



Bonnie, Kim, Leigh, Tawnie & Cyd had the wonderful pleasure of attending the 2nd Annual Semper Fi Sisters Beach Blast in Port St. Joe, Florida for a magical weekend in October.



Bonnie, one of the original Beach Blast members, headed up earlier in the week to help with all the preparation and set up, she also served as the chow hall General for the weekend. The food and unlimited supply of goodies was amazing, I think she earned another star.

Leigh & Cyd met at the Novatko's home Wednesday in order to get on the road early Thursday morning, pick up Tawnie along the way, and get to Beach Blast by early afternoon. Packing the truck at 6a.m. in the dark was a hoot and at one point we contemplated calling Tawnie and letting her know to pack extra light because there was no more room.



The weekend proved to be beyond what any of us imagined. Beautiful beaches, surprised around every corner, wonderful food, private concerts, packing boxes, crazy crafts, fabulous accommodations and most importantly phenomenal military women from all over the east coast. Representation from Gold, Silver & Blue star women made for lots of laughs, hugs, talks and the occasional tears.



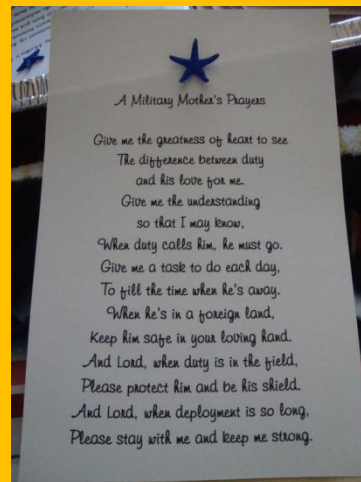
The T.A.M.P.A. ladies outdid themselves, as always, by getting several promotions at boot camp for their Marine Corps knowledge and their



presentation for the talent show was stellar. Rumor has it that they may reprise the performance at an event that will

be happening in the very near future. If you were not able to attend this year you will definitely want to make plans to join us in 2011 as we return to once again be a part of this incredible experience.

A special thanks to Brenda Garth and her 'staff' for making us all feel so welcome and taking time to set up this fabulous event. T.A.M.P.A. is extremely happy knowing our two organizations will be working together whenever and wherever we are needed to make a difference.



In keeping with the 'beach' weekend theme T.A.M.P.A. made and presented all of our sisters at the event with these prayer cards. Notice the use of native

Florida Starfish representing Gold, Silver & Blue Star families. A special thanks to Celine who hand painted each of the stars. Special thanks also go to Luther for making and painting the yellow footprints for the event. T.A.M.P.A. is full of all kinds of hidden talents that are used whenever needed in support of our military families.





*You are Cordially Invited
to Attend the*

2010 USMC Family Birthday Ball

Hosted by T.A.M.P.A.

Saturday, November 13th at 6 P.M.

*Officers Club - MacDill Air Force Base -
Tampa*

Cocktail Hour (Cash Bar) & Photos

Commandant's Address

Cake Cutting Ceremony

Buffet Dinner

Dancing

& Silent Auction

Guest Speaker: Michael Procopio,

Special Guests: Wounded Warriors

\$50 - Members & Guests

\$25 - Active Duty/Reserve/JROTC

RESERVATION DEADLINE: NOVEMBER 1ST

Online Payment

By Mail: Make checks payable to T.A.M.P.A.

P.O. Box 7915, Tampa, FL 33673

**If you do not have military ID to enter the base
you must submit your information to us by
November 1st**

Name as it appears on driver's license & DL number.

**This info can be emailed to
Admin@USMCFamilySupport.org**



2009 USMC Family Birthday Ball

**Donations
Still
Being
Accepted**



**If you, your employer or your organization
is interested in donating an item or
gift certificate for this event
please contact us.**

**Proceeds from the auction will be
used to help cover expenses
for USMC Wounded Warrior
Jonathan Wilson & his families
vacation to Florida in December.
Please consider donating an item or
making a contribution to help.**

Our website – Whole New Look!!!

www.USMCFamilySupport.org



It has a new style, it is much more user friendly and it is already getting great reviews. Be sure to take a moment to check it out and let us know what you think about our new 'look'.

On The Road Again.....

By: Ron Shaw
 Ron is a T.A.M.P.A. member who is traveling America. We will continue to keep up with Ron & his journey and share some of his amazing pictures.



The old couple who once owned and operated a 240 acre dairy farm, but are today crippled up with arthritis. The owner of Vern's restaurant who once had millions and resided in New York City, but today runs this simple family restaurant in upstate NY. The old man in his late 80's that has no family left, and spends his days riding his bike along the state highways to collect deposit bottles to supplement his income in order to make ends meet. The retired military couple whose husband has cancer but still continues to travel the country getting treatment at the different Veterans facilities along the way! The campers in Vermont, who grew their own garden on the campgrounds where they spent

the summer, who were gracious enough to share their bounty with me. The young couple who told of the time they rode bicycles from Texas to Argentina, who shared a fire and some dinner with me. The elderly lady who asks if I would share her nightly fire with her so she would not be alone. The elderly couple from Mississippi who found themselves looking for work in Maine who shared their tales of growing up in Mississippi during the years of segregation. The young family from Columbia who came to our country to provide a better life for his family. The many businesses I pass by in my travels that are now closed ending the dreams of those that owned them. Al's Seafood restaurant that remains in business in Phoenicia, NY after 69 years. You go Al! And the countless others whose lives crossed mine enriching both my experience as well as my life! The road is never without memories from all I meet and see along the way. But as the summer breeze changes direction, so do I! I stop only for a moment, to record these memories from my journey as I move on to my next adventure!

