

OFFICERS CALL

July 2017

President's Comments:

It was terrific to see so many of our Chapter members, guests and a prospective new member (Bill Grom) at our June Luncheon. This was especially satisfying since I know so many are traveling up north and cross country--especially the snowbirds. My personal thanks to those snowbirds who support us not only during the winter months and throughout the year by funding the scholarship fund, HOT and Heaven on Earth for VET's as well as the OC booster fund.



As we approach mid-year, it is once again time to form a nominating committee to recommend a Board of Directors for 2018. Offices include President, 1st VP, 2nd VP, Secretary and lastly, the office of Treasurer. Col Bill Lofren, USAF (Ret) will head up the nominating committee which includes Mrs. Chris Lillich, AuxMbr-Spouse and LTC Pauline Mallory, USA (Ret). Additionally, we also need to nominate members to serve on the Executive Advisory Board for the term beginning January 2018 and expiring on among 31 December 2019. Speaking of "changing the guard," Our Treasurer, Maj Pete Dawson, USAF (Ret), will relinquish his office after faithfully and

diligently serving the Chapter for way too many years to count. His will be a "big pair of shoes" to fill and is an absolutely critical position for the Chapter. Pete has performed magnificently and his expertise will be sorely missed. I would greatly appreciate efforts by Chapter members in helping to find a suitable replacement for this mission essential job. Please pass any names of those interested to Bill Lofgren or myself. See you at the July Luncheon.

Chaplain's Corner

By SPA MOAA Assistant
Chaplain, Chaplain (CDR)
Glen Crabb, USN (Ret)



I am writing this article on the day after the shooting of a Republican Congressman on a baseball practice field.

The apostle Paul wrote from his own experience when he urged his readers to work through their disagreements with humility, gentleness, and patience. Paul wrote to man and women who hurt one another with anger, lies, and bitterness.

In the New Testament letter to followers of Christ at Ephesus, Paul ask them to look beyond their blind spots. He wanted them to know that learning to love and respect one another isn't something we can do through our own ability. He asked the Spirit of God to reach deep into their hearts and open their eyes to God's immeasurable love for them.

My prayer for the United States is that we humble ourselves before God and let Him do for our nation what we cannot do.

There's a Spirit "who can do far more for us than we could ever ask or think. (Ephesians 3:20).

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Officers Call



Marvin J. Harris 5 Star Award-2016

Website Harris 5 Star Award-2016

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• Editor – LTC Bill Eichholz, USA (Ret) 289-8054
• Photos – Col Bill Lofgren, USAF (Ret) 742-0181

EXECUTIVE COMMITTEE

DIRECTORS

President- LTC Bill Eichholz, USA (Rewt) 289-8054
1st VP- CAPT Pete Gunderson, USNR (Ret) .404-304-3313
2nd VP- Mrs. Pauline Edwards, AuxMbr-MC 360-2936
Secretary- Mrs. Ginni Eichholz, AuxMbr-Spouse .289-8054
Treasurer- Maj Pete Dawson, USAF (Ret) 894-3761

EXECUTIVE ADVISORY BOARD

2016-2017 —

LTC Fran Chancey, USA (Ret) 251-9653
LTC Pauline Mallory, USA (Ret) 329-8254
Mrs. Chris Lillich, AuxMbr-A 546-2246

2017-2018 —

CDR Glen Crabb, USN (Ret) 561-0697
MAJ Tom Shoupe, USA (Ret) 404-403-1845
Mrs. Sherry Freese, AuxMbr-N 360-3102

