



Vol. XLIX No. 1 JANUARY/FEBRUARY 2024

*****JANUARY/FEBRUARY 2024*****

COL R. "Craig" Ham, USA, (Ret), President, 2024, Kingdom of the Sun, MOAA



Happy New Year! The months and years seem to be coming faster now that I am a “seasoned” individual. I am delighted to be your incoming President, and I vow that I will do everything in my power to see that we move forward, maintaining our sterling reputation as an advocate for our members and remain a MOAA Chapter of which we can all be proud. To that end, I recognize that we have many challenges ahead of us. I am a firm believer that with many oars in the water, the boat goes faster. We all can do something well, and I would like to tap into that tremendous resource as we work to make 2024 a notable success for the Kingdom of the Sun Chapter. My first short-term goal is to strengthen our numbers – both on paper and in our meetings. As you go about your daily travels, keep an eye out for potential members. Engage veterans in discussions, and if you find they are eligible for membership, tell them about who we are and what we do. We have much to be proud of and we need to let that pride show through. If “each one” can “reach

one” we will achieve our first goal. I intend to contact, personally, every MOAA Life Member in Marion County who has not yet affiliated with KOS. Together, we can build a stronger, more visible, and more engaged chapter. And while you are doing all of this, don’t forget to take care of yourself and your significant others. I’d like to see all of my friends when I start year two of this journey.

Craig
R. Craig Ham
Colonel (Ret.), U.S. Army

P.S. We are still looking for a Treasurer, too, so call me at (352) 843-2357 if you would like to know more about this opportunity to serve.

“Never stop Serving”

R. Craig Ham, President MOAA-KOS Chapter



Kingdom of the Sun Chapter, MOAA
PO Box 4255, Ocala, Florida 34478-4255

SUNBEAMS is published bimonthly for the information of the members of Kingdom of the Sun (KOS) Chapter, an affiliate of The Military Officers Association of America (MOAA). The views expressed do not necessarily reflect the views of either organization.

SUNBEAMS is printed by Concord Print Shop of Ocala, Florida. KOS is a nonprofit organization, incorporated under the laws of the State of Florida on 13 April 1976. KOS is a politically nonpartisan Chapter. It is not associated with the Department of Defense.

Editor:

LTC Arlo Janssen, (Army) 352-237-9720

Photo Editor:

Murray Walker (Air Force), 352-875-1332

Legislation:

COL Robert Schlegel (Army), 516-815-2816

Publisher:

Kingdom of the Sun Chapter of MOAA

Chapter Officers:

President: COL R. "Craig" Ham (Army),
352-843-2357

1st V.P.: COL Nick Navetta (Army),
352-620-9651

2nd V.P.: LCDR Doug Juhl (USN), 240-997-2875

SECRETARY: CDR Diane Trice (USN),
240-481-6070

TREASURER: Vicki Ham, 352-843-2357

Directors:

CDR Tom Dann (USCG), 352-245-3571

Mrs. Barbara LaFleur, SSM, 508-280-3111

COL Bill Murry, (Army), 352-347-8760

LtCol Sharon Murry, (USAF), 352-347-8760

COL Bob Schlegel, (Army), 516-815-2816

LTC Carolyn Smith (Army), 352-304-6927

Birthday Representative:

LtCol Wayne Brown, (USAF), 336-601-1317

Distaff Representative:

Mrs. Betty Hayes, SSM, 352-622-7813

Immediate Past President

MAJ Joseph "Joe" Voge (Army),
352-421-9030

Meetings:

The Kingdom of the Sun Chapter (MOAA), meets monthly on the first Thursday of the month. Dates, times and occasions are announced in advance in the SUNBEAMS.

Members are encouraged to attend and guests are always welcome. Meetings are usually suspended during the summer months of July and August. The KOS Board currently meets monthly on the second Tuesday of each month at 12:00 P.M. at Mimi's Café. Officers and Board Members are required to attend.

Visit our website at:

<http://www.moaafl.org/chapters/KOSMOAA/>

THE DISTAFF SIDE

by Mrs. Betty Hayes

OUR KOS "DISTAFF REPRESENTATIVE" REPORTS ... THREATENED DOGS

Just when we thought we can stop concerning on, worrying over, and guarding against: Covid and RSV, and whatever else is among us, a new worry has come to haunt all dog owners in Florida. I have just read that Florida is one of 17 states that has dogs that are dying from some type of respiratory disease.

My computer provided graphic pictures of a dog coughing continuously while trying to get air. It distressed me and made me anxious when my dog made a sound in her throat. She loves the extra attention I am giving her. She has found a new game to play!

The veterinarians are working hard to find the cause of the disease, a prevention, why it is happening in the 17 listed states. I hope the cure comes soon. I cannot imagine a world without dogs. Can you?

HELLO WINTER AND SPRING!

MEMORY JOGGER

February 2, 2024, Ground Hog Day	February 14, 2024, Valentine's Day
March 17, 2024, St. Patrick's Day	March 31, 2024, Easter
April 1, 2024, April Fools' Day	April 22, 2024, Earth Day
May 18, 2024, Armed Forces Day	May 27, 2024, Memorial Day

The Surviving Spouses Logo
from MOAA



Kudos...



