

MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER



THE



LARIAT

Volume 32, Number 2

“Five Star ★★★★★ Chapter”

February 2012



President's Message

We are now beset with another Presidential Election Season where we have to decide between a sitting President or his Republican challenger. Amidst all of this the country still needs a Congress and President who will work together to address the problems of the nation.

This means that MOAA through its membership and advocacy at the Federal and State levels must continue all efforts, in earnest to protect the military, its veterans, retirees and their families through the legislative process.

At the federal level, MOAA has just put out selected legislative goals for 2012. I can't go through all of them in this space, but let me just highlight a few for your information. You can see the complete list on the MOAA.org website.

Where Active/Reserve and family

issues are concerned:

- Sustain the Active Duty, Guard and Reserve force sizes to meet mission requirements.
- Sustain military pay comparability with the private sector.
- Credit all post 9/11 active duty service toward early Guard/Reserve retirement.
- Create new incentives for employers to hire Guard/Reserve members.
- Improve educational transition for military children.

(Continued on Page 15)

Save The Date

Thu Feb 23

Chapter Luncheon

Ft Sam Golf Club

Speaker: Michael Koerner

Thu Mar 15

Chapter Luncheon

Air Force Village 1

Sky Lounge

with optional Guided Tour

Speaker: General Utterback

Inside This Edition:

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Warrior & Family Support Center Ft Sam Houston - see story on Pg 8

Chapter News & Notices



Cookie Angels

Grateful thanks to those who either baked and or brought items to the wounded soldiers at Ft Sam Houston's Warrior and Family Support Center.

If you were able to give this month on behalf of the Alamo Chapter please call Susie at (210) 654-0351, so we may add your name to our list. Thank you.

- Maryada Artiglia
- Ruth Baliram
- Irene Collier
- Frank and Delores DeVille
- Nita Felder
- Susan Filipini
- Marge Fraley
- Joe and Adele Genualdi
- John Gibbs
- Mac and Lori McDonald
- Lolly Orłowski
- Jan Rund
- Cheryl Smith
- Lou Strong
- Susie Tolman
- Dot Wise
- Tom and Evelyn Woods

TAPS

We have received information that the following members have passed away.

We wish to convey our sincere condolences and best wishes to their family and loved ones:

- LT Ernesto Encino USN (Ret)
1/4/2012
- LtCol Helen Jasik USAF (Ret)
1/5/2012
- CPT Arthur Vick USA (Ret)
1/5/2012
- LTC Dale E. Sherrod USA (Ret)
1/12/12
- Onelia (Nelly) Rodriguez
Spouse of LTC Enrique Rodriguez USA
(Ret)
1/24/2012
- Diane Hoff
Spouse of LTC Randy Hoff USA (Ret)
1/25/2012

THANK YOU!

A hearty thank you to those who helped UN-decorate the VA Hospice wards at the beginning of January.

- Mavis Cleary
- Ed Marvin
- Lolly Orłowski
- David Patrick
- Susie Tolman
- Ed Waggoner
- Josh Welch
- Dot Wise

Happy Valentines Day



to all our Members!

Volunteer Opportunities

The Alamo chapter has the following positions open that we would love to have some help!

You can spend as much or as little time as you have available. Call the office at 210-228-9955 to volunteer.

- Photographer for Social Functions
- Greeters at Social Functions
- Duty Officer - Floater
- Members for Calling Committee
- Members for Program Committee
- ROTC Awards Presenters
- Transportation Coordinator

Want Ad

The Officers Placement Service (TOPS)

If you are an area **employer** who is interested in hiring career transitioning officers or their spouses . . . or if you are a MOAA member who is interested in helping a career transitioning officer or spouse as a **San Antonio Networker** . . . or if you are a MOAA member **Job Seeker**, please contact me – David Patrick, Chapter TOPS Officer & MOAA Texas Networking Coordinator, 210-259-9867, dwpatrick01@gmail.com.



Legislative Update - “As I See It”

Budget critics perpetually attack the special interest groups that lobby Congress and make big political donations to protect, preserve, and enhance their own share of the budget pie at taxpayers’ expense.

The assumption is special interest groups care more about their own interests than they do about the welfare of the country as a whole.

Among those who propose significant cutbacks in defense spending, some point to the advocacy of military associations (often citing MOAA as lead example) as the cause of significant recent personnel and compensation cost growth.

In their view, the military community is a special interest group that has sought to feather its own nest with higher pay for currently serving troops, plussed-up health care benefits, expensive retirement reforms, and big benefit increases for military survivors, among others, over the past decade.

Are we a special interest group? Absolutely. In fact, the military community should be considered an “extra special interest group.” But Congress wouldn’t have passed all those increases if it were merely a matter of self-interest for the affected individuals.

The military community is (or at least should be) of extra special interest to every American, because unless we can continue to attract top-quality people to serve for decades under conditions most Americans won’t accept, the country won’t be able to meet its most basic requirement — defending itself.

Unlike other special interest groups, MOAA and most other military associations don’t have deep pockets to make political contributions or take legislators on lavish “retreats.”