Immediate Past President

COL Roger Popham, USA (Ret) 498-6860

COMMITTEE CHAIRS

Advertising Vacant
Auxiliary Liaison .Sherry Freese 360-3102
Awards Maj Pete Dawson 894-3761
Bylaws/Policy Bk Col Bill Lofgren 742-0181
Chaplain: COL George Brown 866-6859
Asst Chaplain CDR Glen Crabb 561-0697
Database Lt Col Larry Fernald 522-6237
Help Our Troops .LTC Fran Chancey 251-9653
Honor Guard MAJ Ed Lillich 546-2246
Historian: CDR Maureen Connors 954-0482
Hospitality CDR Glen Crabb 561-0697
JROTC MAJ Ed Lillich, USA 546-2246
Law: David Peek 362-1420
Legislative: MAJ Ed Lillich 546-2246
Master at Arms ... MAJ Tom Shoupe 404-403-1845
Membership Mrs. Pauline Edwards 360-2936
Newsletter LTC Bill Eichholz 289-8054
Parliamentarian ... Col Bill Lofgren 742-0181
Personal Affairs ... Mrs Violet Smith 595-5543
Programs CAPT Pete Gunderson 404-304-3313
Publicity: Mrs. Pauline Edwards 360-2936
Reservations Mrs. Pauline Edwards 360-2936
Scholarships: Lt Col Larry Fernald 522-6237
TOPS COL Roger Popham 498-6860
VA Vol Svc LTC Fran Chancey 251-9653
Vet Liaison MAJ Ed Lillich 546-2246
Visitation Mrs. Virginia Balke 544-3598
..... LTC Bill Eichholz 289-8054
Webmanager Lt Col Larry Fernald 522-6237

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To subscribe to the electronic version of *Officers Call*, and save valuable funds for your Chapter, call me at 727-522-6237.

Luncheon Meetings The 3rd Friday — mixer 11:00 - 11:45 luncheon; program 11:45 - 13:15; Pasadena Yacht Club, 6300 Pasadena Pt Blvd So, Gulfport, FL 33707

CALENDAR

July 21st, Friday. Speaker: Mike Clay, BayNews9

August 18th, Friday. Speaker:

September 15th, Friday. Speaker:

**** Need a ride to the luncheon?**

Call: LTC Bill Eichholz, 289-9653

Business Meetings are on the 1st Monday of the month 11:30-12:30 at Perkins Restaurant on the NE corner of Starkey Rd. & Park Blvd., Seminole.

July 3rd Monday

August 7th Monday

September 5th Monday

MILITARY OFFICERS WIVES' CLUB

MOWC meetings are suspended for the summer months. Monthly meetings will resume in October.

Membership Info: Fran Chancey, 727-251-9653

Bridge: 3rd Thursday of each month, 10:30 AM. To RSVP, call Evelyn Hamilton, 727-399-1272

Chapter Statistics

Total Membership - 192

Regular Members - 129

Auxiliary Members - 63

Military Services:

Army - 62

USMC - 7

USAF - 29

USCG - 7

Navy - 24

NOAA - 0

6/23/2017



Visit our Chapter Web Site =>



Executive Committee Meeting

St Petersburg Area Chapter, MOAA; 5 June 2017

Reported by **Ginni Eichholz, Secretary**

The meeting was called to order by President Bill Eichholz. Glen Crabb led the invocation. Bill Eichholz led The Pledge of Allegiance.

Bill Lofgren moved to approve the secretary's minutes as published. Ed Lillich seconded motion. May board Minutes were approved as published.

Old Business:

Bill Eichholz thanked everyone who helped with the Memorial service in May.

New Business:

President Bill Eichholz appointed a Nominating Committee to search for 2018 Officers and Executive Committee members. Proposed committee appointees are Chris Lillich, Roger Popham, and Pauline Mallory.

The success of the Havana Nights fundraiser has prompted interest in an Oktoberfest fundraiser. A Committee has been formed to plan the event.

Glen Crabb moved to accept the Treasurers report subject to audit; after a second by Ed Lillich, the report was approved subject to audit.

Pauline Edwards stated that press releases advertising MOAA meetings have been sent to local publications.

After a break for lunch, Glen Crabb gave the benediction and Bill Eichholz adjourned the meeting.

From *You're No Spring Chicken* by Ed Fisher:

Let's hear it for the things that have made our life better...

...like company-recorded phone messages.
...like cheap appliances that last one day longer than the warranty.
...like 100 plus TV channels and nothing worth watching.

Luncheon Meeting

St Petersburg Area Chapter, MOAA; 16 June 2017

Reported by **Ginni Eichholz, Secretary**

The meeting was called to order by President Bill Eichholz. The invocation was given by Glen Crabb, and the Pledge of Allegiance was led by Bill Eichholz.



Bill announced that the nominating committee, headed by Col Bill Lofgren, includes Chris Lillich, and Pauline Mallory. Further, Pete Dawson will be stepping down as Treasurer after many years of service to the Chapter.

Visitors were Bill Grom, Vanessa Talbot, and Susan Langston (members of the Daughters of the American Revolution (DAR)).

Door prize winner was Barbara Stakk; 50/50 winners were Kathy Gunderson and Bill Lofgren.

