

*September Gathering =
Sailing?
Sailing & Late Lunch ?
Late Lunch ?
Take Your Pick.....*

On Saturday morning September 25th T.A.M.P.A. will set sail for a relaxing boating trip with Freedom Excursions out of Maderia Beach. Boat Sails @ 9a.m. sharp! Fishing & Swimming are allowed but you must bring all of your own supplies for either (and don't forget your sunscreen). The boat will be docked and waiting at:

*American Legion Post #273
600 American Legion Drive
St. Petersburg, FL 33708*

DIRECTIONS

T.A.M.P.A. will supply a cooler with bottled water. We are asking those sailing to bring SNACKS, as space is limited on the boat.

After we return from the sailing trip we will have a late lunch/early dinner at the post restaurant and relax by the tiki bar overlooking the water. (CASH ONLY/ATM on site)

If you do not wish to go sailing then please join us afterwards at 3p.m. for our regular monthly gathering.

You must RSVP for sailing as there is a limit for guests on the boat. Contact: Admin@USMCFamilySupport.org.

3rd Annual R4F Event Draws Crowd of 700

Driving down Hwy 301 at 5:30a.m. Sunday, August 22nd was not the best travel conditions I've ever been in. In fact at one point I had to tell my daughter Ammie that the reason I was going 17mph was that I could not see for the sheets of rain that were pounding on the windshield.

At one point I remember starting to cry, pure anxiety, thinking that our awesome event and tribute to our fallen was literally going to be a "wash out". Ammie just kept saying, "mom, it's going to be fine, this is Florida. We still have a few hours before the event begins." Looking back now, 'fine' was an understatement compared to how awesome the event would turn out.

We did have to do a bit of sloshing through the rain puddles during set up, but it never slowed the group down and things fell right into place as if the rain had never even happened.

Then, as if God changed His channel, the sun broke through those horrible clouds and shone on another gorgeous full end to end rainbow to start the event. And when I



say "another" I refer to the 2009 event which ended with a bit of rain, but a spectacular rainbow over the water.



Two comments we have heard in the weeks following this event:

It was awesome to find the cross for the person on my bib and feel a connection to them through the memorial and the information given. We

truly appreciate Jim Vanderbleek for sharing his Florida Fallen Memorial with our community and to all the hard workers who



came out for both set up and tear down to make it possible.

Second:

The shirts were gone in 45 minutes, how can I still get one? Guess-timation for events is never easy and we apologize for running out, but reorders were taken via email/FB and the shirts will be here soon.



We will also keep them available in our online SHOPPING SPOT store via our website.

Of the 3 major events T.A.M.P.A. sponsors each year, I have to say this is our favorite. It allows us to give back to the community with a free event, but more it allows us to show again to our Gold Star Families that we will live behind our promise to never let their



loved ones be forgotten. With 9 Gold Star families in attendance, some traveling from as far as Gainesville, lives were definitely touched and memories gained.

Thank you to Kym/Event Coordinator, all of the many participants, volunteers, sponsors and organizations who came together to

make this tribute such a great success.

Mark your calendars

now for Sunday, Aug. 21st, see you there!



2011 GOAL = 1000

I just want to say Semper Fi and that the Run For The Fallen was just amazing. I was with the cadets from Chamberlain High School, I graduated in 2005 and now my husband is a Marine. I just had the thought that this could have been him I was running for along with friends I have lost in this war....I just want to say keep up the good work and Semper Fi. – Crystal

My husband and I participated in the Run For The Fallen event this morning. First, let me say that this is our second year and we both find this to be a very emotional event. Kudos to your organization for sponsoring such a wonderful and worthwhile event. We plan to run every year for as long as we are able. I have told everyone I know about it and I would like to see it grow. Thank you for your hard work and dedication to the memory of our Fallen Heroes. – Mary

[2010 EVENT PICTURES](#)



It is getting to be that time of year again when we start preparing for our *Wreaths Across America Ceremony* held at the American Legion cemetery in Tampa. Mark your calendars now for Saturday, December 11th. Come out to help lay wreaths in honor of those who have served and make the cemetery shine during the holiday season.

Your \$15 donation will sponsor one wreath to help us meet our goal to cover every gravesite; 800+.

Sponsorship forms, promotional materials and more information are available by contacting:

WAA@USMCFamilySupport.org

T.A.M.P.A. is now a member and hopes to raise funds through this organization. Please check it out and see how you can shop online and earn funds that will help support the work we do.



Our Mission

GiveBackAmerica.org was created to raise money for charities at no additional costs to their volunteers and

supporters. The website and concept was created to make a difference in people's lives.

