DUCK(S) NOW!!!**

YOU DO NOT NEED TO BE PRESENT TO WIN!



**When: February 1st 2025
11:00 am - 2:00 pm**

**Where: My Warrior's Place
101 22nd Street NW
Ruskin, FL 33570**

**DUCKS WILL RACE AT:
11:30 noon**

Raffles 50/50 Food & Drinks



**1st PLACE:
\$1,000+ Cash & Prizes
w/ chance to win \$50k**

**For more info go to:
www.duckedupderby.org**



JANUARY LUNCHEON MEETING



EVENT: Chapter Monthly Luncheon Meeting

DATE: Thursday, 9 January **TIME:** Social time 1130 hours, Meeting time 12 noon – 1330 hours

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

RESERVATIONS: Reservations must be made by NOON Friday, 3 January. Call 813-374-3309 OR via email to LunchReservations@moaatampa.org. Reservations are limited to 60. A Reservation Made is a reservation Paid.

CANCELLATIONS: Cancellations must be made by NOON Monday, 6 January, by calling 813-374-3309 OR via email to LunchReservations@moaatampa.org.

COST: Event cost is \$35 payable by check or cash, \$36 by credit card (includes service charge).

MASKS: Masks are optional.

DRESS CODE: Proper attire is business casual for all (i.e., for men, slacks/collared shirts). Military uniforms are always appropriate.

MENU: 1905 Salad, Cuban Bread and butter, Boliche, Paella de Pollo, Fresh Green Beans, Black Beans, Flan, Coffee, Iced Tea, and Soft Drinks

PARKING: Across the street from the Columbia Restaurant and behind the Columbia Restaurant Luncheon reminders are sent via email. If you are not receiving the reminders, please call 813-374-3309 or send an email to LunchReservations@moaatampa.org to be added to the distribution list.

This meeting will not be available via Zoom.

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 Lt Col Kiley Stinson USAF Ret, Sick Call Chairman 813-957-1127 so that he may call or send cards to let them know they are missed.

Alternatively, you may send an e-mail to: Secretary@moaatampa.org

VETERANS TREATMENT COURT

Norm Bild is the MOAA Tampa contact for the highly successful Veterans Treatment Court in Hillsborough County. Contact him at (813) 205-1476 if you are interested in being a veteran mentor. He will also serve as an escort if you want to attend court sessions as an observer.

VOLUNTEER POSITIONS AVAILABLE

You'll hear the Chapter President frequently mention "Never Stop Serving," and you'll see it sprinkled throughout this newsletter. This Chapter depends on that volunteer spirit from you its members to accomplish so many great things.

Everything the Chapter does is accomplished by volunteers, and there are currently several volunteer positions open, including: Surviving Spouse Liaison, Director of Outreach, Assistant Editor for the chapter newsletter *The Retrospect*, Assistant Secretary, Assistant Membership, Historian/Archivist, Public Affairs, Guard and Reserve Liaison, Scholarship Committee, Buddy Calls, Photographer, Fundraising and Advertising, 6th Medical Group Liaison, and VA Hospital Liaison.

If you would like to volunteer for or learn more about any of these positions, please contact the Secretary at Secretary@MOAATampa.org.

Keep Your MOAA Contact Updated

Please email any email address changes to "membership@moaatampa.org" or go to your account at moaa.org and update mailing address, phone number, email address under the "Profile Info" once logged into your account.

IMPORTANT DATES IN JANUARY

- 1 New Year's Day
- 20 Martin Luther King Jr.'s Birthday
- 22 Chinese New Year

VOLUNTEERS NEEDED



Buddy Call Program

Let's check on our chapter members over the holidays. Volunteers need to assist making calls!

Please contact CAPT Angie Nimmo, NC USN RET at **(760) 401-9718**



Welcome New Members

*Former USAF Captain, Mrs. Anne Spinelli
Surviving Spouse, Ms. Gail Cooper*

BUDDY CALLS TO OUR CHAPTER MEMBERS TO WISH YOU HAPPY HOLIDAYS

Angie Nimmo contacted five other chapter members using our member directory and honorary members who will be calling to check in on each of you. Don't worry if your asked not to be contacted as your wishes are being honored. If you don't have a phone number, Angie will reach out by US Mail. So, if someone calls you over the next 3 weeks and you don't recognize the number, know the call is simply to check in and wish you a happy holiday season and to let you know we value and care about you.

6th Medical Group, MacDill wants YOU!

WHAT: Red Cross Volunteer(s) to man the front entrance information desk at the 6th Medical Group.

WHEN: M-F, 0700-1630. Several individuals could make this very doable.

WHY: Currently Active Duty troops are manning the desk which means they are not available for other clinic duties.

POINT OF CONTACT: Diana Pagan - 813-827-9785



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

Annual Subscription Costs:
Half Page Ad: \$1000
Quarter Page Ad: \$500 • 1/8 Page Ad: \$250

E-Mail: coms@moaatampa.org

Harry Chandler, Navy Medic who Survived Japan's Attack on Pearl Harbor, Dies at 103

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

— By AUDREY McAVOY

HONOLULU (AP) — Harry Chandler, a Navy medic who helped pull injured sailors from the oily waters of Pearl Harbor after the [1941 Japanese attack](#) on the naval base, has died. He was 103.

Chandler died Monday at a senior living center in Tequesta, Florida, according to Ron Mahaffee, the husband of his granddaughter Kelli Fahey. Chandler had congestive heart failure, but Mahaffee said doctors and nurses noted his advanced age when giving a cause of death.

The third Pearl Harbor survivor to die in the past few weeks, Chandler was a hospital corpsman 3rd class on Dec. 7, 1941, when waves of Japanese fighter planes dropped bombs and fired machine guns on battleships in the harbor and plunged the U.S. into World War II.

He told The Associated Press in 2023 that he [saw the planes approach](#) as he was raising the flag that morning at a mobile hospital in Aiea Heights, which is in the hills overlooking the base.

"I thought they were planes coming in from the states until I saw the bombs dropping," Chandler said. His first instinct was to take cover and "get the hell out of here."

"I was afraid that they'd start strafing," he said.

His unit rode trucks down to attend the injured. He said in a Pacific Historic Parks oral history interview that he boarded a boat to help pluck wounded sailors from the water.

The harbor was covered in oil from exploding ships, so Chandler washed the sailors off after lifting them out. He said he was too focused on his work to be afraid.

"It got so busy you weren't scared. Weren't scared at all. We were busy. It was after you got scared," Chandler said.

He realized later that he could have been killed, "But you didn't think about that while you were busy taking care of people."

The attack killed more than 2,300 U.S. servicemen. Nearly half, or 1,177, were sailors and



—FILE - Pearl Harbor survivor Harry Chandler, 102, of Tequesta, Florida, speaks to the media during the 82nd Pearl Harbor Remembrance Day ceremony on Dec. 7, 2023, at Pearl Harbor in Honolulu. (AP Photo/Mengshin Lin, File)

Marines on board the [USS Arizona](#), which sank nine minutes after it was bombed.

Chandler's memories came flowing back when [he visited Pearl Harbor](#) for a 2023 ceremony commemorating the 82nd anniversary of the bombing.

"I look out there, and I can still see what's going on. I can still see what was happening," Chandler told The Associated Press.

Asked what he wanted Americans to know about Pearl Harbor, he said: "Be prepared."

"We should have known that was going to happen. The intelligence has to be better," he said.

After the war Chandler worked as a painter and wallpaper hanger and bought an upholstery business with his brother. He also joined the Navy reserves, retiring as a senior chief in 1981.

Chandler was born in Holyoke, Massachusetts, and lived for most of his adult life in nearby South Hadley, Mahaffee said. In recent decades he split his time between Massachusetts and Florida.

An avid golfer, he shot five hole-in-ones during his lifetime, his grandson-in-law added.

Chandler had one biological daughter and adopted two daughters from his second marriage, to Anna Chandler, who died in 2004. He is survived by two daughters, nine grandchildren, 17 great-grandchildren and five great-great-grandchildren.

