

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 40, Number 4

“Five Star ★ ★ ★ ★ ★ Chapter”

April 2020



President's Message

Several years ago, I had the opportunity to hear one of our senior military leaders address the issues that we would confront in the future. He outlined cyber, climate change and ... pandemic! Unfortunately, we are there. Virtual meetings and conference calls are the norm. We are now using “social distancing” or “self-quarantine” as the operative way of living. The one thing that we need to do is keep as calm as we can even as circumstances are changing daily, if not hourly.

The Alamo MOAA staff is adjusting as we go. The monthly meeting for March and April has been cancelled as has the April staff meeting. We are evaluating future events as we get closer to the dates.

In the interim, I ask that you do your part. Our civic leaders have outlined opportunities for each of us that can help stem the spread of the virus. Per-

sonally, I am also looking for opportunities that can help. I must recognize that I am in the critical age group and that I have an underlying condition that compromises my immune system. Both not good for exposure.

However, I ask that you research groups that you can support. This would have been the second year that we have participated in The Big Give to support our Education Foundation and the scholarships. This has been revamped due to the current events. It is now focused on nonprofits that need resources that are strapped and strained.

To this I ask you to check out the various military related nonprofits that are in need. I receive emails calling for help from the USO, the Air Force Assistance Fund, the Army Relief and others. These are there to help. You can help them.

We in the military have always focused on our community. The MOAA mission continues this. The need has not been this high in years. Now is our opportunity. Thank you.

Kitty

Kathryn “Kitty” Meyers
LtCol USAF (Ret)
SPHR, SHRM-SCP
Chapter President

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Just in case you were wondering

At the request of Mayor Ron Nirenberg, in response to the COVID-19 emergency, Big Give has been postponed.

The Nonprofit Council is now working in concert with the City of San Antonio to provide the Big Give Emergency Relief platform to assist with the raising of critical funds for nonprofits during this time of exceptional need.

Big Give has been tentatively rescheduled for September 10, 2020.

We'll keep you posted!

The Retired Military Spouses Club Luncheon

Monday Apr 27th
 Ft. Sam Houston Golf Club

With guest speaker

Margie Arnold

of
 NIOSA



RSVP to: 210-822-6559

Or

Lbraswell2@satx.rr.com

by noon Apr 22, 2020

Chapter Events

(contingent upon the pandemic status)

June 26

Summer Celebration
 Dinner Dance
 Petroleum Club 6pm

October 16

13th Annual Golf Tournament
 River Crossing Golf Club 1pm

December 17

Christmas Luncheon
 Ft Sam Golf Club



Thank You!

to each of our members listed below who have donated a little (or a lot!) to either the Educational Foundation, Chapter Operations, or both!

We really appreciate it—and every dollar helps!

LtCol John Bandy USAF (Ret)

COL Vaughn Caudill USA (Ret)

Col Karen Currie USAF (Ret)

Col LeBaron Dennis USAF (Ret)

MajGen David Garza USMC (Ret)

COL Carl Helser USA (Ret)

Lyn Henderson

Col James Kellogg USAF (Ret)

COL Fred Lyssy USA (Ret)

Col Jay Maust USAF (Ret)

LTC Walter Meyer USA (Ret)

LtCol Kitty Meyers USAF (Ret)

Col David Patrick USAF (Ret)

BrigGen Karen Rankin USAF (Ret)

Col Steve Richards USAF (Ret)

LtCol Stephen Rohrbough USAF (Ret)

MG Charles Rodriguez USA (Ret)

COL Felix Santiago USA (Ret)

COL Edward Taylor USA (Ret)

MAJ Scott Tighe USAR

Jeanette Wahl

LtCol Bob Williams USAF (Ret)

LTC Machielle Woods-Denmon USA (Ret)

LtCol Sharon Zimpher USAF (Ret)

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:

Eva Stein
 (date unknown)

Col Richard Wolff USA (Ret)
 2/27/20

Col Allan Perry USAF (Ret)
 3/11/20

MOAA Alamo Chapter? Who Are We?

MOAA is a non profit veterans' association dedicated to maintaining a strong national defense and ensuring our nation keeps its commitments to currently serving, retired, and former members of the uniformed services and their families and survivors.

The Alamo Chapter is one of the more than 400 local organizations affiliated with national MOAA.

We support the national organization through membership recruitment, veterans transition initiatives and legislative support.

We are active in our community doing transition activities for JBSA and the military/veteran community; state legislative support via Texas Coalition of Veterans Organizations (TCVO) and the Texas Council of Chapters (TCC).

We meet socially typically each month on the fourth Thursday, and hold monthly business meeting on the first Thursday at 10am at the chapter office on Ft Sam to move and shape the chapter.

Come join us!

Texas Chapter Leader Honored For Advocacy Work



Texas State Sen. Jose Menendez, left; Col. Bob Certain, USAF (Ret), second from left, MOAA board of directors; and Lt. Col. Lawrence Petrash, USA (Ret), far right, Texas Council of Chapters, present the 2019 Colonel Steve Strobridge Legislative Liaison Award to Maj. James Cunningham USA (Ret).