We were always troubled to hear of charities who had wonderful motives but had trouble reaching their goals because of financial struggles. We live in an expensive society where money is tight and it is no longer feasible for charities to just ask for donations. We needed to be creative and we developed GiveBackAmerica.org.

To make our charitable dream a success don't forget to use GiveBackAmerica.org links each and every time you do your internet shopping. Individually we can make a small difference, collectively we can change lives!

100% of listed commission goes to the charity of your choice!!

Veterans Business Success & Resource EXPO

An opportunity to get acquainted with& network with ...Veterans

- **Veteran-owned businesses**
 - **Families of Veterans**
- **Businesses who have special offers for veterans**
 - **Veterans' Caregivers**
 - (health care professionals, social service professionals, clergy, etc.)
- **Those who appreciate veterans**

Tuesday, September 14, 2010

4:00 p.m. to 8:00 p.m.

**Best Western Hotel and Conference Center/Beef O'Brady's
9331 Adamo Drive, (Hwy. 60), Brandon.**

**Dinner specials for all veterans and active military at Beef O'Brady's.
Kids eat free!**

**Door prizes and raffle prizes will be given away every 15 minutes.
To donate a door prize or raffle prize, contact Jim Haake at 813-842-5843 or jhaake@tampabay.rr.com**



Educator's Open House

Thursday, September 16, 2010-09-12

3:00p.m. – 7:00p.m.

Education Coordinator, Lisa Bosley will hold mini sessions on our new Duffle Bag Program and “How to maximize your class field trip” all while you enjoy complimentary wine and cheese in our Officer's Club. This event is free to all teachers with ID with you at the time of admission. Everyone is welcome! We look forward to seeing you.
Nadine Piazza, Director of Operations

struggle that inevitably accompanies both, heightened by the hardships of war.

Minefields of the Heart speaks in a very personal way to the experience of military families.

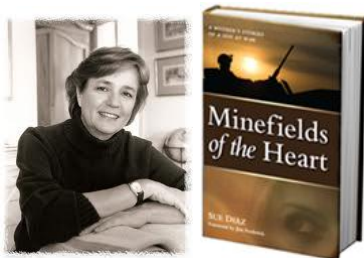
www.minefieldsoftheheart.com

Thank you for letting me share this with you and your group.

Sincerely,

Sue Diaz
Author

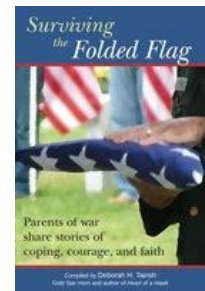
Sue has offered to donate a signed copy of her book for the Silent Auction at the Birthday Ball.



My son, Roman, served two tours of duty as an infantryman in Iraq during the height of the insurgency there. While he was there I wrote about that experience from the perspective of the home front for several publications. Those stories were the starting point for the book Minefields of the Heart:

A Mother's Stories of a Son at War, published just last month by Potomac Books.

It's a war story, yes, but Minefields of the Heart is also the story of a kid from the suburbs of America coming into manhood in distant, war-ravaged land, and of a son and a parent in the process of redefining their respective places in the world and their relationship to each other. It is a story of growing up and a story of letting go, and the



Dear Cyd and Bonnie:

My name is Deborah Tainsh, wife of USMC Sgt Maj (ret) David Tainsh. We are proud parents of US Army Sgt Patrick Tainsh, KIA 2/11/04 Baghdad.

I have been blessed to meet some Marine Corps moms here where I live, and Cindy Maney, President of Blue Star Moms of Northwest Florida who shared your wonderful newsletter with me.

I hope you won't mind my sharing info that can be helpful to any Gold Star parents you may know.

I am the author of two books and public speaker in support of our military and families and to share our faith testimony since our son's transition

to heaven.

My first book, Heart of a Hawk (2006), shares our personal family journey and Patrick's life; the 2nd released Memorial weekend 2010 and honors 25 fallen heroes and their families who share their journey hoping to help others while celebrating the lives of their children. (Surviving the Folded Flag: Parents of war share stories of coping, courage, & faith.

My husband and I are both TAPS grief peer mentors since 2005. Our book profits benefit TAPS and Wounded Warriors.

If you find it fitting, please share my website and books with others.

www.survivingthefoldedflag.com

www.deborahainsh.blogspot.com

Peace, strength, courage, & faith always through our Creator!

Be Blessed!

Deborah Tainsh

Panama City Beach, Fla

850 249 8975

Touchdown for the Troops 2010



Touchdown for the Troops is a morale and fundraising event with the goal of bringing together military children and children from the community for a unique and special sports clinic coached by former NFL players. So far our

confirmed 2010 players are: Napoleon McCallum, Walter Briggs, Don Jones, Ricky Ellis and Cephus Weatherspoon. More players to be announced in the near future.