We make our case on historical experience that Congress understands better than the budget critics do.

And that experience clearly shows when the country depresses military compensation and benefits value so it no longer offsets the sacrifices of career service, people in uniform eventually vote with their feet.

That’s what happened in the 1990s, after almost two decades of constant pay, retirement, and health care cutbacks. Congress didn’t pass the increases of the past decade out of the goodness of their hearts or to feather military families’ nests at the country’s expense. Congress adopted those changes because they were essential to preserve retention and readiness — by correcting the wrongs imposed on the military community over previous decades.

They knew from hard experience that currently serving troops pay attention to the treatment accorded their predecessors in service and that military retirees are primary recruiters for the next generations in uniform.

Too often over the 1980s and 1990s, the treatment of military retirees loudly spoke, “Don’t let the door hit you on the way out.”

And the military and the country paid a price for that in retention and readiness.

(Continued on Page 6)

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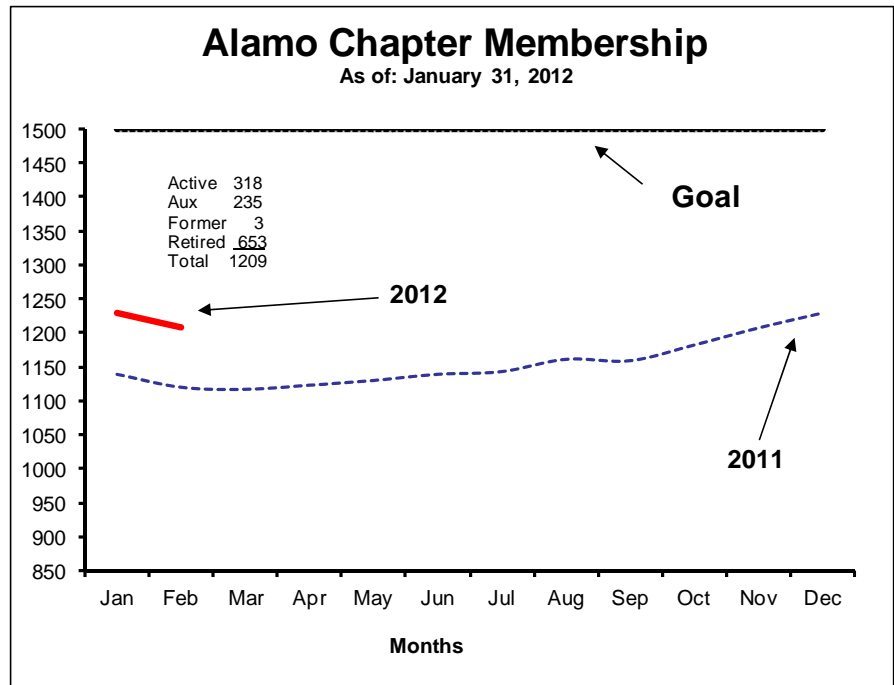
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RBFCU
Join online - rbfcu.org

Welcome New Members:

BG James Doty USA (Ret)
 Col Steve Hennessy USAF
 Col Ed Herrera USAF (Ret)
 Col Johann Kinsey USAF (Ret)
 Col Michael Miller USAF (Ret)
 Col Dennis Shumaker USAF (Ret)
 Col Mark Ware USAF (Ret)
 Col Barbara Watkins USAF (Ret)
 CDR Thomas Hoskins USN (Ret)
 LTC Murel Miller USA (Ret)
 LTC Harry Truman USA (Ret)
 Maj Steven Bogue USAF
 Maj Walter Calvo USAF (Ret)
 MAJ Roy Davis USA
 Maj Robert Landis USAF (Ret)
 CPT Jeremy Brown USA
 CPT Jodi Brown USA
 Capt Bryan Johnson USAF
 CPT Jon Leaver USA (Ret)
 Capt Roderick Cook USAF
 1Lt Bryan York USAF
 Sandra Hicks

Year to Date Membership Stats



AND....Thank You Renewing Members:

LTGEN Frank Ledford USA (Ret)
 MajGen Gary Alkire USAF (Ret)
 Col Clair Book USA (Ret)
 Col Joseph Brozena USAF (Ret)
 COL Vaughn Caudill USA (Ret)
 COL Darrell Childers USA (Ret)
 Col Al Cote USA (Ret)
 COL John Danielson USA (Ret)
 Col Jack Downey USAF (Ret)
 Col Harry Edwards USAF (Ret)
 COL Ruben Fechner USA (Ret)
 Col Kerry Green USAF (Ret)
 COL Byron Howlett USA (Ret)
 Col Thomas Klimas USAF (Ret)

