



MILITARY OFFICERS CALL
Sun City Center Chapter
Military Officers Association of America
P. O. Box 5693, Sun City Center, FL. 33571
Website: www.sccmoaa.org



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President's Message

COL Eunice Patxot, USA (Ret)

Greetings to the Sun City Center Chapter family, Summer is here, and the chapter will take a two-month hiatus from our monthly luncheon meetings. Although we won't meet in July and August, we plan to visit My Warrior's Place, a retreat center for Veterans, First Responders, Blue, Gold, and Silver star families, on Wednesday, Aug 3rd, from 1100-1300. Mrs. Kowall, founder of MWP, will take us on a tour of the Retreat Center and tell us about its beginnings and vision. We will have lunch on-site; we are looking at options. This is a wonderful opportunity to visit one of our advocacy organizations and consider the possibility of volunteering or providing support.

We look forward to the start of the fall schedule. We look forward to increasing our monthly meeting attendance to pre-Covid numbers. Call someone you haven't seen at the meeting and bring them to the Sep meeting. We have already lined up several speakers. We'll be taking nominations for several open board seats in Oct with the installation of new officers in Dec. I'd like to encourage you to get involved. Consider a board position.

Enjoy the summer months... be safe, be blessed, and *Never Stop Serving* We'll see you in September!

Surviving Spouse Corner

Jean Bennet Stratis

Summer is officially here! With that brings heat, humidity and long hot days. It also brings laughter, friends and beautiful sunrises and sunsets!

I came across this article that was written by Capt. Kathy Thorp, USN (Ret), Surviving Spouse Advisory Committee Member, and published in the MOAA magazine back in 2019 that has some wonderful thoughts and tips.

An added note, I would like to mention is our loss might not be recent, or it could be 20 years ago. We are all still grieving in some way. If summer plans included traveling or visiting friends, and that is something that you miss, make plans with friends or family. It could just be a day trip or enjoying lunch at a restaurant near the water. Do what brings you joy. *Please see page 3 for the article.*

I also want to thank our Surviving Spouses for their assistance hosting the June luncheon. Everything went smoothly and was successful because of your help. Jerri Stube, was a fabulous speaker and it was just a lovely event.

Happy summer traveling!

Jeannie Stratis

Continued on page 3

2022 Chapter Officers

PRESIDENT

COL Eunice Patxot, USA (Ret).....(301) 529-4301
niche.patxot@gmail.com

1st VP

COL Gary Bridges, USA (Ret).....(931) 624-1290
a227c3ait@gmail.com

Program Chair

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Lt Col Walter Cawein, USAF (Ret).....(813) 340-0533
waltcawein@gmail.com

Membership Chair

TREASURER

1LT Bob Cochran, USA (Fmr).....(813) 773-7925
boblo15@msn.com

SECRETARY

LTC Ed Mooney, USA (Ret).....(813) 751-6844
Publicity/Media Coordinator
edmlc@yahoo.com

DIRECTOR

CW3 Bob Pitcher, USA (Ret).....(813) 857-8196
rpitcher6666@gmail.com

Webmaster

DIRECTOR

CDR Cliff Korn, USNR (Ret).....(813) 532-0913
cliff@kornhouse.net

Newsletter Editor

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Lt Col Ferris Garrett, USAF (Ret).....(813) 841-0532
garrett4@tampabay.rr.com

DIRECTOR

LTC Benny Blackshire, USA (Ret).....(813) 260-3105
bwblacks@aol.com

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DIRECTOR

Jean Bennett Stratis.....(813) 758-7330
jeanbennett.stratis@gmail.com

Surviving Spouse Liaison

IMMEDIATE PAST PRESIDENT

Maj James Haney, USMC (Ret).....(813) 220-8758
jghaney1@gmail.com

MEMBERSHIP CORNER

❖ CHAPTER MEMBERS:

- 166 Chapter Members
- 98 Regular LIFE members
- 27 Regular ANNUAL members
- 36 Regular BASIC members
- 28 Surviving Spouses
- 5 Honorary members

❖ WELCOME NEW MEMBERS:

- ❖ Elizabeth Whitfield Surviving Spouse

❖ MEMBERS RECENTLY LOST

- ❖ No losses this month. The Lord has been good to our members this month.