Left to Right: State Senator Keith Perry, Vicki Ham, COL Craig Ham with his Hall of Fame Award. Photo provided by Carolyn A. Smith

To COL Craig Ham, USA (Ret), who was named to the Florida Veterans Hall of Fame on November 14, 2023. The induction ceremony was held in Tallahassee, Florida. Craig is the current president of the Marion County Veterans Council and the newly elected President of our local Chapter of the Kingdom of the Sun (KOS). Following his military retirement in 1995, Craig and his family moved to the Ocala area. He served with the Marion County Public Schools for a number of years. Craig has been the Project manager for the KOS “Stuff the Bus” program for the last few years. State Senator Keith Perry, FL District 9, nominated COL Ham for the Florida Veterans Hall of Fame. Congratulations and our Kudos for your selection to the Florida Veterans Hall of Fame in 2023.

Calendar for KOS Events – January to April 2024

- January 4, 2024, KOS Luncheon, 12:00 PM, The Braised Onion
- February 1, 2024, KOS Luncheon, 12:00 PM, The Braised Onion
- March 7, 2024, KOS Luncheon, 12:00 PM, The Braised Onion
- April 4, 2024, KOS Luncheon, 11:30 AM, Stumpknockers



MONOGRAMMING ~ EMBROIDERY ~ ALTERATIONS

Monday - Friday: 10:00 AM to 4:00 PM
Email: MonogramsL@aol.com

Jasmine Square
6130-2 SW State Road 200
Ocala, Florida 34476

LIZ SCHAFFRICK
(352) 237-9626
Cell: (352) 207-8824



STUMPKNOCKERS Restaurant

Featuring Our Famous
ALL-YOU-CAN-EAT Catfish

Casual Dining on the Scenic
Withlacoochee

Fresh Grouper, Snapper, Shrimp,
Scallops, Oysters, Crab Legs,
Frog Legs, New York Strip,
Ribeye, Grilled Chicken Breast

Full Liquor Bar

Highway 200, at the
Withlacoochee River in
Dunnellon

Phone 854-2288



LINDA TRICE DEWOLF, ASID
www.tricedewolf.com
352-694-6294

*“Interiors that delight your senses
and celebrate your style!”*



622-6892

JANINE'S BARBER SHOP

BLOCKBUSTER PLAZA
2750 EAST SILVER SPRINGS BOULEVARD
SUITE 101
OCALA, FLORIDA 34470

STUDIO 200
 "An Extraordinary Salon Experience"
 352.237.7020
 studio200salon.com
 studiotwohundred@gmail.com



AutoTech II
 Service that Speaks for Itself
 237-4441
 6895 S.W. State Rd. 200, Ocala, FL 34476

Walt's Brake & More
 * Guardian of Your Safety Since 1965 *
 Auto-RV-Truck-Repairs & Storage
 Gas & Diesel-Covered & Uncovered

Walt Krumm Jr
 walt@waltsbrake.com

ASE
 Approved
 Auto Repair

www.waltsbrake.com cell 352.843.6215
 3890 NW Gainesville Rd fax 352.867.1911
 Ocala, FL 34475 shop 352.629.3134

DENTISTRY AT BRIDLEWOOD
STEPHEN H. DUNN & ASSOCIATES

7555 SW Highway 200, Ocala, FL 34476
 352.873.2000 office | 352.873.2002 fax
 DrDunn@OcalasDentist.com | www.OcalasDentist.com

EL MEZCAL
 MEXICAN RESTAURANT

Authentic Mexican food
 Expect the best!

8449 SW STATE Rd 200 #147-149
 OCALA, FL 34481
 PHONE: (352) 509-7029

CHAPLAIN'S CORNER

Carolyn A. Smith, KOS Chaplain

Blessed are the Caregivers

Recently, I have talked with several people who are caregivers for Alzheimer's and other dementia patients. It is probably the hardest illness to cope with—especially for the caregiver.

In 2005, my mother was diagnosed with Alzheimer's. As the oldest of five children and the only one retired at the time, it fell on me to be the caregiver. The first symptoms were alarming: she would call me, especially around dusk almost every day, and tell me that her house was full of people and she didn't even have a place to sit down. Shortly afterward, she asked me to take her checkbook and start paying her bills, because she was having trouble keeping it up. Then I noticed that when I took her to the senior center to play Bingo, she couldn't seem to make the connection with the numbers being called. I knew I needed to take her to her doctor, so I sat down and wrote him a letter prior to her appointment, apprising him of her various symptoms. After he examined her, he gave me the form to check out, and I saw the diagnosis of "Alzheimer's" written on it.

Nothing about the next three years was easy. I knew not to argue with anything she said, no matter how wrong. I just went along; she would forget momentarily anyway. I tried not to let it bother me when she didn't recognize me or the cat.

It was physically and mentally exhausting, and I was so grateful for the trips my sisters made to give me short breaks. I hired a local woman to sit with Mama so I could go to church and do a few other things. I was teaching an adult Bible class at the time, and doing the hours of research each week was therapeutic.