Col Gloria Lamoureux USAF (Ret)
 Col Hannah Margolis USAF (Ret)
 Col Edmond McCarthy USAF (Ret)
 Col James McConnell USAF (Ret)
 COL Robert Mesick USA (Ret)
 Col Stuart Myers USAF (Ret)
 Col Ian Natkin USAF (Ret)
 COL Janice Nickie-Green USA (Ret)
 Col Dave Padden USAF (Ret)
 Col David Patrick USAF (Ret)
 COL Charles Reding USA (Ret)
 Col Sanford Richardson USAF (Ret)
 Col Daren Spessert USAF (Ret)
 COL John Weir USA (Ret)

| | | |
|--|---|---|
| <p>Col John Whiting USAF (Ret)</p> <p>COL Edward Williams USA (Ret)</p> <p>LtCol Mike Bidus USAF (Ret)</p> <p>LTC Ronald Bilski USA (Ret)</p> <p>LTC Robert Biskup USA (Ret)</p> <p>LTC Robert Blake USA (Ret)</p> <p>LTC William Blankenship USA (Ret)</p> <p>LtCol Edward Bryant USAF (Ret)</p> <p>LtCol Emil Buran USAF (Ret)</p> <p>LTC Travis Crowther USA (Ret)</p> <p>LtCol Forrest Dressler USAF (Ret)</p> <p>LtCol Michael Fox USAF (Ret)</p> <p>LTC Lloyd Gardner USA (Ret)</p> <p>LtCol Dan Hancock USAF (Ret)</p> <p>LtCol Frederic Jones USAF (Ret)</p> <p>LTC John Kepler USA (Ret)</p> <p>LtCol Edward Lefebvre USAF (Ret)</p> <p>LtCol Lawrence Lewis USA (Ret)</p> <p>LtCol Roy Mackrell USAF (Ret)</p> <p>CDR David Marx USN (Ret)</p> <p>LTC Charles Nowlin USA (Ret)</p> <p>LtCol Shane Ostrom USAF (Ret)</p> <p>LTC Joseph Regan USA (Ret)</p> <p>LtCol Mark Sweeney USAF (Ret)</p> <p>LTC Ralph Talbot USA (Ret)</p> <p>LTC Marion Thorpe USA (Ret)</p> <p>LTC Cecil Waggoner USAF (Ret)</p> <p>LTC James Webb III USA (Ret)</p> | <p>LtCol Tony Weissgarber USAF (Ret)</p> <p>LtCol Bob Williams USAF (Ret)</p> <p>Maj Ralph Flanigan USAF (Ret)</p> <p>Maj Jack Garison USAF (Ret)</p> <p>Maj Terrence Mish USAF (Ret)</p> <p>MAJ John O'Brien USA (Ret)</p> <p>LCDR Joseph Perron USN (Ret)</p> <p>MAJ Harry Pierson USA (Ret)</p> <p>LCDR Gil Rodriguez USN (Ret)</p> <p>CAPT Dennis Cole USN (Ret)</p> <p>CAPT Jim Cosby USN (Ret)</p> <p>CAPT Charles Dickens USCG (Ret)</p> <p>Capt George Sacerich USAF (Ret)</p> <p>CW2 Michael Hajduk, USA (Ret)</p> <p>CWO-2 Barry Martin USN (Ret)</p> <p>CW3 Ken Sutton USA (Ret)</p> <p>Mavis Cleary</p> <p>Marjorie Fraley</p> <p>Margarete Milazzo</p> <p>Seiko Munger</p> <p>Jeanine Paule Neilond</p> <p>Ann Lu Nix</p> <p>Helga Parks</p> <p>Helen Pohly</p> <p>Lucette Ramsey</p> <p>Judith Schindler</p> <p>Phyllis Wallace</p> | <h2 style="text-align: center;">Corporate Partners</h2> <p style="text-align: center;">Abby Consulting</p> <p style="text-align: center;">Air Force Federal Credit Union</p> <p style="text-align: center;">Air Force Villages</p> <p style="text-align: center;">Beldon Roofing Company</p> <p style="text-align: center;">CPS Energy</p> <p style="text-align: center;">Housing 1 Source</p> <p style="text-align: center;">Randolph Brooks Federal Credit Union</p> <p style="text-align: center;">Republic of Texas</p> <p style="text-align: center;">Restaurant</p> <p style="text-align: center;">San Antonio Federal Credit Union</p> <p style="text-align: center;">Security Service Federal Credit Union</p> <p style="text-align: center;">Silverbridge Realty</p> <p style="text-align: center;">Spectrum Technologies, Inc</p> <p style="text-align: center;"><i>See links to these companies on our website www.alamomooa.org</i></p> |
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As I See It

(Continued from Page 3)

Sadly, shortsighted budget critics don't seem to learn from the retention crises of the 1970s and 1990s.

All they focus on is the past decade of improvements to address the problems that caused the crises.

Every segment of America, including the military, will be called upon to make some sacrifices to put our country back on a sound economic path.

Unfortunately, history shows the tendency in tough budget times has been to whack the military community disproportionately and give inadequate weight to the sacrifices they already have rendered for our country.

Extra special interest group, indeed. At least they should be.

Col Steve Strobridge (Ret)

MOAA Director of Govt Relations

"A Night to Honor Our Heroes"

Join the Valero Texas Open as we salute our military on April 18, 2012 at JW Marriott Resort.