Military historian J. Michael Wenger has estimated that there were some 87,000 military personnel on the island of Oahu the day of the attack. With Chandler's death only 15 are still living, according to a tally maintained by Kathleen Farley, the California state chair of the Sons and Daughters of Pearl Harbor Survivors.

[Bob Fernandez](#), who served on the USS Curtiss, also died this month, at age 100, and [Warren Upton](#), 105, who served on the USS Utah, died last week.

Source: https://www.military.com/daily-news/2025/01/01/harry-chandler-navy-medic-who-survived-japans-attack-pearl-harbor-dies-103.html?ESRC=eb_250102.nl&utm_medium=email&utm_source=eb&utm_campaign=20250102

Japan Vows to Reduce Okinawa's Burden from Bases as US Marines' Transition to Guam Gets Underway

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

— The Yomiuri Shimbun, Asia News Network

TOKYO -- The Japanese government aims to reduce the burden of hosting U.S. military bases on Okinawa Prefecture while maintaining the nation's powers of deterrence, now that the U.S. [Marine Corps](#) has begun its transition from the prefecture to the U.S. territory of Guam.

Japan also aims to steadily implement a plan to relocate the U.S. military's Futenma Air Station in Ginowan to the Henoko district of Nago in the prefecture, while making efforts to obtain the understanding of local people. The relocation is a key concern involving U.S. forces stationed in the prefecture.

Defense Minister Gen Nakatani met with Nago Mayor Taketoyo Toguchi in the city on Saturday. Nakatani told the mayor, "We are doing everything we can to ensure the [Futenma relocation] work progresses as quickly as possible."

Nakatani also referred to the Marine Corps' transition to Guam, saying, "We will continue making utmost efforts so that the issues needing to be handled are steadily resolved one by one." Nakatani emphasized the government's stance of striving to reduce the burden on the prefecture.

Toguchi urged Nakatani, "It's important to alleviate the fears of city residents and protect their living environment."

In addition to the relocation of Futenma Air Station, the transfer of U.S. marines stationed in Okinawa Prefecture to Guam has been a key element of the realignment plan for U.S. forces in Japan.

The total cost of the transition to Guam is about \$8.6 billion for both Japan and the United States, with Japan shouldering up to \$2.8 billion of the amount.

From 2009 to 2022, the Japanese government paid about \$2.75 billion to construct facilities to accommodate marines in Guam.

The transition finally began many years after 2006, when the two governments reached an agreement on the issue. A senior Defense Ministry official said, "We want to convey to Okinawa



—U.S. Marine Corps Col. Henry Dolberry Jr. receives a gift after a change of command ceremony on Marine Corps Air Station Futenma, Okinawa, Japan, May 8, 2023. (Cpl. Jessica Massi/U.S. Marine Corps photo)

Prefecture that real progress is being made in the reduction of local people's burdens."

On the other hand, the security situation in East Asia has been worsening due to China's advancement and North Korea's progress in developing nuclear weapons and missiles.

The U.S. Marine Corps plans to keep its 12th Marine Littoral Regiment, which would respond to a military contingency on a remote island in Okinawa Prefecture.

For its part, the Japanese government plans to upgrade the Ground Self-Defense Force's 15th Brigade, which is based in Naha, to a division by fiscal 2027. This will enhance the SDF's powers of deterrence and response capabilities.

The government is also preparing to cope with a military contingency in Taiwan by building facilities for utilizing private-sector ports and airports, to protect Japanese nationals in an emergency and for training in peacetime.

Six years have passed since the placement of earth and sand began on Dec. 14, 2018, in connection with the relocation of Futenma Air Station to the Henoko district. On Saturday, Nakatani inspected the site of the landfill and confirmed the progress that has been made. He also exchanged opinions with local people in districts neighboring the area to which the air station will be moved.

As legal battles are almost concluded with the Okinawa prefectural government, which has opposed the relocation, landfill work is expected to progress smoothly from now on.

But some of the work on the side facing Oura Bay is expected to be highly difficult because soft ground was discovered.

Nakatani told reporters, "Methods for improving the foundation have often been successful in the past, and the new air station can be built without any problem."

Source: <https://www.military.com/daily-news/2024/12/17/japan-vows-reduce-okinawas-burden-bases-us-marines-transition-guam-gets-underway.html>



Advertise in the monthly MOAA Tampa Chapter Newsletter



The **RETROSPECT**

TAMPA CHAPTER — A FIVE STAR CHAPTER OF MOAA NATIONAL



The Retrospect is published monthly by the Tampa Chapter of the Military Officers' Association of America (MOAA), P.O. Box 6383, Tampa, FL 33608-0383. The MOAA Tampa Chapter is a 501-C-(19) tax exempt veterans' organization not associated with the Department of Defense. The views expressed in individually signed articles do not necessarily reflect Chapter policy.

This award-winning, informative monthly newsletter, The Retrospect, is available on-line at www.MOAA Tampa.org and published on the MOAA Tampa FaceBook site. This publication is packed with information addressing our community based projects and updates readers on the national and local initiatives that improve the quality of life for all servicemembers, their families, and survivors. It also includes myriad non-political articles that are of interest to both military and civilian communities.

DIGITAL PUBLISHING

| Ad Deadline | Inserts |
|----------------|---------|
| Dec. 20 (2024) | Jan. 1 |
| Jan. 20 | Feb. 1 |
| Feb. 21 | Mar. 1 |
| Mar. 21 | April 1 |
| April 20 | May 1 |
| May 20 | June 1 |
| Jun. 20 | July 1 |
| July 20 | Aug. 1 |
| Aug. 19 | Sept. 1 |
| Sept. 20 | Oct. 1 |
| Oct. 20 | Nov. 1 |
| Nov. 21 | Dec. 1 |

| Advertising | Cost (Artwork supplied) | Cost (Ad creation) |
|---------------------------------------|-------------------------|--------------------|
| Half page (12.95" wide x 9.75" tall) | \$1,000.00 | +\$75.00 |
| Quarter page (6.5" wide x 6.25" tall) | \$500.00 | +\$50.00 |
| 1/8 page (6.5" wide x 3.5" tall) | \$250.00 | \$35.00 |

DIGITAL AD FORMAT: Digital ads **must be** submitted in PDF, JPEG or EPS formats.

NEED HELP? If you do not have a digital ad, we can create one for you. See chart above for pricing based on desired ad size.

DEADLINE: See Digital Publishing table.

ADs are for 12 months. We can discuss pro-rating for shorter periods.

Call, email or visit moaatampa.org to reserve your spot today!

Email: Coms@moaatampa.org
www.moaatampa.org



American Red Cross
 Central Florida and
 the U.S. Virgin Islands

Turn Compassion Into Action!
 Join the Service to the Armed Forces Team!

Our Service to the Armed Forces volunteers at MacDill AFB support service members, their families, and our veterans every day! Become a part of our team providing support to the MacDill clinic, pharmacy, and beyond. By volunteering at the clinic, you will provide support to our military community. Our vital work is only possible because of people like you. Bring your skillset, experience, and compassion to MacDill AFB clinic today!



Volunteers Urgently Needed in the Following Areas at MacDill AFB:

| Coping with Deployment Facilitator | MacDill AFB Clinic | MacDill Clinic Professional Volunteer | MacDill AFB Pharmacy |
|---|--|--|---|
| Help provide skills to help military families cope with military life, especially deployments. *Must be mental health professional, holding a current license* | Provide assistance with tasks in a clinical setting such as surgical prep; runner; charting; reception; prepare patients for treatment and administrative tasks. | Provide assistance with a specific service or treatment to designated clients in an urgent care, outpatient/inpatient unit, or other health care settings. | Provide assistance with tasks in a clinical setting as well as support staff in a variety of direct and indirect patient care activities. |

Additional security clearance may be required in compliance with government regulations
 **Some positions such as clinic professional volunteer require a valid and current license in their field.