After a break for lunch, Bill introduced Walt Ulbricht who told us about the Osher Life Long Learning Institute (OLLI) program at Eckerd College. OLLI offers non-credit classes and trips for adults 50 and older. The program offers many diverse opportunities of study. There is truly something for everyone who is interested in continuing to learn about the area, traveling to Europe or South America, fine dining, Wines or Craft Brews, film, theater, and many other subjects. Contact Eckerd College to become a member .

After a benediction given by Glen Crabb, the luncheon meeting was adjourned. The next luncheon will be 21 July. Please RSVP for luncheon NLT the Tuesday prior to the luncheon. Pauline Edwards, who arranges the menu and number of meals for our luncheons, really needs our help on this, and I would personally appreciate you assisting Pauline so our luncheons go smoothly. Pauline works very hard in this effort and has been instrumental in the successes we enjoy in camaraderie at your Chapter lunches. Thanks to all.

Joe wanted to suggest, tactfully, that his 90-year old Mom get some help with her chores. "You know, Mom," he said, "there are volunteers that help older people who are in need. What do you think?" "Okay," she snapped back, "if they can't get anyone else, I'll help them out for a while."

From *You're No Spring Chicken* by Ed Fisher:



Legislative Update

From MOAA and other sources

The TRICARE Dental program, which covers eligible families for active duty as well as the Guard and Reserve members, will change to a new contractor May 1. While a typical change in contractors involves different providers joining the new network, the recent change to United Concordia has drawn quite a bit of attention by concerned beneficiaries and their dentists.

The new TRICARE contract requires United Concordia to provide a minimum of 95 percent of beneficiaries enrolled in the program with an in-network dentist. The dentist's office must be within a 35-mile radius of the beneficiary's home, and provide an appointment within 21 days of a request. United Concordia stated it has exceeded this contractual requirement. However, reports of complaints from beneficiaries are surfacing, suggesting existing dentists will not be joining the new network due to lower reimbursement rates. These potential disruptions in care were enough for MOAA to express concerns to both the Defense Health Agency, who oversees the TRICARE program, and to congressional staff members of the Armed Services Committees on Capitol Hill.

MOAA and other Military Coalition partners will be closely following the TRICARE dental contract changed the issue of beneficiary satisfaction with dental provider choices will be at the top of our list.

Presidential Budget Submittal

Alexandria, Va. - The president released a FY 2018 budget request calling for a proposed 2.1-percent military pay raise for 2018. On the proposal, retired Air Force Lt. Gen. Dana Atkins, president and CEO of the Military Officers Association of America (MOAA), said, "We're disappointed this request proposes another year of capping military pay raises below the average American's. Seven of the past eight military pay raises fell below private-sector wage growth, creating a worrisome gap between military and civilian pay that threatens military retention. It's also important to remember those raises were the smallest in 50 years." Congress spent a decade fixing a 13.5-percent military pay gap following retention problems during the late 1990s.

"As we enter our 17th year of continued conflict, putting America's men and women in danger in places like Iraq, Afghanistan, Syria, the Korean peninsula and elsewhere around the globe, we should be providing more reasons for people to remain in service, not giving them reasons to leave," said Atkins.

The administration's budget request corrects an oversight in the Department of Defense's new blended retirement system, allowing senior enlisted service members to continue to receive government contributions under the Thrift Savings Plan. MOAA would like to see the same benefit extended to officers.

POST-TRAUMATIC GROWTH: CHALLENGING TRADITIONAL METHODS OF PTS TREATMENT

By: Patricia Kime

Two years ago, retired Army Lt. Col. Andy Kaufmann had a plan to work with injured combat veterans and first responders to help them reintegrate and thrive in their communities. But the former OH-58 Kiowa pilot, who served in Iraq in 2004, had issues of his own: mental struggles and physical pain that required antidepressants, sleep medications, opioids, and fentanyl.

"All of my [post-traumatic stress] was getting in the way of everything else," Kaufmann says. "It was keeping me from reaching my goals."

He heard about a relatively new program for combat troops offered at a veterans' retreat in the foothills of Virginia's Blue Ridge Mountains. When he was invited to attend the Warrior Progressive and Alternative Training for Healing Heroes (PATHH) program at Boulder Crest, he jumped at the opportunity, even though he wasn't quite sure what he was getting into. Kaufmann arrived with five other combat veterans for a week of transcendental meditation and activities such as yoga, hiking, kayaking, painting, archery, and caring for horses. The casual observer easily might have mistaken the gathering at the 37-acre resort as a "guys' weekend," with its luxury lodging, activities in a gleaming clubhouse, and expansive countryside views. But this was no holiday. Kaufmann's week, with each activity selected to promote introspection, awareness, and personal growth along with soul-baring discussions around a campfire, was emotionally grueling and life-changing. "You are getting this intense therapy without even recognizing that you are getting it," Kaufmann says. "It totally saved my ass."