This evening, presented by USAA, Official Military Appreciation Partner of the Valero Texas Open, will be an evening to honor the past, present and

future of the United States Armed Forces, filled with rarely seen historic artifacts, moving remarks by and interaction with David Feherty, (CBS Sports Commentator) and the opportunity to thank those who are serving our country today.

Other special guests will be PGA TOUR players who will join us in honoring the men, women and families of the United States Armed Forces.

This is a charity fund raiser that supports Military Service Organizations in the San Antonio Area.



For more information and sponsorship opportunities
<http://valerotexasopen.org/military/activities/>

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Serving the Military and Their Families

Volunteer at Fort Sam Houston, Lackland AFB or Randolph AFB

Get to Know Us before you need us.

Classes offered at FSH Red Cross Bldg 26550

CFAS (CPR, First Aid and AED), Babysitting and more.

Other classes offered at various locations.

Call 210-221-3355 for class information or to volunteer.

Solitaires

If you are a single man or lady and like to eat, chat, make new friends, experience or provide sometimes brief impromptu or scheduled interesting demonstrations, talks, or discussions, whether you are: visiting the area; active duty or retired; widowed or divorced; the SOLITAIRES is the group for you.

This is a wonderful opportunity to enjoy camaraderie with other single men and ladies whose backgrounds and experiences are or have been with the military.

So make that resolution to get out and about and come have some fun!!

Call the office (210) 228-9955 for more details.



Medical Minute

Heart Attack or Stroke

The Mayo Clinic has put out a small booklet, "8 Ways to Lower Your Risk of a Heart Attack or Stroke".

All of us want to live a long and healthy life. These suggestions should help you achieve that goal. First inherit healthy genes. Understandably, that is not within your control, but YOU can do a lot to achieve that goal.

1) Don't smoke. If you do smoke, quit. If you find you can't do it "cold turkey", there are medications that will help. Another danger is second hand smoke. Avoid when possible.

2) Choose healthy foods. Eat fruits, vegetables and whole grain, fat free dairy products, limit red meat and eat more seafood to get your omega threes.

3) Stay physically active. Exercise can be gardening, walking, calisthenics, Join an organized exercise class, tai chi--anything to get you off that couch.

4) Maintain a healthy weight. Following the above three rules should do it. Watch your proportions and limit fried foods. A treat now and then shouldn't hurt.

5) Control your blood sugar. You may be a pre-diabetic and not know it unless tested.

6) Watch your cholesterol.

--Total cholesterol should be below 200.

--LDH (bad cholesterol)-below 70.

--HDL (good Cholesterol)-40 or higher for men, 50 or higher for women. -- Triglycerides-below 150.

Although cholesterol is manufactured by your body, limiting animal fats, fried foods, and high fat dairy products will help control your cholesterol.

(Continued on Page 13)



Retirement

As we face the New Year we realize we are a little older and the word "retirement" keeps being mentioned in social gatherings. Planning for retirement should begin while you are still working.

The three major factors you should consider are (1) finances, (2) needs, and (3) location. Let's explore each of these important components:

1) Finances: Financial planning, insurance, annuities, retired pay, and investments should be your major source of income. Will this be enough? How much will you need? Will you need a second job? Don't plan on Social Security as your sole financial support. It may be decreased or even nonexistent by then.

2) Needs: What is the status of your health? Do you have health insurance; long term care provision? You can't be assured that you will always have optimal health. Are there college costs for children? Do you have large unpaid bills? Is family an issue? Are you an isolationist or gregarious?

3) Location: Where would you like to live in retirement: mountains, seaside, plains, city or country?

Now you have five plans or options to consider. Include the three above stated options:

1) Stay in your own home. This is independent living with assistance for activities of daily living (ADL) which include yard work, house maintenance, housekeeping, assistance with personal care.

2) Live with your children or have them live with you. This can only work if firm rules are established and

Solitaires



agreed upon prior to starting the arrangement. You're all adults and need your privacy, own friends and living space.

3) Congregate living: Several get together and buy a large house or facility. Each has his own living space, but share a common dining room, living room, bath and chores. House rules and chore division are a must.

4) Assisted living facility: Each has its own bachelor apartment (bed, living room and bath). Some have a microwave and tiny kitchenette with a refrigerator for small meals. Assistance is provided with medications, bathing, dressing, and light housekeeping. Meals are in a communal dining room. A large family room has television and entertainment.

5) A Retirement community: these can be large or small. Small ones only provide meals and assistance when needed. Large communities are like a small compact all inclusive city. Most are apartments or small cottages. Provided are meals, shopette and snack bar, transportation if you no longer drive. Wide varieties of social activities are provided, medical and dental care, a gym or exercise facilities. On the facility there is often a health care center, church, and sometimes small gardening plots for those with green thumbs.

It takes early planning to decide which of the five options is best for those "Golden Years". Here is wishing you a long and happy life and good decision making.

The February Solitaire meetings are Tuesday the 7th at Fort Sam Golf Club and Sunday brunch on the 26th at Randolph Parr Club.