To learn more, visit redcross.org or contact:

Molly Gallagher, Senior Volunteer Recruitment Specialist
molly.gallagher@redcross.org



Scan with cell phone camera to apply!

251601-16



Active? Retired? We welcome the opportunity to serve you.

You dedicated your life to our country. Now we'd like to return the favor, with exceptional senior living at Brookdale Bayshore.

If you served in the Army, are a member of US Air Force and Space Association through the US Air Force, or are a member of the Fleet Reserve Association through the Navy, Marines, Coast Guard or National Guard, you and qualifying family members may be eligible for exclusive senior living discounts that can help you and your family get the care you deserve.

Brookdale Bayshore
 Independent Living
 Assisted Living
 4902 Bayshore Boulevard
 Tampa, Florida 33611
 Assisted Living Facility # AL7565

► For more information or to schedule a tour, call **(813) 835-4475**.

Applicable to all discounts: Residents under a Life Care Agreement are not eligible for the discounts. These discounts do not apply to any room, board or services which are paid for all or in part by any state or federally funded program. Discounts are available to members and their family members, including spouse, adult children, siblings, parents, grandparents, and corresponding in-law or step adult children, siblings, parents, and grandparents through current spouse. Subject to availability. Further restrictions may apply.
 *Discount is only applicable to new residents of a Brookdale independent living, assisted living, or memory care community admitting under an executed residency agreement. Discount applies only to the monthly fee/basic service rate, excluding care costs and other fees and is calculated based on the initial monthly fee/basic service rate.
 **Discount is only applicable to new clients of personal assistance services by a Brookdale agency under an executed service agreement.
 ***Discount is only applicable to new residents of a Brookdale assisted living or memory care community admitting under an executed respite agreement. Discount applies to the daily rate.

851506 HVS

©2023 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING is a registered trademark of Brookdale Senior Living Inc.



brookdale.com



LETTERS FROM FREEDOM HIGH SCHOOL NAVY JROTC

— By Sara Marks, CAPT NC USN (Ret)