Holistic approach

While the VA offers treatment for post-traumatic stress at all of its medical centers - from one-on-one and group outpatient treatment to intensive inpatient and residential programs - these center largely around scientifically proven methods for treating post-traumatic stress, namely psychotherapy and medication.





For many veterans, these interventions work. But for others like Kaufmann, they have proven ineffective or, in some cases, debilitating. For these former troops, nonmedical, peer-to-peer support programs offered by various nonprofit and

private organizations across the U.S., such as Boulder Crest, Save A Warrior, Mighty Oaks, and Wounded Warrior Project's Project Odyssey, have proven to be lifesaving.

"We call it 'war detox,' " says Save A Warrior founder Jake Clarke, a former Army National Guard captain. "Previous generations have found peer support at [Veterans of Foreign Wars], American Legion, AMVETS. But sitting around a smoky bar telling your stories doesn't appeal to this group of veterans - they want the immersive, experiential model."

This means an all-in physical and mental experience based on holistic healing to foster personal growth. While each program has unique features, at their core, they focus on wellness through acceptance, humility, self-forgiveness, patience, physical well-being, and teamwork. According to program sponsors, the goal is to decrease or eliminate post-traumatic stress symptoms and restore veterans' confidence to become productive members of their communities.

Boulder Crest founder Ken Falke calls this post-traumatic growth (PTG), a phrase coined by psychologists at the University of North Carolina-Charlotte in the 1990s to describe the idea trauma can be a catalyst for positive change.

"If you take the time to answer these tough questions - 'Who am I? What do I want to be?' - and if you set goals and work for them, you can really be something special. You can take it and improve the world," Falke says.

Clarke doesn't use the term PTG but says the ideas are the same at Save A Warrior, based on ancient tenets that warriors can "travel through their experiences and come out focused and stronger" when they receive spiritual and emotional support.

According to the VA, roughly 14 percent of veterans who served in Iraq or Afghanistan have post-traumatic stress. For Persian Gulf War veterans, the rate of a post-traumatic stress diagnosis is 12 percent and for Vietnam veterans, 31 percent. With some studies indicating the high rate among Vietnam veterans has caused debilitating lifelong problems, psychiatrists, counselors, and therapists are in a race to help post-9/11 troops now, before their conditions become chronic.

"We spend weeks and months training these people to be soldiers and go to combat, and then at the end, we send them

to a measly one-week course to teach them how to get a job," Falke says. "We aren't giving them the skills they need to be leaders in their communities."

Holistic programs steer clear of traditional psychotherapies and pharmaceuticals and focus instead on activities that explore a veterans' personal and emotional status and build on existing strengths.

Many of the programs start and end with veterans engaging in art therapy such as drawing mandalas. They learn meditation and tackle physical challenges like rock-climbing or ropes courses that require teamwork. They get uncomfortably close with horses. They spend time - a lot of it - mindfully walking in labyrinths.

"It may sound like mumbo jumbo, ... but it's not. Fortunately, the science is catching up with metaphysics," Clark says. "This program helps create the ideal conditions to disrupt or dislodge this path to illness or suicide and [gives] veterans another way to go."

Falke says many veterans want this type of program because they don't want to revisit their trauma, they distrust the VA, or they have tried treatment and found it failed to help.

"What we are doing for veterans in respect to the medical model ... is not working. ... We just can't keep doing the same thing over if it doesn't work," Falke says.

Care at the VA

Dr. Sonya Norman, a psychologist and director of the PTSD Consultation Program at the VA National Center for PTSD, disputes that assertion. She says post-traumatic stress once was viewed as a chronic condition similar to, say, diabetes, which can be managed but not cured. But therapy for post-traumatic stress has developed to a point where three months of treatment can be highly effective.

"It doesn't mean they're completely symptom free or exactly the person they were before the trauma, but it certainly means they can feel better emotionally, and their symptoms can be reduced," she says.