Col Irene Collier (Ret)

Warrior & Family Support Center



How do you define your day? One morning, back in August 2011, I traveled with Businessman Tom Fordyce, Viet Nam Vet, to the San Antonio Brooke Army Medical Center (now SAMMC). We first stopped at the Warrior and Family Support Center (WFSC) where our Chapter sends half the money we raise yearly.

Judith Markelz, Program Director, greeted us and we got a tour of the facility.



From pleasant and family style surroundings to water falls and outdoor relaxation the facility made you feel right at home. From the Indoor room used for further computerized education to casual dining at no expense, the interior gave a wholesomeness experience to anyone visiting and provided one room that had weaving looms for the use of hands on detail.

Pictured here is Judith Markelz, Program Director. I explained that we were planning to deliver our \$3,600 check to her on the last day of October . Hands out, she said that they can always use the donations and were very proud of our generosity.



The weaving looms:



A Purple Heart tiled into an outdoor setting to remind all to why they are there:



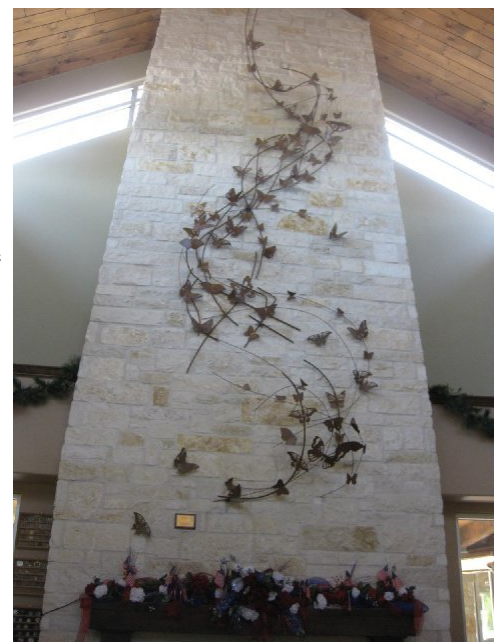
Learn, and be educated thanks to our donations:



Approximately 600 veterans are in an around the area that use this facility on a continuing basis. Our efforts are well worth the end result of such a facility. I cannot express enough how appreciative everyone there were to what we do in raising the money we give.

God Bless America and to our men and women of the military. A fireplace with a butterfly medal design made by a veteran to inspire and make one reflect to the finer more delicate things of life. I cannot explain the true feeling of heart felt emotion and goodness that the few dollars that we give and are used at 100% of donation to this wonderful helping hand to our Wounded Vets. I am proud to be part of the experience.

Wayne Keen, President
East Texas Chapter of MOAA





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Chapter Scholarship Opportunities

Colonel Clarence T. Torrey Community Service Scholarship is named in memory of Colonel Clarence T. Torrey, USA (Ret), a past President of the Alamo Chapter. Upon his death, a donation to initially fund the scholarship was made to the chapter by his wife. The scholarship in the amount of \$2,000 is awarded annually to a graduating high school senior whose parent, stepparent or grandparent served on active duty in any of the uniformed services represented in MOAA. All details of the scholarship selection process – except for selection of the final recipient – are handled by the Bexar County Scholarship Clearing House (BCSCH)/Minnie Piper Foundation. Scholarship applications are available from Bexar County school counselors in the fall. For students outside Bexar County, applications may be obtained from the MOAA AC Scholarship Committee. BCSCH receives the applications, makes preliminary evaluations and creates a recommended order of merit list. The MOAA AC Scholarship Committee receives the order of merit list in March or April, interviews the top 5 candidates and selects a winner. The winner is announced and the scholarship presented at the May luncheon.

The General Herring ROTC Scholarship and Colonel McCarthy ROTC Scholarship. Two \$2000 scholarships are available to a graduating high school senior ranked in the top half of his/her class, who has participated for at least three years in a ROTC Program supported by the Military Officers Association of America—Alamo Chapter. Selection will be based on academic record, test scores, citizenship, leadership, community involvement and outstanding professional ability. Applications for this scholarship are currently available through the Senior Military Instructors, online at www.alamomoaa.org or from the Scholarship Chair. A maximum of one scholarship application will be accepted from each supported ROTC program. The deadline for application is April 30.

The LtCol Edward & Ruby Marvin Scholarship. One \$2000 scholarship is available to a graduating high school senior ranked in the top half of his/her class, who is a child, stepchild, and/or grandchild of a member in good standing of the Military Officers Association of America and the MOAA-Alamo Chapter. Selection will be based on academic record, test scores, citizenship, leadership, community involvement and outstanding professional ability. Applications for this scholarship are currently available online at www.alamomoaa.org or from the MOAA - AC Scholarship Chair. The deadline for application is April 30.

Receiving The Lariat Online?

If you would prefer to read your newsletter on-line rather than receive a printed copy, send us an email with the subject line as OLLO and we'll gladly remove you from the printed version mailing list.

We will notify you by email when the new issue is available for viewing, and include a link that will take you directly to the designated website page.

**Save paper
Save postage
See it sooner
AND see it in full color!!**



Only one kind of auto insurance is earned once, but may be handed down from generation to generation.