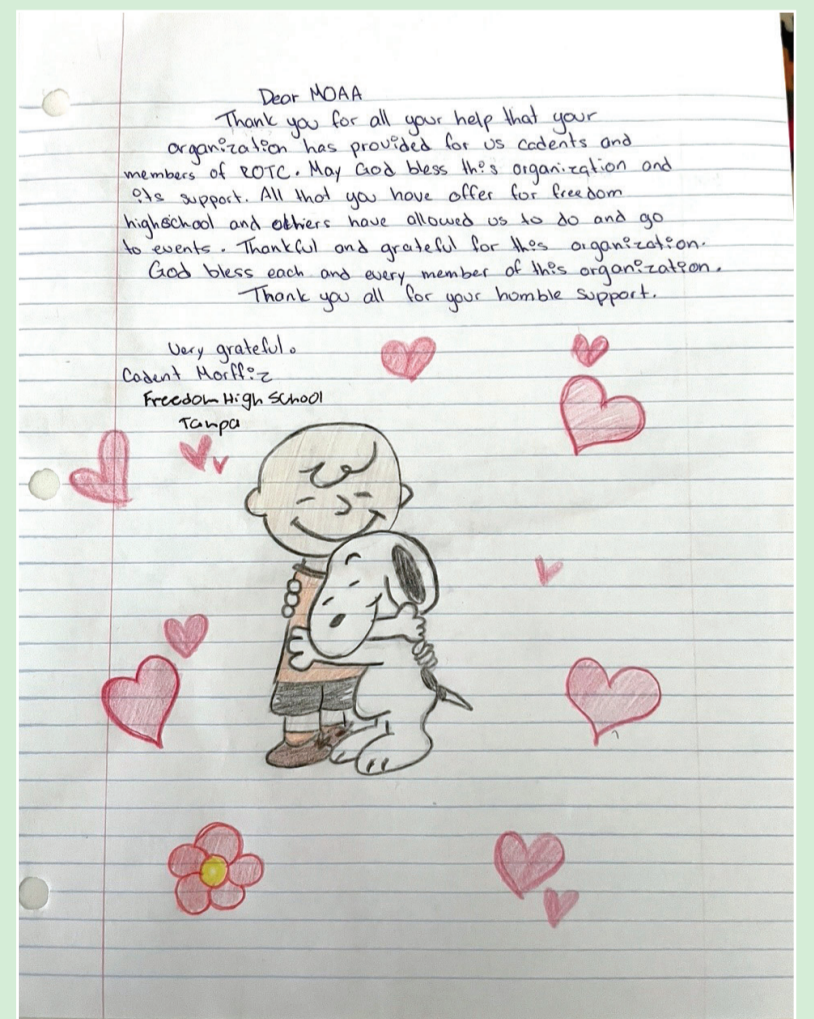
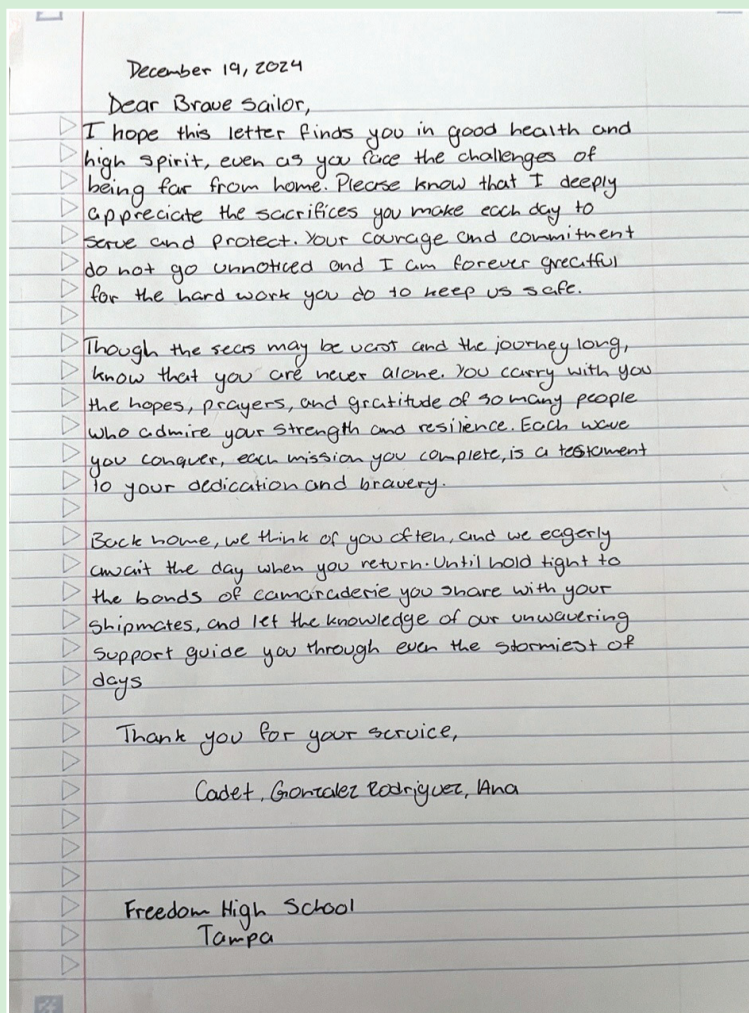
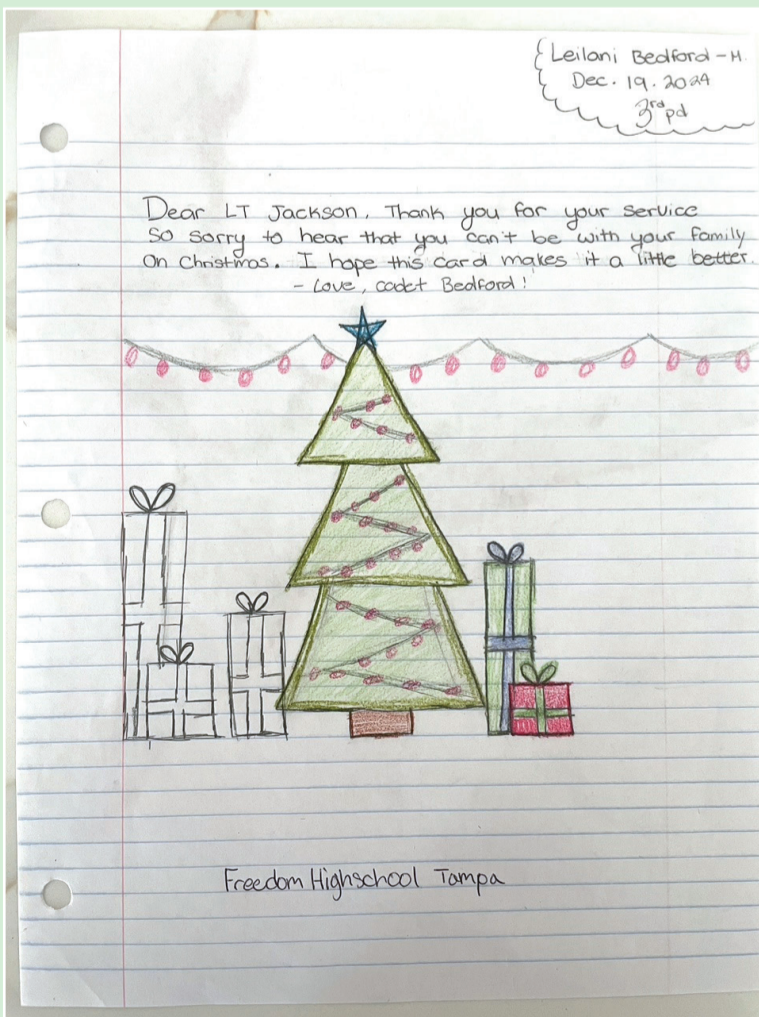
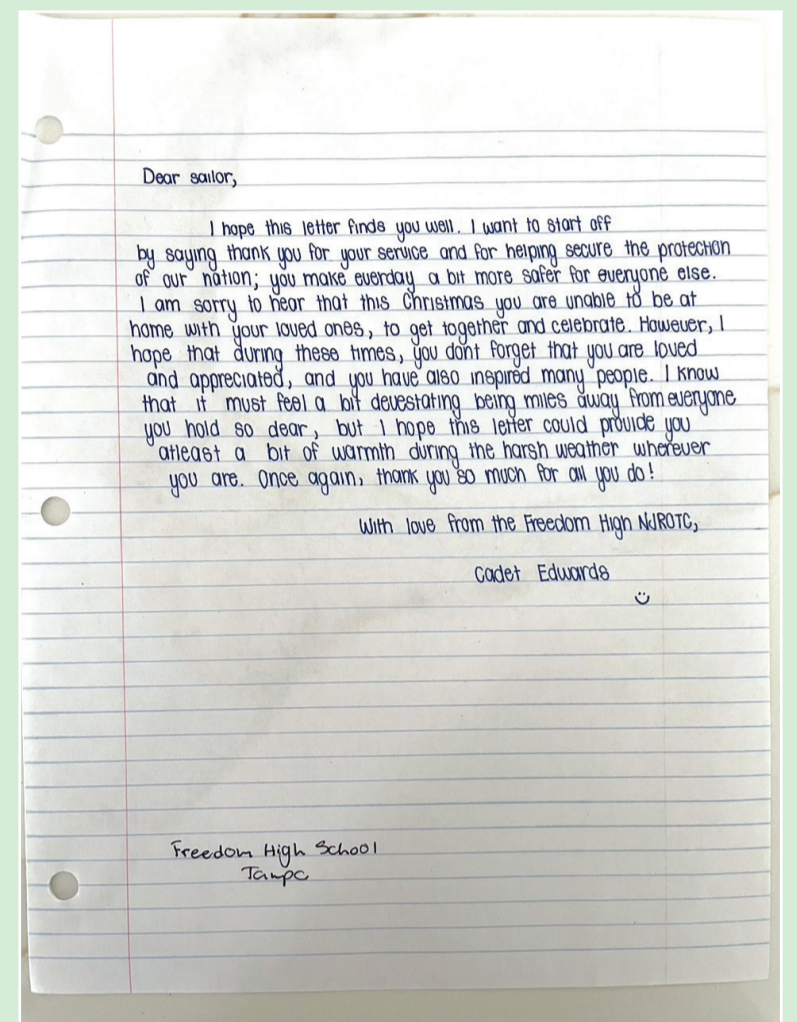
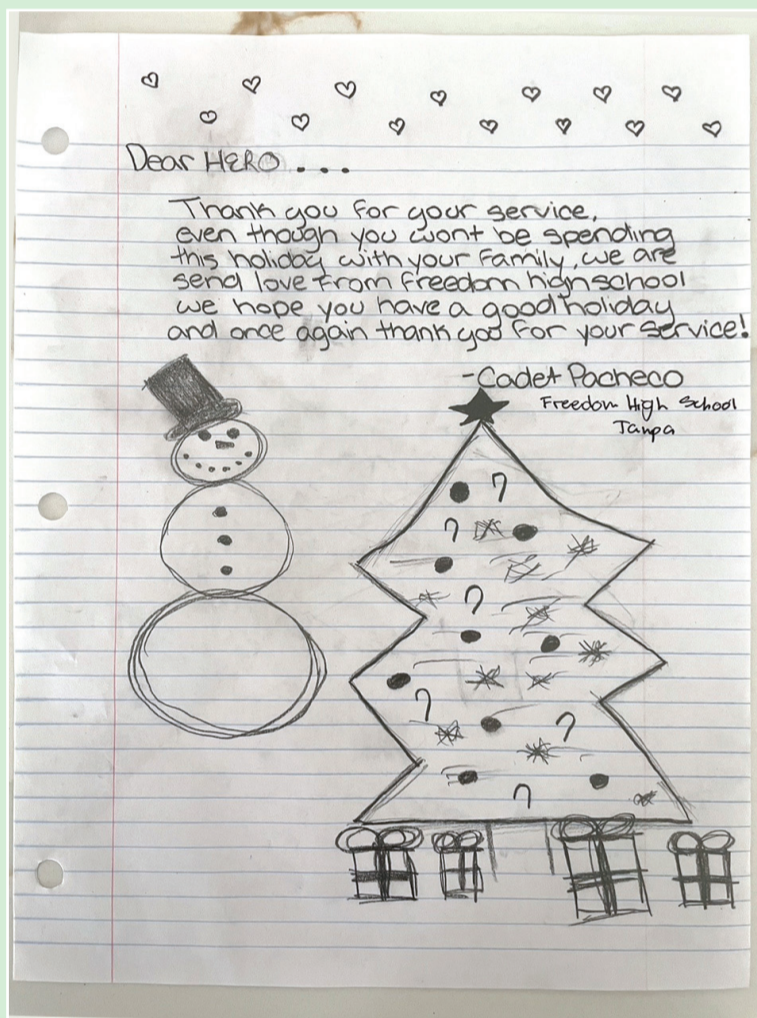
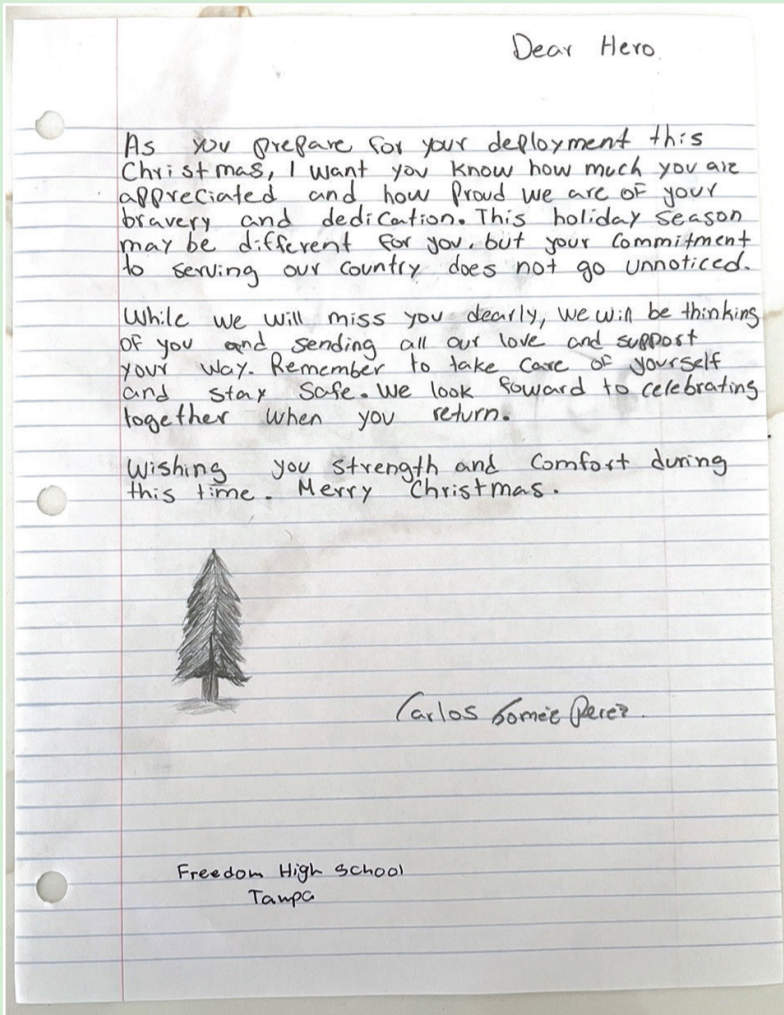
The Navy JROTC midshipmen wrote letters to LT J. P. Pyle, USN who is currently deployed as an H-60 Romeo helicopter pilot, and whose mother is a friend of mine a fellow retired Navy Nurse Corps Officer. In addition to writing to our MOAA Tampa Chapter and LT Pyle, they also wrote letters to "Dear Hero or Dear Sailor" so that LT Pyle can distribute those letters to others who are deployed and may not be receiving a lot of mail.