Looking back, I know I should have done better. But I also know Mama is happier now in Heaven with Daddy. She has forgiven me for not hugging her enough.

May God bless all of you caregivers with strength, patience and compassion.

Congratulations to Carolyn Smith

Congratulations to Carolyn Smith, USA (Ret), KOS Chaplain. Her article "Backpacks for Kids" was published in the Chapter Spotlight section, "pages 70-71" of the December 2023 edition of the Military Officer magazine.

FRIENDSHIP BARBERS

At Entrance to On Top of the World

Open 6 a.m. Weekdays
 854-1114



**CLIFFORD'S GARAGE
 TIRE & TOWING SERVICE**

12351 S.E. 72th Terr. Rd.
 (Corner of 441)
 (352) 307-7769 Belleview, FL 34420

SEE AND BE SEEN

Kingdom of the Sun (KOS) Chapter Activities
Arlo Janssen, LTC (Ret), Editor of the Sunbeams, KOS/MOAA

November KOS Luncheon-Pictures by Lt Col Murray Walker (Air Force), KOS Photo Editor



President Joe Voge opening the November 2, 2023, KOS Annual Meeting and Memorial Service at the Braised Onion.



KOS Chaplain Carolyn A. Smith starting the annual KOS meeting with a prayer



Lighting the candle at the November 2, 2023, KOS Memorial Service for Retired Air Force LtCol (Dr.) Richard Shiflett.



Arlo Janssen receiving a set of KOS coins from President Joe Voge, at the November 2023 KOS Annual meeting.



LEGISLATIVE AFFAIRS

*(Excerpts from MOAA's email updates, Copyright © Military Officers Association of America (MOAA) or from other sources as cited. See more at: <https://moaa.quorum.us/>
Contact Information for KOS Legislation is COL Robert Schlegel, USA*

Surviving Spouse Corner: Facing Your Holiday Blues

The holiday season can be especially challenging for those who've lost a loved one.

By Pat Green, MOAA Surviving Spouse Advisory Council member. Abridged Article

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.

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.

MOAA Fights for You

Get involved and make sure your interests are addressed.

Support MOAA's COVID-19 Relief Fund

Donate to help The MOAA Foundation address emerging needs among currently serving and former uniformed service members, retirees, and their families.



600 S. Magnolia Ave • Ocala, FL 34471 • (352) 629-0736 • Fax: (352) 732-0311
Email: service@concordprintocala.com • www.concordprintocala.com



Schedule of Events

Luncheon Meetings and Board Meetings

The Braised Onion 754 NE 25th Avenue, Ocala	The Braised Onion 754 NE 25th Avenue, Ocala	The Braised Onion 754 NE 25th Avenue, Ocala
JANUARY	FEBRUARY	MARCH
<p>January 4, 2024</p> <p>Program: Installation of Officers</p> <p>12:00 PM Cocktails (Cash Bar)</p> <p>12:30 PM Luncheon</p> <p>Choice of: Shrimp & Grits (\$30) Country Fried Steak Classic Meatloaf Quiche of the Day Seafood Salad Croissant</p> <p>All include beverage, sides, and gratuity.</p> <p>Cost: \$25 per person*</p> <p><i>Reservations with meal choices ASAP but not later than noon on SUNDAY, DECEMBER 30th!</i></p>	<p>February 1, 2024</p> <p>Program: TBD</p> <p>12:00 PM Cocktails (Cash Bar)</p> <p>12:30 PM Luncheon</p> <p>Choice of: Chicken Marsala (\$30) Build Your Own Burger Fish & Chips Chicken Caprese Ciabatta Poached Pear Salad</p> <p>All include beverage, sides, tax and gratuity.</p> <p>Cost: \$25 per person</p> <p><i>Reservations with meal choices ASAP but not later than noon on WEDNESDAY, JANUARY 28th!</i></p>	<p>March 4, 2024</p> <p>Program: TBD</p> <p>12:00 PM Cocktails (Cash Bar)</p> <p>12:30 PM Luncheon</p> <p>Choice of: Liver & Onions Chicken Parmesan Southern Cobb Salad Quiche of the Day Soup & Salad</p> <p>All include beverage, sides, and gratuity.</p> <p>Cost: \$25 per person*</p> <p><i>Reservations with meal choices ASAP but not later than noon on SUNDAY, FEBRUARY 25th!</i></p>
1/9/24 - Board of Directors 12:00 PM at Mimi's Café	2/13/24 – Board of Directors 12:00 PM at Mimi's Café	3/12/24 - Board of Directors 12:00 PM at Mimi's Café
Everyone is welcome	Everyone is welcome	Everyone is welcome

Tables will be available for single members at all KOS events.

*Walk-ins without reservations will pay an additional \$2.

**Reservations: Please email Doug Juhl at juhld.kos@gmail.com or
Call or text him at (240) 997-2875 as soon as possible.**



Military Officers Association of America
KINGDOM of the SUN CHAPTER

P.O. BOX 4255, OCALA, FLORIDA 34478-4255



Return Service Requested