Jacksonville, FL October 8-9, 2010
Palm Beach County, FL Early 2011

Register for the clinic at
www.touchdownforthetroops.org

Sponsorships are still available. Please contact **Christine Campbell**, OHFL Director of Marketing and Communications for more information and a sponsorship brochure!

FYI:

Combat veterans with a history of reckless driving or excessive speeding violations are invited to participate in a new research study being conducted by investigators at the University of South Florida College of Nursing and College of Public Health. The purpose of the study is to evaluate the effectiveness of a 10-week adventure program at the Saddlebrook Resort Executive Challenge Course, Wesley Chapel, FL as a means by which to replace unhealthy sources of excitement with healthier choices. Participants will meet once a week on Saturday mornings for 3 to 4 hours. Participants will be reimbursed up to \$300 for taking part in the study. There are no additional charges for using the 5-acre ropes course.

For more information, please contact Dr. Nick Hall:

(813) 974-1271

(813) 974-1271

nhall@health.usf.edu

You can support USF Veterans by purchasing Tampa Bay Buccaneers tickets from our website,



<http://www.veterans.usf.edu/>

. You can get group rates for individual tickets. For every ticket sold, \$5 goes to the USF Veterans Success Fund to

support our student veterans.

Please pass this to everyone you know who wishes to buy Bucs tickets.

Thank you for your support.

Larry

Larry Braue, Ed.D.

U.S. Army (Ret.)

Director of Veterans Services, USF

Office: (813) 974-9935 (813) 974-9935

Fax: (813) 974-7199

lbraue@usf.edu

<http://www.veterans.usf.edu>

- **USF Student Veterans are teaming up with the Tampa Bay Buccaneers!**

Join fellow USF student veterans as we cheer on the

- Tampa Bay Buccaneers on Military and Veterans Appreciation Day, Sunday, October 24 at 1:00PM. Military service-members and veterans are welcomed to purchase tickets for the Bucs vs. Rams game at reduced price. For every ticket purchased, \$5 will be donated to the [USF Student Veterans Success Fund](#). To purchase tickets, please follow the [order form](#). The first 50 tickets sold will receive free preseason tickets for the August 28 game against the Jacksonville Jaguars.

Military and Veterans Appreciation Day

Sunday, October 24

1:00PM



VS



To All;

We have a young Marine, Cpl Shane Hathaway who underwent surgery on August 30th. He was shot 4 times. His family has said he would love to receive cards and letters to cheer him up.

So let's do it.

Send to:

Cpl Shane
Hathaway, USMC
Surgical Unit 5th Floor
National Naval Medical Center
8901 Rockville Pike
Bethesda MD 20889-5600



Daniel Abate

Family Readiness Officer/MCFTB Director
U.S. Marine Corps Forces Central Command
7115 S. Boundary Blvd.
MacDill AFB, FL 33621
813-827-5787/813-317-8657
daniel.abate.civ@marcent.usmc.mil

**SILVER STAR FAMILIES OF AMERICA
ANNOUNCES THEIR NEW
PRESIDENT'S PROJECT
"WHAM"
WOUNDED HEROES AND MUSIC**

Music has been shown to be extremely effective in reducing psycho physiologic stress, pain, and anxiety. It also helps to filter out unpleasant and unfamiliar sounds associated with hospitalization. Sometimes the needs for excessive medication are reduced and the side effects of the medication are reduced. For centuries, music and medicine have been linked together.

In essence, music can be a stress responder and relaxation is promoted, and the body is returned to a healthier balance. Music helps improve mood and even mobility, reduce the need for sedatives and pain relievers during and after surgery, decrease nausea, lower

blood pressure, relieve anxiety, and even ease depression. Music soothes the soul.

As President of The Silver Star Families of America, it is my pleasure to see the great undertakings our organization has provided for our wounded and ill Veterans. Our new WHAM program is especially near to my heart as I see the great influence music has on my husband, who is also a wounded and ill Veteran.

Music is a natural source of distraction and listening to music every day can have a big impact on both the physical and emotional well-being of our wounded and ill and especially those who suffer PTS. In short, music makes your brain happy and helps to improve the emotional state of mind.

So won't you please help us to help our wounded and ill and injured by donating your gently used IPOD or MP3 player that might just be sitting in your drawer? We will gladly accept new ones also.



Please remember that all used IPODs and MP3 players must be in good

working condition and must have a USB cable and headphones. There is someone out there that will truly benefit from your donation.