What their instructor, John Burch was excited about was that this provided these young midshipmen with an opportunity to think about those deployed and what it means to them and the support that the MOAA Tampa Chapter provides for them. Our chapter supports many of their leadership events. Many of these young men and women come from families with modest incomes, so our chapter's help means a great deal to them. I think writing these letters was an opportunity for them to practice hand writing a lot of

notes, so perhaps this lost art putting pen to paper has a chance to be revived!

I emailed the 33 letters to the MOAA Tampa chapter on the 20th of December and received some very positive feedback from some of our chapter members. The letters for LT Pyle and his shipmates will be mailed soon, though I anticipate they will arrive well after Christmas. I'll provide a follow up once I hear the letters have been received. In the meantime, take a moment to read a sample of some of the letters these enthusiastic midshipmen crafted. They wrote over 95 letters during their JROTC Class. According to John Burch, they wanted more time to write more letters.

Personally, I'm so inspired by these young men and women from the Freedom High School NJROTC. The handwritten letter exercise demonstrated the tremendous impact that we have on these young people, and the impact that they have on us.



Breaking down the number of veterans in the 119th Congress

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



—Jim Banks (center), who went from an Indiana Republican representative to the state's U.S. senator last election, is one of 100 veterans who will take office in the new session of Congress this week. (J. Scott Applewhite/AP)

—By Leo Shane III

When lawmakers convene the 119th Congress on Friday, the group will boast **100 military veterans among their members**, the largest such caucus in eight years.

Sixteen new veterans will join 84 incumbent members of Congress with military experience, but that total will drop by two within days of the start of the new legislative term. That's because two veteran members are headed to the executive branch in the next few weeks.

Ohio Republican Sen. JD Vance is set to leave his Senate seat to be sworn in as vice president on Jan. 20, and **Florida Republican Rep. Mike Waltz** has been tapped to be President-elect Donald Trump's national security adviser.

Still, even a one-person jump in the number of veterans in Congress is significant, because an increase in members with military backgrounds has only happened four times in the last 50 years.

Because of their backgrounds, veterans serving in the House and Senate are often seen as critical to discussions of military operations and veterans benefits. But the number of veterans in Congress has declined almost steadily since the mid-1970s, as the military shifted from an end strength of largely drafted individuals to an all-volunteer force.

To continue reading click: <https://www.navytimes.com/news/pentagon-congress/2025/01/02/breaking-down-the-number-of-veterans-in-the-119th-congress/>

Support for All Who Serve

The Military Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.

Website: <https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>



The Military Crisis Line is Here for You

Free & Confidential

There's no charge and you decide how much information to share.

Always Available
Accessible 24/7/365.

Trained Counselors

Many are Veterans who understand the challenges service members and their loved ones face.

Calling from Overseas?

In Europe

Call [00800 1273 8255](tel:0080012738255) or DSN 118

In Korea

Call [080-855-5118](tel:080-855-5118) or DSN 118

In Afghanistan

Call [00 1 800 273 8255](tel:0018002738255) or DSN 111

In the Philippines

Dial #MYVA or [02-8550-3888](tel:02-8550-3888) and press 7

There's a lot of retirement options out there, but once you visit Canterbury Tower, Bayshore Boulevard's only CCRC, the choice is clear. You've planned wisely for this day and when it comes time to find the place you WANT to call home ... look no further than Canterbury. We're close to all that South Tampa has to offer – medical facilities, restaurants, downtown and MacDill Air Force Base.

Since 1976, Canterbury Tower has built a reputation for stability, comfort and grace. Offering independent living, assisted living and a Health Center with short-and long-term care options, we have the place for you.

Dining...



With Us Is Always a Pleasure

Canterbury Tower

3501 Bayshore Boulevard • Tampa

www.canterburytower.org

813.837.1083



The journey takes you home.

We invite you to call for a complimentary consultation.

855 OUR-PATH

www.pathfindersdownsizing.com



Specialty Move Management & Transition Services

Are you having sleepless nights, overwhelmed with the details of a move for yourself or an senior loved one? The biggest question is always- where to start?

With over 40 years experience in the senior living, estate sale and the design industry PathFinders can coordinate a tailored move for you.

These can be both painful and precious times for families. We have the remedy for clearing a path for our clients so they can embrace laughter, memories and love - life's important gifts.

We love to give the gift of home.



PLACE YOUR AD HERE

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

This 1/8 Page Ad is \$250

E-Mail: Secretary@moaatampa.org



Standing with you at every stage.

93569

1-800-247-2192 • www.moainsurance.com

Why Experimenting with Your Fitness Routine Could Be the Key to Success in 2025

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

—By Stew Smith, CSCS®

As 2025 rolls in, we all get the urge to start the new year on a better footing. Many are entirely lost in how to add more physical activity to their lives, but a new routine doesn't have to feel overwhelming. Instead of setting a goal, think of it as an experiment. The subtle word difference changes your attitude from "This is going to be a lot of work," to "Let's see if I like doing this." This might be a game-changer for you.

The first thing you need is to create an experiment. This could be training at a different time (a.m. vs. p.m.), walking more (10,000 steps) or starting something fun, such as dancing. Who says you need to join a gym? You can experiment with that, too, if you wish.

These experiments are not goals you can pass or fail, but tests of what works best for you. Whether dancing your heart out in a Zumba class, hitting the weights at the gym or practicing yoga in your living room, you can explore a world of fitness opportunities. Switching things up every few weeks is OK if you feel something is not working.

The challenge is to keep experimenting and moving more than the previous year. The key is to keep it fun and engaging; your motivation will thank you.

There is a difference between "experimenting" and "setting a goal." Think about it. Experimenting does not seem as hard as setting a goal. And you do not fail experiments like you do if you do not reach your goal. I think one of the reasons I have stayed consistent with exercise for more than 40 years now is that I am constantly searching for exercises, choreography of movements and cardio events that I enjoy. I find ways to improve performance -- continually experimenting as a coach and a student.