Every VA health facility offers post-traumatic stress counseling and treatment; most provide evidence-based therapies - psychotherapies and/or medications that have been proven to work in research and clinical trials. This includes cognitive processing therapy, which focuses on changing people's thoughts on their experiences; prolonged exposure therapy; and EMDR (eye movement desensitization and reprocessing), which promotes rapid eye movement similar to the movements in deep sleep that helps guide a patient to "see" trauma in a less disturbing way.

See PTSD, Pg 8





Stan Beach



Bill Eichholz & Walt Ulbricht



Iwan Choronenko and Pete Dawson



JoAnn Burch and JoAnne Taylor



"Gadget Girl" Cheryl Cvetkovic



Pauline Edwards, Bill Eichholz, and Evey Hamilton



Ellen Marie and Ken Fine



Susan Langston and guest, Vanessa Talbot



Sherry Freese



H. B. Love



Jim and Joanna McCormick



Robert Palsha and Barbara Stakk





Glen and Katie Crabb



Pauline Edwards & Door Prize Winner Barbara Stakk



Jacque D'Louhy



Ginni and Bill Eichholz



50/50 winner Kathy and Pete Gunderson



Sherry Freese and Bill Eichholz with Patch Quilt MOAA Banner



Dick Koch



Ed and Chris Lillich



Pauline Mallory



Roger and Jeanie Popham



Fran Shivers



Dave and Carol Sjolund

Photos by Bill Lofgren.
If you would like a copy of a photo,
please email Bill at
papabill77@outlook.com

PTSD from Pg 5

Some VA facilities also offer complementary and alternative medical treatment (CAM), such as yoga, chiropractic care, and meditation, but program availability depends on the medical center. One study found 89 percent of VA facilities do offer some form of CAM, but for the most part, VA physicians rely on standard treatments, since scientific research has proven they work.

Growth experiences

Falke hopes a study under way at Boulder Crest will contribute to the research on alternative therapies for post-traumatic stress and support anecdotal evidence that programs like Warrior PATHH and Save A Warrior work just as well as traditional treatments.

University of North Carolina-Charlotte professor Dr. Richard Tedeschi, who, along with psychologist Dr. Lawrence Calhoun developed the term post-traumatic growth in the 1990s, is working with former Army psychologist Dr. Bret Moore to follow 50 Warrior PATHH participants through their one-week intensive stay at Boulder Crest, the 18-month follow-on program they continue at home, and beyond to examine their abilities to manage their physical and mental well-being, relationships, and work.

Tedeschi is a psychologist who has spent 30 years studying trauma victims, survivors of violent crime, and bereaved parents who believe they experienced positive change after dealing with a traumatic event. This observational study is an opportunity to see if PTG can be facilitated and fostered.

"People experience this growth naturally - you don't have to go to a psychologist to have someone produce this in you," Tedeschi says. "But we have seen that if you have a trauma and you experience a great deal of distress ... where you might be questioning your core beliefs ... that questioning process very often leads to positive change. And that's what they are doing at Boulder Crest: helping with this questioning process."

A new study at North Carolina State University examined the relationship between post-traumatic stress, PTG, and time, finding those who reported the highest growth also were those who said their trauma "fundamentally challenged the way" they saw the world, spent a lot of time thinking about their event, and had the highest rates of post-traumatic stress. The study also showed growth could occur quickly or unfold over time.

"In other words, while recovering from trauma can be a painful and difficult ordeal, veterans and their families can have hope," says Jessica Morgan, a researcher with the nonprofit health research firm RTI International and principal investigator on the study.

See PTSD, Pg 9

Financial Report Summary for the Month of May 2017

Operating Income

..... Luncheon Income	\$ 650.00
..... Dues	\$ 0.00
..... 50/50	\$ 20.00
..... Miscellaneous Income	\$
..... Interest Earned	\$.51
Total Income	\$ 670.51

Operating Expenses

..... Luncheon Expense	\$ 639.74
..... Supplies	\$ 232.99
..... Honoraria/Donations	\$
..... Post Office	\$
..... Printing	\$ 345.67
..... Other Organizations	\$
..... Memorials SF	\$
..... VA/JROTC	\$
..... Misc Expenses	\$ 25.00
Total Expenses	\$ 1,243.40
..... Operations Cash Flow	\$ (572.89)

Operating Fund Summary

..... Starting balance	\$ 2,394.35
..... Cash Flow	\$ (572.89)
..... Ending Balance	\$ 1,821.46