❖ The Chapter reimburses \$100 to members who upgrade To LIFE when LIFE certificate is presented to the treasurer.

❖ *The Sun City Center MOAA Chapter is an IRS 501(c)(19) non-profit Charitable organization and therefore donations may be eligible for deduction on your federal Income tax form.*

From the Editor's Desk

I hope you enjoy this slimmed-down version of *The Officers Call*. As we are not holding regular meetings during the summer months of July and August, there is not as great a need to disseminate as much information. The August edition will also include only nice-to-know information. The September issue will again be robust, with information about our September speaker and the rest of our busy Fall schedule.

While we are not having a regular meeting, I hope you can join your MOAA peers on our "field trip" to My Warriors Place on August 3rd. More information will be available in the August issue!



Self-Care Tips for Grievors

The weeks following a loved one's passing are challenging — with grief creeping to overtake you at any moment. Caring for your body, mind, and spirit is key to facing the future.

Here are a few other tips to remember:

- Establish a sleep hygiene schedule. Sleep, as simple as it sounds, is the first of many ways to lead to self-compassion and self-care.
- Lean on your family and friends. Take up offers of help, luncheon dates, or dinner. It benefits you as much as it benefits the giver, who desires to show their love and concern for you. Be careful not to overdo it; it's important to find the right balance and be able to say "no."
- Ask for help with responsibilities your loved one once did. This will help you learn and master unknown tasks and build confidence. Or, hire someone, either for a short period of time or longer, to tackle the jobs you're uncomfortable with.
- Establish a "what if" binder. (Regardless of whether you've lost a loved one or not, take time to do this.) It will help those you leave behind to carry out your wishes. Many arti-

cles, pamphlets, and books have been written about what surviving spouses need to know, including valuable resources from MOAA.

- Lastly, find your peaceful place — at the beach, the lake, or someplace you and your loved one shared together. Admire the beauty, feel the breeze, remember the love you shared, and say a prayer that comes to your heart.




Chapter Surviving Spouse Liaison Jeannie Stratis represented MOAA at the inauguration of DAV #161. She is second from left.

Sun City Center MOAA Website

Don't forget to visit our 5-star website.
www.sccmoaa.org

You will find much membership information, photos, calendar of events, past newsletters and more. If you would like to suggest topics for inclusion contact the Webmaster: rpitcher6666@gmail.com



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- Operation Warm Heart, administered by the 1st Sergeants Group at MacDill AFB, who provide commissary vouchers for soldiers in need
- Scholarships and Leadership Programs for students from military families
- Operation Helping Hand: monthly support for military families of wounded servicemen and women at the James A. Haley VA Hospital in Tampa



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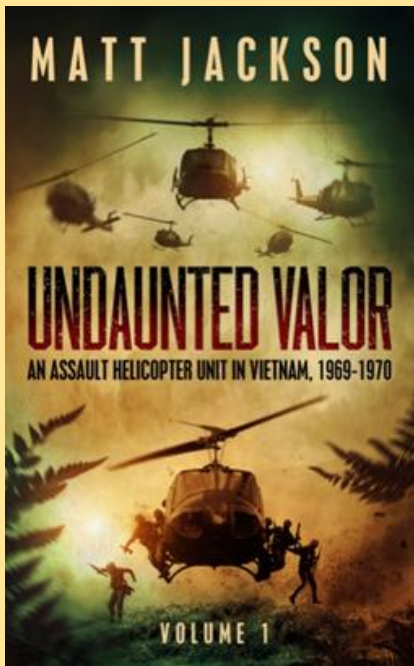
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Member Spotlight

Are you involved in a community event, activity, or service? Send us a picture and a description of 'you' in action and we will highlight you in the chapter newsletter!

Newsletter Editor: Cliff Korn
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Tel.

Local - 813-653-7097
State – 850-717-5057

Legislative Assistant - James Jacobs

Florida House District 59

Andrew Learned

Offices and Addresses

Local – 805 E. Bloomingdale Ave #390
Brandon, FL 33511
State – 1201 The Capital
402 South Monroe Street
Tallahassee 32399-1300

Tel.

Local – 813856-1212
State – 850-7175059

Legislative Assistant – Brian Ontario

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