Next, be consistent with some movement. Commit to daily activity. It doesn't have to be an hourlong sweat session when a 20-minute walk can work wonders for your health and well-being. The goal is to get moving regularly, making physical activity a natural part of your day. Consider an appointment with yourself -- a commitment only you can make. Set it in the schedule as well. If it is not on the schedule or daily to-do list, it does not exist.

I have found that this appointment is best adhered to when there is no potential for other commitments to get in the way. The early morning is perfect for an hour of "me time," as work, fam-



—Members of the Walter Reed Army Institute of Research participated in a lunchtime Zumba class in Silver Spring, Maryland, Oct. 24, 2024. (Hannah Covington/U.S. Army photo)

ily or other appointments can easily interfere with midday or end-of-the-day fitness time. Experiment with the time of day you exercise as well.

Scheduling these fitness "appointments" is crucial. Treat them like you would an important meeting. Block off time in your calendar and commit yourself. Stick to it like you would when meeting with your boss or going to a doctor's appointment. Remember that every workout is a step toward achieving your ultimate goals, whether losing weight, improving your health or simply feeling better in your skin.

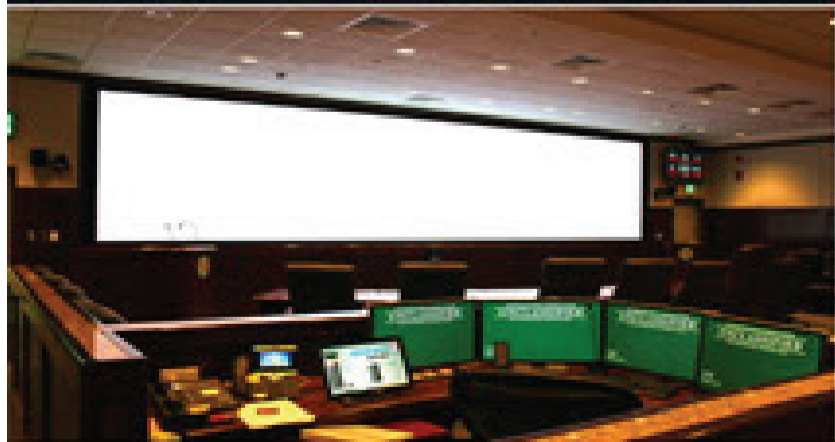
Patience is key to your success, because creating new habits takes time. Start small by incorporating a few minutes of movement during work breaks or swapping out a sugary snack for something healthier. Celebrate your victories, no matter how small they may seem. Each step forward is progress; experiment with keeping a daily account of your workouts and what you eat. On a successful day, you can have a model for setting up the rest of the week.

Staying committed to your fitness goals means holding yourself accountable and building discipline through your consistency. Drawing from my coaching experiences, I've seen firsthand how small, consistent changes can lead to significant transformations. Prioritizing daily activity and committing to specific fitness times can help you build sustainable habits that stick.

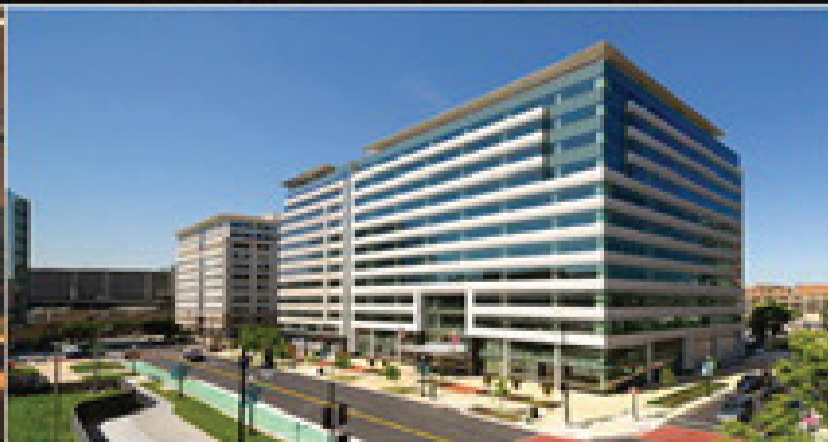
Here's to a new year filled with health, happiness and fulfilling your fitness aspirations! While my fitness and coaching journey taught me the importance of these principles, I fully believe everyone can discover their path to health and happiness with some experimentation. You will soon notice physical changes, more energy, a better mood and an overall wellness boost you can see in annual physicals with the doctor.

This year, it's time to experiment with yourself and get moving to do something that interests you or is done at a different time of the day. You can transform your fitness experience into a fun event where you become stronger, fitter, and look and feel better with something you enjoy doing. Don't navigate this journey alone. Email coach Stew Smith at Stew@StewSmith.com and find support and inspiration in the [Military.com Fitness Section](#).

Source: https://www.military.com/military-fitness/why-experimenting-your-fitness-routine-could-be-key-success-2025?ESRC=eb_250103.nl&utm_medium=email&utm_source=eb&utm_campaign=20250103



AV/VTC Modernization
USCENTCOM Headquarters & Forward Headquarters



New Headquarters Facility
Audiovisual Installation & Support Services
FEDERAL COMMUNICATIONS COMMISSION (FCC)



USSOCOM Command Group SCIF Project
USSOCOM Headquarters MacDill AFB Tampa, FL

C3EL delivers a complete, end-to-end solution with a single point of responsibility. Our core expertise is in building and integrating Command Centers and Control Rooms of all types.

C3EL executes projects worldwide, in-theatre or otherwise.

We have extensive experience in the Middle East, Europe, and the Pacific.

Regardless of the location, we bring the same level of acumen and attention to detail to every project.

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!



The Tampa Chapter of the Military Officers Association of America, Inc.

**P.O. Box 6383
Tampa, FL 33608-0383**



MOAA Tampa Chapter Dues Renewal Form

Deadline for renewing your membership is January 31, 2025

Name _____

Rank _____ Service _____ Status _____ (AD, Retired, Former)

Check here if there are no changes _____

----- Please complete the form below **only if there are changes from last year.** -----

Address _____

Email Address _____

Phone _____ Cell _____

Spouse _____ Phone _____

Dues must be paid by **31 January 2025** to remain an active member of the MOAA Tampa Chapter.

There are 3 ways to pay your dues:

1. Online at <https://chapterdues.moa.org/Membership.aspx>
2. Paying in person at the monthly member luncheons
3. Mailing this dues renewal form

Please consider donating to our chapter scholarship fund.

Amount enclosed:

| | |
|-------------------------|--|
| 2025 Dues | \$ 30.00 |
| Additional Contribution | \$ _____ (Scholarship / JROTC Support / Other) |
| Total Enclosed | \$ _____ |

Please make checks payable to: **MOAA Tampa Chapter**

Mail to: MOAA Tampa Membership C/O Matt Mularoni, PO Box 6383, Tampa, FL 33608-0383.

Email questions to: membership@moaatampa.org

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!



Name _____

Rank _____ Service _____ Status (Active, Retired, Former) _____

Street Address _____

City _____ State _____ Zip Code _____

EMAIL address _____

Phone (HOME or CELL) _____ Date of Birth: Month: _____ Day: _____

Spouse / Emergency Contact: Name _____

Phone _____

MOAA National Member Number _____

If not a MOAA National member, can we set up a Basic membership for you at no cost? YES or NO

I give my permission: signature: _____

Wartime Service: Please circle applicable information and provide dates of service:

World War II _____ Korean War _____ Vietnam Era: _____ Vietnam (in country) _____

Gulf War (Desert Shield/Storm) _____ Lebanon, Grenada, Panama _____

Iraq/Syria (OIF/New Dawn/OIR) _____ Afghanistan (OEF/ORS/OFS) _____

OR check No service during any of these periods of time _____

Tampa Chapter Annual Dues: \$30.00; ----- No fee for Active Duty or Surviving Spouses.-----

You may bring the completed form to any Chapter event, or you can mail it with your check (payable to MOAA Tampa Chapter) to: Matt Mularoni, C/O MOAA Tampa, PO Box 6383, Tampa, FL 33608-0383.