Many things have changed in America since I last set out on this type of adventure, including the way people camp, but one thing remains constant, the beauty of the people and the landscape of our GREAT country!

"Building Relationships through Teamwork"

The 6th Contracting Squadron- MacDill AFB along with USSOCOM and USF will be co-sponsoring the 4th Service Disabled Veteran Owned Small Business (SDVOSB) Conference

at the Tampa Convention Center from 28-29 October 2010.

Mr. Nelson Escribano (6th CONS) and Ms. Angela Mitchell (SOCOM) are the leads on this effort. Nelson and Angela have done a great job promoting government contracting opportunities for SDVOSB's. We appreciate the efforts of 6th CONS and USSOCOM in expanding contracting opportunities for SDVOSB's.

This is a great event to meet small businesses to team with for future endeavors. I have attended two of the past three years and highly recommend attending if your calendar permits it. The website to register is <http://www.macdillsdvosb.net/>.

Where: Tampa Convention Center
333 South Franklin Street
Tampa FL 33602
813-274-8511/800-426-5630

VA Goes Green

The Department of Veterans Affairs has awarded nearly \$78 million in contracts to build solar photovoltaic systems, which VA will install at hospitals, clinics and national cemeteries in a dozen particularly sunny locations. In some cases, the systems will produce up to 100 percent of the facility's annual electricity usage. Solar PV stations are slated for Salt Lake City; Miami; West Los Angeles; San Diego; Prescott, Ariz.; Tampa and Viera, Fla.; and in Dixon, Martinez, Menlo Park, Monterey, and Sepulveda, Calif.

NOVEMBER 2, 2010



SATURDAY, NOVEMBER 13TH
6:00pm DOORS/BUFFET OPEN
7:30pm- POKER TOURNAMNET BEGINS
\$75- POKER PLAYER
 (Includes gourmet buffet, 1 free drink & 1 seat in the Poker Tournament)
\$35- CASINO PLAYER
 (Includes gourmet buffet, 1 free drink & a \$10 Casino voucher good for Slots, Blackjack or Craps)
Poker Prizes:
 (All players at final table receive prizes)
1st- 4day/3night stay at an Atlantic City or New Orleans Casino Resort (airfare included)
2nd- Panasonic 50" 720p Plasma HDTV
3rd- Apple iPad

Craps Tournament Grand Prize:
3day/2night Beach Getaway
TradeWinds Resort on St. Pete Beach
 If you can not join us, please consider sponsoring an active duty member of our military.

Contact Nadine at 727-539-8371 or 727-539-8371 ext. 104 for more details

All proceeds benefit our educational & scholarship programs.

No monies will be exchanged at the tournament or cash prizes awarded



HBO DOCUMENTARY **WARTORN: 1861-2010**,
EXPLORING COMBAT AND
POST-TRAUMATIC STRESS, DEBUTS ON
VETERANS DAY, NOV. 11

James Gandolfini Executive Produces

“Must you carry the bloody horror of combat in your
heart forever?”

– Homer, “The Odyssey”

Civil War doctors called it hysteria, melancholia and insanity. During the First World War it was known as shell-shock. By World War II, it became combat fatigue. Today, it is clinically known as post-traumatic stress disorder (PTSD), a crippling anxiety that results from exposure to life-threatening situations such as combat.

With suicide rates among active military servicemen and veterans currently on the rise, the HBO special **WARTORN 1861-2010** brings urgent attention to the invisible wounds of war. Drawing on personal stories of American soldiers whose lives and psyches were torn asunder by the horrors of battle and PTSD, the documentary chronicles the

lingering effects of combat stress and post-traumatic stress on military personnel and their families throughout American history, from the Civil War through today’s conflicts in Iraq and Afghanistan. The HBO Documentary Films presentation debuts on Veterans Day, THURSDAY, NOV. 11 (9:00-10:15 p.m. ET/PT), exclusively on HBO.

Smart Phone App Helps Track Post-Deployment Emotional Health



The Department of Defense announced today the release of a free smart phone mobile application that will make it easier for servicemembers and veterans to track their emotional health after deployments.

The National Center for Telehealth and Technology (T2) developed the T2 Mood Tracker to help users monitor trends of emotions and behaviors from therapy, medication, daily experiences and changes in their environment such as work and home. It can be downloaded through <http://www.t2health.org/apps/t2-mood-tracker>.