At USAA, our commitment to serve the financial needs of our military members, veterans who have honorably served and their families is without equal. It's why we save members \$450 a year on average¹ when they switch to USAA Auto Insurance.

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¹Average Annual Savings based on countrywide survey of new customers from 10/1/09 to 9/30/10, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA.
Use of the term "member" does not convey any legal, ownership or eligibility rights for property and casualty insurance products. Ownership rights are limited to eligible policyholders of United Services Automobile Association. The term "honorably served" applies to officers and enlisted personnel who served on active duty, in the Selected Reserve or in the National Guard and have a discharge type of "Honorable." Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2012 USAA. 130367-0112

Benefits of Membership of MOAA and the local chapter

- Our monthly newsletter, *The Lariat*, which includes a calendar of events, is sent to each member (or made available on-line), and includes both MOAA and Alamo Chapter news. Stay informed!
- Monthly luncheons, which rotate between the Randolph, Fort Sam Houston, and Lackland service clubs, feature informative speakers and are also open to guests.
- Benefit information of all kinds is provided through the Alamo Chapter. We have an experienced Vice President of Personal Affairs who can give quick answers to your and family members' questions, or who can research the more complex issues.
- The opportunity to enjoy the camaraderie of meeting fellow chapter members and their guests. We also plan for various social events, open to families and guests. In addition, our chapter features a singles group called the Solitaires, some of who are surviving spouses. The Solitaires have a busy social calendar.
- Make your voice heard on proposed state and national military legislation which may affect you and your family. Both the Alamo Chapter and MOAA national welcome your views!
- Enjoy many benefits, discounts, and services, to include career planning through TOPS (The Officer Placement Service). The Alamo Chapter also provides college scholarships to those who qualify.

Referred by: _____

The Give Me 10! Campaign Options:

1. Active Duty, National Guard and Reserve officers of all services, who are not past or present members of MOAA national are eligible for a one year **free** national and local MOAA (MOAA-AC) membership.
2. Retired Officers or Auxiliary (surviving spouses), and lapsed members of MOAA national, can receive a 2 year membership for \$30.00 (The usual yearly membership rate is \$31). You will then receive a one year local MOAA-AC membership **free**.
3. Those already members of MOAA national need to complete this application to receive a 1 year **free** local membership to MOAA-AC.

Normal Dues: MOAA national \$31 per year, MOAA local \$25.00 (Auxiliary & email newsletter subscribers \$15)

Membership Application

(Annual Membership)

Are you a member of MOAA National? _____



Military Officers Association of America

Alamo Chapter

Circle Status: Commissioned & Warrant Officers of all services - Active, Reserves, Former, Retired, National Guard, NOAA, PHS, Surviving Spouse.

*Name _____
(Print) Last First MI Spouse

Residence Address City State Zip

Rank/Grade Service Date of Birth

Home phone _____ Email _____

* May we have your permission to publish this information in the Chapter Membership Directory? _____ (not dob).

(*This directory and your e-mail address are exclusively for the use of the chapter and will not be sold or used for any other purpose than chapter communications and/or board approved activity.)

Would you like to access our monthly newsletter (The Lariat) at our website versus having a hard copy mailed to you? _____ (Dues reduce to \$15 per year).

Would you be interested in helping in chapter volunteer activity? _____

Signature _____ Date _____

Payment by Credit Card

Card Number: _____ Exp Date: _____

Billing Zipcode: _____ Amount: _____

CHARITABLE OUTREACH PROGRAM

Please accept my tax-deductible donation of: \$ _____ to (check one)

Outreach Fund* _____ Operations _____

*a fund for annual college scholarships and other charitable programs and services.

Send applications to:

MOAA-AC, P.O. Box 340497, Ft Sam Houston, TX 78234

For questions please call (210) 228-9955 or e-mail: moaa-ac@sbcglobal.net
Also visit our chapter's website at www.alamomoaa.org

Please feel free to copy and provide this form to prospective members.

Medical Minute

(Continued from Page 7)

7) Monitor your blood pressure: ideal systolic should be below 120 and diastolic below 80. Diet, weight control, reducing stress, and exercise can do a lot to normalize BP. If this isn't enough you may need medications to help.

8) Managing stress: There may be some factors you may not be able to control, but you can mitigate them. Exercise regularly, relax, improve social relationships and recognize when you need help. Behavioral therapy can help you gain control over your symptoms.

Only you can control your diet and life style. Whether they prevent heart problems or improve treatment of a disease they are key determinants of your health and quality of life.

Source: Summarized from Mayo Clinic booklet MC2461-48 rev0510 2010

Col Irene Collier (Ret)

President's Message

(Continued from Page 1)

• Require better education on serious financial disadvantages of the REDUX retirement option.

Health Care Issues:

- Avert 30% Medicare/TRICARE payment cut and fix statutory formula to improve access to care.
- Protect against disproportional increases in TRICARE fees.
- Oppose enrollment fee for TRICARE for Life or curtailment of TFL coverage.
- Allow three years of active duty level TRICARE coverage for disability retirees/families.
- Improve seamless transition from Defense and VA health care/benefits

systems.