Email questions to: membership@moaatampa.org

*** The Chapter has my permission to list only my name and rank as a new member in our Chapter Newsletter, *The Retrospect*". YES _____ No _____

Coalition Corner



Season's Greetings and Heartfelt Thanks to MOAA Tampa Members

Dear Members of the Military Officers Association of America (MOAA),

As the year draws to a close, it is with immense gratitude and respect that I extend warm season's greetings to you and your families. This time of year, provides a unique opportunity to reflect on the connections we share, the experiences that unite us, and the invaluable contributions each of you make to our collective

mission as military officers. I want to take this moment to thank you for your unwavering support to the CENTCOM coalition, as well as for the camaraderie and hospitality you have shown through your monthly invitations to the MOAA luncheons.

The monthly luncheons have become a cherished tradition, offering a vital space for us to come together, exchange ideas, and build the bonds that strengthen our community. These gatherings exemplify the spirit of fellowship that defines MOAA. The opportunity to interact with like-minded professionals who share a common dedication to service and leadership has enriched us all. Your commitment to fostering these connections is deeply appreciated and continues to inspire those of us engaged in the demanding work of ensuring regional stability and security.

As we look around the world, the challenges we face in the Middle East remain significant. The region is marked by its complexity, with shifting alliances, diverse cultures, and persistent conflicts that test our resolve and ingenuity. From addressing state and non-state threats to managing humanitarian crises and navigating geopolitical uncertainties, the coalition faces an ever-evolving landscape that demands adaptability, resilience, and unity.

In this context, your support as members of MOAA has been a cornerstone of our shared success. The coalition's ability to bring stability to the region relies not only on operational effectiveness but also on the strength of our partnerships. Through collaboration, exchange of ideas, and burden-sharing, we have shown that when we work together, we are far greater than the sum of our parts.

Collaboration has allowed us to integrate diverse perspectives and develop comprehensive strategies. Each MOAA member's unique insights contribute to a broader understanding of the challenges and opportunities in the Middle East. The rich discussions during our luncheons and the camaraderie that stems from them provide fertile ground for innovative ideas and actionable solutions. These exchanges of knowledge and experience serve as a catalyst for progress, reinforcing the importance of unity in purpose and action.

Burden-sharing is another pillar of our coalition's strength. The challenges in the Middle East require resources, commitment, and sacrifices from all coalition members. The willingness of our partners to shoulder these responsibilities—to contribute troops, intelligence, and logistical support—demonstrates a shared dedication to achieving peace and stability. Your unwavering support strengthens this collective resolve, reminding us of all of the profound impact we can make when we face challenges together.

It is through this unity and shared purpose that we continue to advance toward our goals. Stability in the Middle East is not only a regional concern but a global imperative, and the contributions of each MOAA member resonate far beyond the immediate context of our engagements. The friendships and professional relationships forged through MOAA provide the foundation for trust, understanding, and cooperation, which are essential for overcoming the complexities of the region.



As military officers, we are bound by a shared commitment to service, integrity, and excellence. These values guide us as we navigate the multifaceted challenges of our time. Your steadfast dedication to these principles inspires confidence and fosters hope for a brighter future, not only in the Middle East but wherever our efforts are needed.

During this season of gratitude and reflection, I encourage each of you to take pride in the role you play in supporting the coalition and within MOAA. Whether through direct contributions to the mission, mentorship of emerging leaders, or simply being a source of strength and encouragement for your peers, your efforts make a difference. The work we do together—and the bonds we build in the process—leave a lasting legacy of service and commitment.

On behalf of all members of the CENTCOM coalition, please accept our heartfelt thanks for your continued support, your generosity of spirit, and your dedication to fostering a sense of community among military officers. Your contributions are deeply valued, and your commitment is a testament to the enduring strength of our shared values.

As we move into the new year, let us carry forward the lessons of collaboration, the power of unity, and the importance of mutual support. The challenges we face are significant, but so too is our resolve. Together, we will continue to work toward a future of stability and peace, guided by the principles that unite us and inspired by the camaraderie that sustains us.

May this holiday season bring you and your families joy, peace, and fulfillment. Thank you for all that you do, and I look forward to continuing our shared journey in the year ahead.

With deepest gratitude and warmest wishes,

Erik

Colonel Erik Andresen, CD

Senior National Representative to United States Central Command
Canadian Armed Forces / Forces armées canadiennes

Représentant national principal au Commandement des opérations au Moyen Orient
des États-Unis Forces armées canadiennes / Canadian Armed Forces

Chairman of the Coalition

405th AFSB Year in Review 2024

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

—By Cameron Porter, 405th AFSB Public Affairs Officer

KAISERSLAUTERN, Germany – In 2024, the 405th Army Field Support Brigade and its mission to operationalize U.S. Army Materiel Command's capabilities and deliver anticipatory readiness to U.S. European Command and U.S. Africa Command at the tactical point of need during real-world operations were put to the test.

Consisting of four Army Field Support Battalions, eight Logistics Readiness Centers, an extensive Logistics Assistance Program, and a wide-reaching Logistics Civil Augmentation Program, as well as Base Support Operations transportation and maintenance, the 405th AFSB successfully executed all mission requirements in 2024 like never before, providing critical support to joint and combined forces in the U.S. Army Europe and Africa Theater of Operations.

2024 Brigade Operations by Month

January

In January at the request of the 405th AFSB, subject matter experts on the new Integrated Personnel and Pay System-Army from U.S. Army Sustainment Command traveled to Europe and provided IPPS-A training to the brigade ([read more](#)). Representatives from the brigade's four battalions as well as the brigade headquarters took part in the IPPS-A training presented by ASC's directorate of personnel and administration (G-1).

February

In February the team at the Coleman Army Prepositioned Stocks-2 worksite in Mannheim tested a new Enhanced Heavy Equipment Transporter trailer tie-down and scale system that will help the Army in Europe operate more efficiently while also improving safety. Personnel from Coleman tested the new tie-down system ([read more](#)) using M1A2 SEP V2 and V3



An Army Prepositioned Stocks-2 staging grid is set at Libava, ready to issue an entire cavalry APS-2 equipment set to the 1st Squadron, 150th Cavalry Regiment from the West Virginia Army National Guard for DEFENDER 24. The 405th Army Field Support Brigade's Army Field Support Battalion-Africa has established an Equipment Configuration and Hand-off Area in Libava, and over the course of the next couple of days the battalion from Livorno, Italy, will be conducting technical inspections of all the tactical vehicles, basic issue items and support equipment with Soldiers from the 1st Squadron, 150th Cav. Regt., the gaining tactical unit. (Photo Credit: Cameron Porter)

Abrams main battle tanks and M88 armored recovery vehicles from APS-2 stocks.

March

In March the Coleman APS-2 worksite team hosted Mannheim Lord Mayor Christian Specht at the site to help foster relationships and provide the local mayor with a clear understanding of APS-2 operations there as well as critical insight into the upcoming infrastructure upgrades and the associated economic, environmental and social impacts on the area. Senior leaders from the 405th AFSB and U.S. Army Garrison Rheinland-Pfalz met with the Lord Mayor ([read more](#)) and provided him with a windshield and walking tour of the site and the facilities.

April

In April the first equipment from the Eyselshoven APS-2 worksite were prepared by Army Field Support Battalion-Benelux before heading to Romania to be issued to a gaining tactical unit at an Equipment Configuration and Hand-off Area during the Resolute Castle 24 ([read more](#)). A company's worth of horizontal engineer construction equipment from the APS-2 Eyselshoven – over 150 major end items like bulldozers, scrapers and backhoes – was issued to an Army engineer company from the U.S. participating in the exercise.

May

In May an APS-2 staging grid was set in Czechia, and an entire cavalry APS-2 equipment set was issued to the 1st Squadron, 150th Cavalry Regiment from the West Virginia Army National Guard for DEFENDER 24 ([read more](#)). Army Field Support Battalion-Africa established an Equipment Configuration and Hand-off Area in Libava, and the battalion from Italy conducted technical inspections of all the tactical vehicles, basic issue items and support equipment with Soldiers from the gaining tactical unit before issuing them the gear.