Scholarship Fund

..... Balance, Beginning of Month	\$ 985.00
..... Donations and 50/50	\$
..... Memorials	\$ 105.00
..... Expended	\$
..... Balance, End of Month	\$ 1,090.00

HOT/HOEV Fund

..... Balance, Beginning of Month	\$ 4,832.81
..... Donations	\$ 325.00
..... Expenses	\$
..... Balance, End of Month	\$ 5,157.81

Officers Call Booster

..... Balance, Beginning of Month	\$ 222.80
..... Donations	\$ 1,655.00
..... Ad Income	\$
..... Postage & Printing Expenses	\$ (312.92)
..... Balance, End of Month	\$ 1,564.88

Over 60 and want to see a puzzled look on someone from the younger generation?

Tell them one of your favorite things to do was to put on your zoot suit and ride in the rumble seat on the way to cut a rug.

From You're No Spring Chicken by Ed Fisher:



2017 Help Our Troops Heaven on Earth for Veterans Donors

Gold (\$50 & more); Silver (\$25-49); Bronze (\$1-24)

••GOLD –

Alvarez, Jeanne Mrs.
Bolin, Bill CDR
Carr, Paulette Mrs.
Carr, Terry LTC
Edwards, Pauline
Fernald, Larry Lt Col
Finley, Paul LCDR
Freese, Sherry Mrs.
Gioe', Shirley Mrs.
Hamilton, Evey Mrs.
Harrison, Christa Mrs.
Holmes, Lee LTC
Kottich, Chuck COL
Lofgren, Bill Col
Mallory, Pauline LTC
Milford, John Lt Col
Misurca, A.J. 1st Lt
Neville, Johnnie Mrs.
Palmer, Stew Col
Popham, Roger COL

Poteat, Gen Mrs.
Sims, Bob Maj
Sjolund, Carol Mrs.
Smith, Violet Mrs.
Summers, Stormy Col
Talbitzer, John LT

••SILVER –

Bax, Giles COL
Hansen, Gidge CPT
Myers, Asa Mrs.
Terry, Maxine Mrs.
Tondreau, Tunney CWO4

••BRONZE –

D'Louhy, Jacqueline Mrs.
Edwards, Richard CAPT
Fratrangelo, Paul MajGen

Member donations ONLY:
\$1,780 as of 6/20/2017

2017 Scholarship Fund Donors

(Includes donations to National MOAA)

Gold (\$100 & more); Silver (\$50-99); Bronze (\$1-49)

••GOLD –

Bartlett, Bill CAPT
Carr, Paulette Mrs.
Carr, Terry LTC
Edwards, Pauline Mrs.
Eichholz, Bill LTC
Fernald, Larry Lt Col
Freese, Sherry Mrs.
Gunderson, Pete CAPT
Hamilton, Evey Mrs.
Lofgren, Bill Col
Milford, John Lt Col
Neville, Johnnie Mrs.
Palmer, Stew Col
Peck, Earl Maj Gen
Popham, Roger COL
Sjolund, Carol Mrs.
Smith, Violet Mrs.
Talbitzer, John LT

Member donations ONLY:
\$2,473 as of 6/20/2017

••SILVER –

Bolin, Bill CDR
Christie, Bob LtCol
Dawson, Pete Maj
Finley, Paul LCDR
Mallory, Pauline LTC
Newton, Dick Col
Sims, Bob Maj

••BRONZE –

Bax, Giles COL
Bolin, Bill CDR
Crabb, Glen CDR
D'Louhy, Jacqueline Mrs.
Edwards, Richard CAPT
Fratrangelo, Paul MajGen
Gioe', Shirley Mrs.
Gunderson, Kathy Mrs.
Isley, Anne Mrs.
Roberson, Hal Col
Terry, Maxine Mrs.
Tondreau, Tunney CWO4

July Birthdays (54 to 83 years)

Day	L Name	F Name	Rank	SVC
20	Bryan	Hardy	LTC	USA (Ret)
10	DeWitt	Patricia	Mrs.	AuxMbr-Spouse
02	Lofgren	William	Col	USAF (Ret)
8	Mallory	Pauline	LTC	USA (Ret)
21	Oliver	Richard	LT	USN (Ret)
30	Peek	David	LTC	USA (Ret)
30	Popham	Roger	COL	USA (Ret)
02	Poteat	Genevieve	Mrs.	AuxMbr-A
05	Sanders	Charlene	Capt	USAF (Ret)
14	Shivers	Frances	Capt	USAFR (Fmr)
04	Talbitzer	John	LT	USN (Ret)
21	Vision	Michael	CDR	USN (Ret)
03	Ward	Wayne	CPT	USA (Ret)