For questions or information
Contact silverwham@gmail.com

To donate IPOD or MP3 Player mail to:
SSFOA
WOUNDED HEROES AND MUSIC
P. O Box 457
Lake Zurich, IL 60047

(A receipt for your donation will be mailed to you upon receipt of donation)

Sincerely,
Sunshine Roth, National President
The Silver Star Families of America

Hillsborough County Veterans Council Hosts:

Field of Honor Ceremony

Saturday Oct. 9th 2010 at 10:00 A.M.

*Veterans Memorial Park & Museum
3602 Hwy 301 North, Tampa Fl. 33619*

Every three months, your Veterans Council members host the Field of Honor program.

This ceremony honors those U.S. military men and women who have made the ultimate sacrifice for this country. The list of names for those who have died in the last 90 days, are read aloud and a small American flag is planted in the Field of Honor for each of those names.

MC: USAF CMSGT (Ret.) Larry Westcott

Host Org: American Legion Post 148, Riverview Fl.

Rifle Team & Taps: Marine Corps League Det. 1226

Color & Honor Guard: Middleton H.S. JROTC

For Information contact Walt Raysick

(813) 653-4924 or e-mail:

wraysick@verizon.net

SAVE THE DATES!



Saturday, November 13th @ 6p.m.



Saturday, December 11th @ 10a.m.

3rd Annual US Military Vets M/C New Port Richey Chapter, Sat. Sep 18, 2010, Open House Party, 1pm.
Contact MC Parti Patti, 813-625-5941 813-625-5941 , pattibiker@earthlink.net

4th Service Disabled Veteran Owned Small Business (SDVOB) Conference, 28-29 October 2010, at the Tampa Convention Center, 333 South Franklin Street, Tampa FL 33602. Website to register is <http://www.macdillsdvosb.net/>. Contact 813-274-8511 813-274-8511 or 800-426-5630 800-426-5630 . Theme: "Building Relationships through Teamwork"

Viet Nam Veterans Golf Tournament, Saturday, November 6, 2010, Deep Creek Golf Club, Punta Gorda, FL. Team and individual prizes. Benefit for VWAM, the Children's Heart Surgery Program in Hue, construction of Church With A Mission and a project office in Da Nang. FMI, go to www.vetswithamission.org. Contact Charles Ward, Executive Director, Vets With A Mission, 803-405-9926 803-405-9926

USF Veterans Day Ceremony, Wednesday, November 10, 2010, 11:00 a.m. at Marshall Student Center. Save the date! More details to follow.

3rd Annual "Veterans Day Seffner Fest 2010" Saturday, November 13th, 2010, 10:00 am to 4:00 pm. Vendor space available. Planning committee for the SeffnerFest meets monthly on the last Monday of the month at 4:00 pm at the Law Office of Rory Weiner, PA, 671 Lumsden Rd., Brandon. Contact: www.SeffnerFest.com or info@seffnerchamber.com

11/12/2010 through 11/14/2010, The Tarpon Springs Chamber of Commerce presents a salute to our veterans and active duty military. Craig Park. Volunteers, sponsors, and donors are needed to make this a success. Phone Tara at (727) 937-6109 (727) 937-6109 or e-mail tara@tarponspringschamber.org or visit <http://www.tarponspringschamber.org/default.cfm?page=events>

...**The V.A. has a workshop** located at 10770 N. 46th Street, Suite A-400, Tampa, Florida 33617, **that creates the following: Wood Plaques, Wood Challenge Coins, Embroidered Shirts, Engraved Pen Sets, Banner signs and much more!** The cost is less than you will find anywhere in the Tampa Bay area, **the work is performed by VETERANS, and all funds go to assist VETERANS.**
Contact: Mr. Michael Byrd, the Operations Supervisor at (813) 979-3541 (813) 979-3541 or Mr. Bob Pruiett at (813) 979-3541.

...**The National Alliance for Caregiving is seeking family caregivers of Veterans** to participate in a survey that will help improve services for caregivers of Veterans. Go to <http://www.gwsurvey.com/caregiversofveterans.html> The online survey is also available in a paper version to complete and return via regular mail. Contact Kathy Cameron at kathleen56@caregiving.org

... this link <http://www.vba.va.gov/bln/21/benefits/> will take you to V.A.'s "**A-Z Benefit Information Index**".

...you can go to http://www.wecksamericangrill.com/Meet_Jose.html to read about a local American hero, a veteran and, miraculously, a survivor of the current conflict, and how you can help him.

...**Military.com** connects over 10 million members to all the benefits earned in service to America. We cut the red tape between you and your military and veterans benefits. By negotiating discounts and keeping you connected to friends and mentors from the service, we help you make the most of your military experience.

COMING SOON:

Our website –

www.USMCFamilySupport.org



is in the process of being totally re-created. Exciting new style, features and capabilities will help make it a more user

friendly site.

The launch date will be sent out via email & FB. Keep your eyes open for this exciting date.