Retirement/Survivor Issues:

- Oppose military benefit changes that are inconsistent with service career sacrifices.
- Preserve COLA adjustments.
- End deduction of VA disability compensation from military retired pay.
- End deduction of VA survivor benefits (DIC) from military Survivor Benefit Plan (SBP) annuities.
- Veterans and Other Issues
- Improve quality, efficiency, and timeliness of VA claims processing system.
- Establish Post 9/11 GI Bill benefits for Surviving Spouses of Iraq and Afghanistan conflicts.

At the end of January, the Texas Coalition of Veterans Organizations is meeting in conjunction with the 14th Annual Veterans Summit in Austin to develop legislative goals for the 2013 Texas legislative session.

Among some of the ideas being discussed are property tax relief for widows of Warriors who have been KIA in either Iraq or Afghanistan; readjustment of property tax relief for less than 100% disabled veterans. (This has not been changed since 1991); designation of disabled veteran businesses as minority businesses for the purposes of gaining state contracts; and greater emphasis as to issues dealing with women veterans and their unique issues.

TCVO and MOAA are always open to additional ideas that you as our members may have as to issues that you see as needing work with the Tex-

as Legislature so please come forward with them.

These are all important issues that should be supported by our membership with visits to their individual Congressmen and Senators both at the Federal and State level. It is also another reason that we must look at the continual issue of increasing our membership. There is strength and influence in numbers. Due to our large group, we have had success in getting the attention of our legislators at the state and Federal levels, getting many good things passed for the benefit of our Active Duty, Guard/Reserve, Veterans, Retirees and their families. We must recognize that this is a relentless task that we cannot ease up on. We must continually press our issues with our elected representatives.

The Texas Council of Chapters for MOAA will be meeting in Tyler on February 17/18. During this meeting we will be installing our new officers for 2012/2014 and discussing our legislative issues. I will report back to you as to what results from the meeting.

I wanted to add to the end of this article a matter of great sadness. Our condolences go out to our great Vice President of Membership, Randy Hoff. Randy's lovely wife, Diane, passed away on January 24 after a long illness. Losses such as these for one who is so close to us are very hard, and I, as well as the entire Alamo MOAA staff and Board of Directors will be praying for Randy.

Jim Cunningham USAR (Ret)

Chapter Events Calendar

FEBRUARY

1 Volunteer Hours Due
1 Deadline for Communications Award MOAA National
2 Staff Meeting 9am MOAA-AC Office
7 Solitaire's Luncheon 11am Ft Sam Golf Club
14 Healthcare Consumer Advisory Council Mtg 1130am Sam Houston Club
15 Ft Sam Volunteer Advisory Council Mtg 9am
 17-18 1Q Texas Council of Chapters Meeting Tyler
20 President's Day
23 Chapter Luncheon Ft Sam Golf Club
26 Solitaire's Sunday Brunch 11 am Randolph Parr O Club
28 Extravaganza Sam Houston Club (Ft Sam Newcomers Welcome)

MARCH

1 Volunteer Hours Due
1 Staff Meeting 9am MOAA-AC Office
3 Veterans Administration Volunteers Mtg 1pm
6 Solitaire's Luncheon 11am Ft Sam Golf Club
14 Ft Sam Volunteer Advisory Council Mtg 9am
15 Chapter Luncheon Air Force Village I
 21 Ft Sam Volunteer Advisory Council Mtg 9am
25 Solitaire's Sunday Brunch 11 am Randolph Parr O Club
27 Extravaganza Sam Houston Club (Ft Sam Newcomers Welcome)

Note: Events **bolded** are for the **general membership** and *italicized* are for *staff*, though members are always welcome. Please call the office for details (210) 228-9955

Ongoing:

Cookie Angels delivering items to Warrior & Family Support Center . Call Susie Tolman for details (210) 654-0351.

APRIL

1 Volunteer Hours Due
3 Solitaire's Luncheon 11am Ft Sam Golf Club
5 Staff Meeting 9am MOAA-AC Office
8 Easter Sunday - Fly the Flag!
11 Board Meeting 10am Chapter Office
15-19 Storming The Hill Washington DC
18 Ft Sam Volunteer Advisory Council Mtg 9am
19 Chapter Luncheon Ft Sam Golf Club
22 Solitaire's Sunday Brunch 11 am Randolph Parr O Club
24 Extravaganza Sam Houston Club (Ft Sam Newcomers Welcome)

MAY

1 Volunteer Hours Due
1 Solitaire's Luncheon 11am Ft Sam Golf Club
3 Staff Meeting 9am MOAA-AC Office
8 Victory Day in Europe
13 Mother's Day - Fly the Flag!
16 Ft Sam Volunteer Advisory Council Mtg 9am
17 Scholarship Luncheon Ft Sam Houston Golf Club
19 Armed Forces Day - Fly the Flag!
27 Solitaire's Sunday Brunch 11 am Randolph Parr O Club
28 Memorial Day - Fly the Flag!
28 Ft Sam Houston Cemetery Memorial Day
29 Extravaganza Sam Houston Club (Ft Sam Newcomers Welcome)

Health, Benefits & Welfare

Money:

The new US Currency bills glow under ultra violet light. \$5 bill glows blue, \$10n bill glows orange, \$20 bill glows green, \$50 glows yellow and \$100 bill glows red.