2017 Officers Call BOOSTER Donors

Gold (\$50 & more); Silver (\$25-49); Bronze (\$1-24)

••GOLD –

Edwards, Pauline Mrs.
Fernald, Larry Lt Col
Freese, Sherry Mrs.
Gunderson, Pete CAPT
Hamilton, Evey Mrs.
Havana Nights
Lofgren, Bill Col
Neville, Johnnie Mrs.
Popham, Roger COL

Smith, Violet Mrs.

••SILVER –

Christie, Bob LtCol

••BRONZE –

Lanier, Laurie Maj
Gunderson, Kathy Mrs

Member donations ONLY:
\$3,080.00 as of 6/20/2017

PTSD from Pg 8

But like Tedeschi, Morgan says more research is needed on PTG.

Even without evidence, young veterans are signing up for these programs, which are offered for free, in droves. Save A Warrior has a waiting list of at least 200 and seeks to offer the program through partnerships with other therapy centers. Boulder Crest just purchased a ranch in Arizona to expand to the West Coast.

Kaufmann himself has established an equine therapy program for veterans near Ashland, Va. When he gets in a rough spot, he heads to the barn or meditates - coping skills he learned at Boulder Crest. He turns to the one phrase that stuck in his mind from Warrior PATHH: "Stop looking in the rearview mirror."

He wishes other veterans could find the peace he has found through holistic healing. "Without [the program] I wouldn't be where I'm at," Kaufmann says. "Boulder Crest helped me see things 180 degrees differently than I did before."





On her journey to become a NOAA hurricane hunter pilot, CDR Catherine "Cathy" Martin, first learned to avoid storms and later adjusted to flying head-on

point, collects data that can detect coronal mass ejections (and warn against a subsequent telecommunications outage, for example).

"It's going to be a game changer," Odell says. "It's really going to help out the nation and everyone on the planet."

Scientists, engineers, and officers all are responsible for keeping DSCOVR and other satellites on track by monitoring and servicing their ground systems. This ensures critical data always are available for weather forecasts, emergency preparedness, and other environmental functions.

into red, turbulent patches on her radar. "That first flight, it's intimidating," she says. "It's not something you're used to."

Although she was surrounded by experienced pilots and armed with the best advice and training, her first flight through Tropical Storm Ana and later Hurricane Bill still was a test. "It's the unknown," she says. "You don't know what the turbulence is going to be like. You can hear all day from people ... but you can never really know until you're there. The fear of the unknown is what I felt on my first flight."

One program shared between NOAA and other partners is part satellite and part computer network. Known as the Search and Rescue Satellite Aided Tracking System, it allows NOAA to save lives in real time when distressed mariners, aviators, and hikers signal for help. In 2016 alone, 307 people, including a fishing crew of 46 in Alaska, were rescued from near-death situations.

As an officer, Martin relies on a combination of knowledge (she studied meteorology in college), instinct, and training to keep personnel and equipment safe so the agency's scientists can provide accurate weather forecasts and good meteorological data, conduct ocean surveys, and collect data from space. This has spelled success for the NOAA Commissioned Officer Corps, which recently celebrated 100 years supporting the nation.

The most recent cause for celebration at NESDIS was a batch of brilliantly clear GOES-16 Earth images received in January. But this next-generation geostationary weather satellite provides more than better coverage and more detailed images -- its novel lightning tracker can help increase tornado warning times by precious minutes.

It's been a century of technological and scientific advances, giving the nation and the world a leg up when it comes to using environmental data to strengthen the economy, protect natural resources, and even save lives in 1917 when President Woodrow Wilson signed into law a bill recognizing the U.S. Coast and Geodetic Survey (USC&GS) as a commissioned service. At the time, the agency had for 110 years continuously monitored some of the most important assets of a growing nation: coasts, waterways, and (as of 1878) the interior. NOAA officers serve aboard fisheries vessels. Ocean surveys, the agency's core, have come a long way. What might the mission resemble in another hundred years?

While officers still command boats charting coastlines and testing ocean depths, NOAA now encompasses many complementary fields of environmental science, from meteorology to measuring coral reef health.