To continue reading click: https://www.army.mil/article/282301/405th_afsb_year_in_review_2024

CHAPLAIN'S CORNER

CHAPLAIN (COL) BERNARD H LIEVING JR USA RET



It is hard to believe that as we move into 2025, we will have lived through a quarter of the 21st century. Life is complex in many ways, especially with the revelations created by AI, and at the same time, the fog created by AI. The fog included the phone call I received from my grandson. No, not really my grandson saying he had been in an accident and needed money to get bailed out of jail. It was someone's use of the AI recreating my grandson's voice as they worked to make some money if I believed what I was being told.

Life is uncertain as we face the complexities of the turbulence of the world – the war between Russia and Ukraine; the violence happening in the Middle

East; the food shortage and internal conflicts in many nations; the increasing number of and strength of storms, including hurricanes; and the severity of the bird flu outbreak affecting farm animals, especially cows and their milk and the egg production of hens. Our recent national election has also brought further division into the politics with which we live in our country.

In the complexity and uncertainty of our world it is important for us to remember the faithfulness of God's promise to be with us. May the New Year be your time to deepen your relationship with God; to ask God's help in seeking and offering forgiveness in strained or broken relationships; and to respond to God's call for us all to serve others, especially the unsheltered and hungry in our community. Enter 2025 with a heart of faith in God.

A most blessed 2025 for you all!

Is Martin Luther King Jr. Day a Public Holiday?

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

Martin Luther King Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States.

This is a state public holiday. State government offices are closed. Some schools and businesses may also be closed on this day.

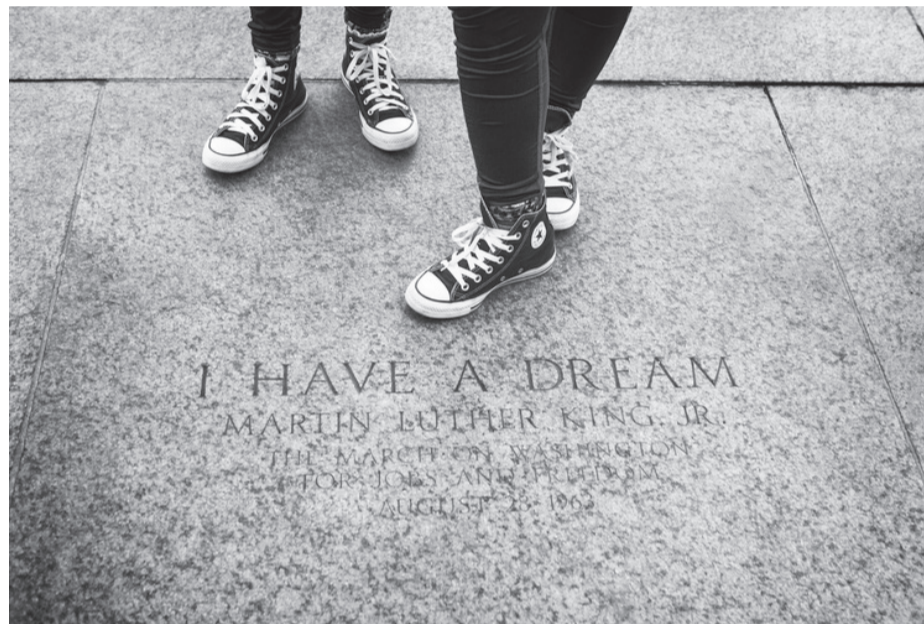
What Do People Do?

Martin Luther King Day is a relatively new federal holiday and there are few long standing traditions. It is seen as a day to promote equal rights for all Americans, regardless of their background. Some educational establishments mark the day by teaching their pupils or students about the work of Martin Luther King and the struggle against racial segregation and racism. In recent years, federal legislation has encouraged Americans to give some of their time on this day as volunteers in citizen action groups.

Martin Luther King Day, also known as Martin Luther King's birthday and Martin Luther King Jr Day, is combined with other days in different states. For example, it is combined with [Civil Rights Day](#) in Arizona and New Hampshire, while it is observed together with [Human Rights Day](#) in Idaho. It is also a day that is combined with [Robert E. Lee's birthday](#) in some states. The day is known as Wyoming Equality Day in the state of Wyoming.

Public Life

Martin Luther King Day is a federal holiday, but has slightly different names in some states. Non-essential Government departments are closed, as are many corporations. Some schools and colleges close but others stay open and teach their students about the life and work of Martin Luther King.



—Engraved pavement in the location of where Martin Luther King made his famous "I have a Dream" speech in Washington, D.C. ©iStockphoto.com/Marilyn Nieves

Small companies, such as grocery stores and restaurants tend to be open, although a growing number are choosing to close on this day. Some compensate by opening on Washington's Birthday instead. Recent federal legislation encourages Americans to give some of their time on Martin Luther King Day as volunteers in citizen action groups. Public transit systems may or may not operate on their regular schedule.

Long Weekend

Since Martin Luther King Day falls on Monday, it is one of the public holidays in the United States that always create a [long weekend](#).

Background

Martin Luther King was an important civil rights activist. He was a leader in the movement to end racial segregation in the United States. His most famous address was the "I Have A Dream" speech. He was an advocate of non-violent protest and became the youngest man to be awarded the Nobel Peace Prize. He was assassinated in 1968.

In 1968, shortly after Martin Luther King died, a campaign was started for his birthday to become a holiday to honor him. After the first bill was introduced, trade unions lead the campaign for the federal holiday. It was endorsed in 1976. Following support from the musician Stevie Wonder with his single "Happy Birthday" and a petition with six million signatures, the bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000. In 1990, the Wyoming legislature designated Martin Luther King Jr/Wyoming Equality Day as a legal holiday.

Source: <https://www.timeanddate.com/holidays/us/martin-luther-king-day>

HAVE YOU VISITED OUR WEBSITE AND 'LIKED' OUR FACEBOOK PAGE?

WWW.MOAAATAMPA.ORG and Facebook: [MOAA Tampa Chapter](#)

The MOAA Tampa website is a comprehensive and valuable tool that you can use to make the most of your MOAA Membership. Some of the things you can find on our website include:

Events Calendar: We have a new "Events" page where you will find an updated calendar, displaying our upcoming MOAA events, as well as events happening with Operation Helping Hand. Click on our [Events Page](#) to check it out!

Photo Gallery of Events: This is our photo gallery, where you will see all of the photos during our luncheons, special meetings, conventions and more! If you've had your picture taken at our events, you can likely find it by scrolling through our [Photo Gallery](#)!

Newsletters: Here you will find the latest volume of *The Retrospect*, our award winning Tampa Chapter Newsletter. You can also access archived versions of *The Retrospect* for reference and research. In addition, you can find archived versions of the Military Spouse Newsletter, which has been merged into *The Retrospect* starting in August 2019. Visit [The Retrospect](#) page to read on!

Member Directory: You can access an electronic version of our Member Directory on our website. The list is password protected for safety of our private information, but MOAA Tampa Chapter Members can be provided the pass-word to access. You can also download an Excel version of the list once permitted into the page. Check out the [Member Directory](#) now!

Facebook: Visit us on Facebook at "[MOAA Tampa Chapter](#)" where you can scroll through our photo albums, like and share our posts, and stay up to date on Tampa Chapter news and events.

Check out our **NEW Instagram account!**
https://www.instagram.com/moaa_tampa/



THE TAMPA CHAPTER RATED FIVE STARS 2003, 2005-2010, 2012-2017, 2019-2023

5 Star MOAA Chapter
2003 • 2005 - 2010
2012 - 2017 • 2019 - 2023

TAMPA

MOAA

2020 - 2023 Recipient of the
5 Star Col. Marvin J. Harris
Communications Award

Military Officers Association of America

"NEVER STOP SERVING"