Military Discount:

Sam's Clubs will give a \$15 Sam's Club Gift card to military personnel who join or renew as a Sam's Club Member. Must present a valid military ID to the Member Services Desk of your local Sam's Club. Upon payment you will receive the \$15 Sam's Club Gift Card.

Reserve Community Bankruptcy

Relief: On 14 Dec President Obama signed into law H.R.2192 (The National Guard and Reservist Debt Relief Extension Act of 2011), authored by Congressman Steve Cohen (D-TN) to help members of the National Guard and Reserve obtain bankruptcy relief should they need it. This legislation was needed to extend the deadline of a provision allowing National Guard and Reservists to forego the usual means testing for those who, after September 11, 2001, served on active duty or in a homeland defense activity for at least

90 days. The exception is also available for 540 days after the service member leaves the military. This exemption is valid until December 2015.

Old Time Radio:

If you're an old retiree who enjoyed listening to radio shows such as Jack Benny, Mysterious Traveler, Inner Sanctum, Nick Carter, Phillip Marlowe, et al, when you were a kid or listening to radio shows that were broadcast by AFRS\AFRTS while you were overseas, you can still listen to the shows via the many web sites that stream Old Time Radio (OTR) shows. Following are a few of the sites that stream OTR shows each day.

Relic Radio

<http://relicradio.com/otr/stream>

Radio Spirits <http://radiospirits.com>

(login required).

OTR Now [http://](http://www.otrnow.com/otmow/index.htm)

www.otrnow.com/otmow/index.htm

[Antioch OTR](http://radio.macinmind.com)

<http://radio.macinmind.com>

For others you can search using streaming OTR or OTR Shows.

Source: RAO Bulletin



Alamo Chapter

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VP LOGISTICS LtCol Fred Koehley

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Statement of Publication

The Lariat is the newsletter of the Military Officers Association of America—Alamo Chapter. It is published once each month to inform the membership of issues and activities of interest to all.

MOAA-AC is a non-profit organization within the state of Texas organized to represent the membership and to support the activities of the Texas Council of Chapters and MOAA National.

Advertising contained in the newsletter is not endorsed by the Chapter and does not represent any recommendation to the membership. Opinions expressed in articles contained herein are not necessarily those of the membership as a whole or the Chapter. Questions should be directed to the Editor, at the Chapter office.

MOAA-AC P.O. Box 340497 San Antonio, TX 78234
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www.alamomooaa.org

Chapter Vision & Mission Statement

Vision: To be the primary advocate for the military community

Mission:

- To be a major source of information, support and social engagement for the membership;
- To provide programs and services for the common good of our military community;
- To be a powerful voice supporting MOAA at the local, state and national levels.



MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER

THE LARIAT

2009 National Award Winning Newsletter

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VISIT OUR WEBSITE:

WWW.ALAMOMOAA.ORG

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**Postmaster — please deliver by February 6th
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Thursday February 23, 2012

Chapter Luncheon
Speaker: Michael Koerner
District Director for
Congressman Francisco Canseco

Ft Sam Golf Club

Meet & Greet begins 11am - Lunch served approx 11:45am

Menu (Indicate Choice)

- | | |
|--|----------------------|
| A) London Broil | B) Chicken Primavera |
| With Jack Daniels Sauce | With Basil Sauce |
| Mixed Salad, Oven Roasted Potatoes, Green Beans & Carrots | |
| Dinner Rolls & Butter | |
| Peach Cobbler | |
| Water, Coffee & Tea Service and \$3.00 per small bottle wine | |

Cost per person \$20
Enclosed: \$ _____

RSVP by Noon Monday 20 February

Reservations not cancelled by noon 21 Tuesday will be billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest: _____

Send reservation slip & check made payable to
MOAA-AC to P.O. Box 340497, Ft Sam Houston, TX 78234



Thursday March 15, 2012

Chapter Luncheon
Speaker: General Utterback
President & CEO
Air Force Villages

Air Force Village I - Skylounge

Meet & Greet begins 11am - Lunch served approx 11:45am

Menu (Indicate Choice)

- | | |
|---|----------------------|
| A) Pork Filet | B) Chicken |
| wrapped in bacon | with Champagne Sauce |
| Garden Salad, Garlic Mashed Potatoes, Zucchini Medley | |
| Butterflake Rolls & Butter | |
| Berry Scone Napoleans | |
| Water, Coffee & Tea Service and honor bar for wine | |

Cost per person \$20
Enclosed: \$ _____

RSVP by Noon Monday 12 March

Reservations not cancelled by noon 13 Tuesday will be billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest: _____

Send reservation slip & check made payable to
MOAA-AC to P.O. Box 340497, Ft Sam Houston, TX 78234
Call (210) 228-9955 with any questions.