"The NOAA mission has expanded and changed as the nation's need for environmental intelligence has grown," says Rear Adm. David A. Score, director of the NOAA Corps and NOAA Office of Marine and Aviation Operations. "The original mission, seafloor and coastal mapping, is still vital to the economic and environmental health and prosperity of our nation, as well as to national security and public safety. But there are many more NOAA missions supported by NOAA Corps officers that are equally vital - from piloting hurricane hunter aircraft to commanding ships that support the management of our nation's marine fisheries."

The future likely will bring more surveys and plenty of modeling to help predict future conditions. Particular areas of interest include sediment-laden ports, subject to frequent changes with tides and storms, and low-lying coastal cities likely to change as the sea level rises.

NOAA Corps officers still can technically be transferred into an armed service during wartime, but their commissioned status mainly recognizes their readiness, safety, professionalism, and mobility. By relying on a highly educated group of officers rotating among various billets and staying trained to ensure safety on potentially hazardous missions, NOAA civilians are able to focus on science.

While many NOAA officers have eyes trained to the horizon or waves, others look even further afield. Capt. Will Odell, assistant director of satellite and product operations at NOAA's National Environmental Satellite, Data, and Information Service (NESDIS) in Silver Spring, MD, now is able to look at the sun after the 2015 launch of the Deep Space Climate Observatory (DSCOVR). This satellite, located more than 1 million miles from Earth at a gravity-stable location known as a Lagrange

Officers must continue to communicate with both the wage mariners on our ships and also, depending on the nature of the ship, be able to communicate with [other scientists].





TAPS

Lt Col John A. Milford, USAF (Ret), 22 June 2017



Welcome Our New Members!

- ◆ Mrs. Suzanne Berns, AuxMbr-MC,
- ◆ Mrs. Maria Stickney, AuxMbr-N

Sick List

Your cards, prayers, and thoughts are welcome.
(Contact **Mrs. Virginia Balke, 544-3598**)

COL George Brown
LTC Rose Munchbach

MOAA Scholarship Fund--Supported by YOU and YOUR Chapter

The Military Officers Association of America (MOAA) Scholarship Fund was established in 1948 to provide educational assistance for children of military families. It is based on one of the association's founding principles that "education is the cornerstone of a strong democracy". It is supported by donations and bequests from MOAA members, chapters, corporations, and others.

The MOAA Scholarship Fund is a public, non-profit, charitable organization incorporated in Virginia and declared tax-exempt by the Internal Revenue Service under §501(c)(3) of the Internal Revenue Code.



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Guest Speaker July Luncheon

Mike Clay, BayNews9 Meteorologist



Chief Meteorologist Mike Clay leads the experienced team of weather experts from the Weather on the Nines Forecast Center. His broadcasting career began at a small radio station in his native Texas back in 1978 when he was a junior in high school. In 1985, Mike moved from radio to television, taking his first job as a TV weather anchor at KCEN-TV in Waco, Texas. In 1990, Mike became chief meteorologist at KXAN-TV, the NBC affiliate in Austin, Texas. Mike also did weather in Tyler and San Antonio, Texas. In 1995, it was off to the Great Northwest, covering snowstorms, earthquakes and even volcanoes as head of the weather department at Northwest Cable News in Seattle.

In 1997, Mike helped launch Bay News 9 as the original meteorologist on Your Morning News. Mike says his most memorable moment at Bay News 9 was the morning of Aug. 13, 2004 when Bay News 9 successfully forecast Hurricane Charley to stay south of the Tampa Bay area. Mike received his meteorology education from Mississippi State University and also holds a degree in telecommunications from Central Texas College. He was awarded the AMS TV Seal of Approval in 1995 and later upgraded to the AMS Certified Broadcast Meteorologist Seal. Mike also holds the National Weather Association's TV and Radio Seal of Approval.

In 2010, Mike, along with his colleague Brian McClure, won a Florida Suncoast Emmy and a Florida Associated Press award for Best Weathercast for severe weather coverage. In 2011, Mike was elected to the AMS Broadcasters Board for a three-year term starting in 2012. Board grants the AMS Certified Broadcast Meteorologist Seal of Approval and sets standards for TV and Radio meteorologists who are members of the American Meteorological Society.



US Military Holidays and Observances

- July 4th– Independence Day
- July 27th– Korean War Veterans Armistice Day (1953)
- July 29th– Anniversary of the Army Chaplain Corps

LUNCHEON MEETING

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