“Therapists and physicians often have to rely on patient recall when trying to gather information about symptoms over the previous weeks or months. Research has shown that information collected after the fact, especially about mood, tends to be inaccurate,” said Perry Bosmajian, a psychologist with T2. “This application can improve the quality of the treatments for the provider and the patient. The best record of an experience is when it’s recorded at the time and place it happens.”

The T2 Mood Tracker can record emotional experiences from a few days to several months to see results over time, and the information can also be shared with therapists and physicians to monitor a patient’s behavior throughout treatment.

The application is now available for smart phones using the Android operating system. It is expected to be available for iPhone users early next year.



The National Museum of the Marine Corps is asking young artists for help in decorating the walls of the Wounded

Warrior wing of the National Naval Medical Center in Bethesda. The museum is sponsoring a collection of children’s original artwork to brighten both the medical center’s hallways and the spirits of its resident wounded heroes.

“Art for wounded warriors is one more way that the museum extends its support outside our four walls to Marines everywhere,” said Lin Ezell, director of the National Museum of the Marine Corps. “I hope there is so much art submitted for this program that we can offer it to other hospitals where veterans are recovering.”

Children should draw a picture and write a message on an 8.5-by-11-inch piece of paper. Artists should also write their name, hometown and grade level on the back. Submit in a flat, rigid envelope, postmarked by Nov. 30.

Mail submissions to The National Museum of the Marine Corps, Attn: Teacher in Residence, 18900 Jefferson Davis Highway, Triangle, VA 22172-1938.



This is a weblog of daily updates about the great successes by our heroic US troops and the courage of the Iraqi people. You can read about the amazing progress that has been

made in Iraq, enjoy wonderful photographs not published by mainstream media, and [subscribe to the updates.](#)

4th Annual Poker Run to benefit the HALEY HOUSE

By the
Marine Corps League Riverview Detachment # 1226
 & American Legion Riders Post #148

All Country Road Bike Ride **November 6, 2010.**

Register any time before the day of the event by contacting one of the numbers below or register the day of the event at 9:00 a.m. kickstands up at 10:30 a.m. at the American Legion Post #148 located at 7240 US Hwy 301 Riverview

Entry Fee \$15.00 bikers \$10.00 riders

BEST HAND: \$100
SECOND BEST: \$50
WORST HAND \$25

Commemorative T-Shirts Available

For More Information Contact:
 Marine Corps League: Debra Steele (813) 545-7526 Debra.Steele.0602@gmail.com
 American Legion Riders: Tom Cobb (813) 299-3792 misterrun1251@hotmail.com

Riverview Detachment Marine Corps League # 1226, 3401 Tamiami Trail East, Riverview, FL 33569
 Department of Agriculture & Consumer Services # 12100103
 US Confine: 801(CX) # 70-0010 (04)

OPERATION: FIVE STAR
 A TRIBUTE TO US VETERANS

WHAT IS OPERATION 5 STAR

THE GOALS:
 Since its inception, the Tampa Bay Veterans Alliance has provided numerous opportunities for veterans to share their stories and experiences with the community. The goal of Operation 5 Star is to provide a platform for veterans to share their stories and experiences with the community.

WHERE WILL OPERATIONS 5 STAR BE HELD?
 Operation 5 Star will be held at the following locations: Clearwater, FL; St. Petersburg, FL; and Tampa, FL.

HOW DOES FIVE STAR SUPPORT US VETS?
 By raising awareness of the needs of our veterans, Operation 5 Star will support those in need. Funds raised will benefit those in need.

OPERATION 5 STAR
 OPERATIONAL FIVE STAR
 4014 Cleveland Street
 Clearwater, FL 33755
 Telephone: (888) 9-USA-VET
 www.operation5star.org

HONORING US VETERANS

COACHMAN PARK IN CLEARWATER
FRI. NOV 5: ROCK OFF PARADE - CLEVELAND ST. CLEARWATER
SAT. NOV 6: OPERATION 5 STAR - CLEARWATER BARBOY - COACHMAN PARK

"I don't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."
 —General Sherman

The Tampa Bay Veterans Alliance will honor the men & women of the Florida National Guard in celebration of their service on the 6th of November at the new Clearwater Harbor at Coachman's Park in Clearwater, Florida entitled Operation Five Star... in recognition of the five branches of the service (Army, Navy, Air Force, Marines, Coast Guard).

Come honor the Heroes and Patriots of Coachman's Park on November 6th, 2010! Take part in the celebration that will include:

Top Military Personnel	Key Government Leaders	Military Festivities
Military Demonstrations	Veterans Organizations	Veterans
Military Ceremonies	Active Military Personnel	Entertainment
Family Activities	Military Exhibits	and so much more

INVITED TO APPEAR AT OPERATION FIVE STAR
 Admiral Eric Olson Congressman Bill Toomey Senator Bill Nelson
 General Robert Milligan Congressman Gus Bilirakis John Pizzano
 Captain John Turner Mayor Frank Hibbard
 Cmdr. Timothy Gilardo Capt. Sheryl Davidson and so much more

PLEASE SUPPORT THOSE WHO SERVED OUR COUNTRY
CALL: (888) 9-USA-VET
CONTACT: SUPPORT@OPERATIONFIVESTAR.ORG