The grassroots advocacy efforts of MOAA's Texas Council of Chapters (CoC) are making a difference in the lives of veterans and military families in the state. From state property tax exemptions for 100% disabled veterans to a scratch-off lottery ticket to benefit the Texas Veterans Assistance Fund and extending Hazelwood Act tuition benefits to the spouses and children of servicemembers, among other successes, council and chapter members in the Lone Star state continue to work extensively advocating for the military community at both the state and national levels.

Maj. James Cunningham USA (Ret), legislative vice president of the Alamo Chapter of MOAA, is one of these members. In addition to his role in the chapter, he is the current president and a past legislative liaison of the Texas CoC and serves as chair of the Texas Coalition of Veterans Organizations (TCVO) and of the Joint Base San Antonio-Fort Sam Houston Retiree Council. Through his involvement with these organizations, he keeps his finger on the pulse of issues affecting veterans and servicemembers and their families and has developed relationships with key members of the community and elected officials.

For his leadership and initiative, Cunningham was the recipient of MOAA's 2019 Colonel Steve Strobridge Legislative Liaison Award.

"It's nice to be appreciated," Cunningham said of receiving the award. "[Grassroots advocacy] is something I do because I enjoy it. I enjoy being a leader and a servant leader."

He attributes the legislative success to relationships and partnerships, such as the TCVO, a group of 37 veterans' organizations, including MOAA, from across the state that work together to advance state legislation. Cunningham and other members of the coalition volunteer their time to determine and evaluate issues, meet with state legislators, write bills, and testify at hearings.

"We have become the go-to organization for anything to do with the military community," Cunningham says. "Legislators don't always listen to us, but we have developed a reputation and clout, so in many cases they do. None of it is perfect, but I think we've done a fantastic job in the state of Texas to do some things that really help the military community."

During the 2019 session of the Texas Legislature, over 60 bills passed related to active duty servicemembers, Guard and Reserve members, veterans, and spouses.

Cunningham, who served for 21 years in the Army National Guard, worked as a schoolteacher and in marketing. He didn't develop an interest in advocacy until he got involved with the Texas CoC in the late 1990s. Then-Council President Lt. Col. Ed Marvin, USAF (Ret), encouraged him to get involved, and Cunningham got hooked.

"I'm a very social guy and enjoy social interaction," he said, "and I enjoy getting things done and seeing positive results for my fellow veterans."

Lt. Col. Lawrence Petrash, USA (Ret), immediate past president of the Texas CoC, nominated Cunningham for the Strobridge Award. He says Cunningham's exemplary work and leadership have not only made a difference with the state legislature but also with his peers in MOAA, who have become leaders in advocacy by his example. "It's this type of leadership that has helped to make MOAA the nation's largest and most influential association of military officers," says Petrash. "He is truly deserving on this award."

Blair Drake
Contributing Editor
MOAA Magazine

Membership Memos

THANK YOU Renewing Members:

MG Charles Rodriguez USA (Ret)
 Brig Gen Jeffrey Kendall USAF (Ret)
 COL Robert Akam USA (Ret)
 LtCol Paul Amrhein USAF (Ret)
 LtCol Warren Camarano USAF (Ret)
 Col LeBaron Dennis USAF (Ret)
 Col Larry Estes USAF (Ret)
 Col John Gerhart USAF (Ret)
 COL Carl Helser USA (Ret)
 Col James Kellogg USAF (Ret)
 COL Fred Lyssy USA (Ret)
 Col Steve Richards USAF (Ret)
 Col John Root USAF (Ret)
 COL Michael Rozsypal USA (Ret)
 COL Greg Weaver USA
 CDR Steven Bergeron USCG (Ret)
 LtCol Thomas Carter USAF (Ret)
 LTC Harry Durrie USA (Ret)
 LtCol Kathie Estrada USAF (Ret)
 LTC Jon Hampton USA (Ret)
 LTC James Hickey USA (Ret)
 CDR Thomas Hoskins, Jr USN (Ret)
 LtCol Leonard Lenertz USAF (Ret)
 LtCol Robin McKinely USAF (Ret)
 LTC Walter Meyer USA (Ret)
 LtCol Richard Murray USAF (Ret)
 LTC Ch Stephan Porter USA (Ret)
 LtCol Stephen Rohrbough USAF (Ret)
 LtCol Gerald Swinarsky USAF (Ret)
 LTC Stephanie Trochak USA (Ret)
 LtCol Bob Williams USAF (Ret)
 MAJ Fernando Carreon USAF (Ret)
 Lt Mary Priddy USN (Frmr)
 June Cook
 Paula Haley
 Lu Nix
 Jacqueline Purvis
 Margot Stryker
 Jeanette Wahl

NEVER STOP SERVING!



WE NEED YOU TO VOLUNTEER

for positions on your
Chapter Leadership Team

(Member spouses welcome!)

Current Needs:

- 1) Secretary (No minute taking required)
- 2) Surviving Spouse Coordinator
- 3) Membership Cmte Members
- 4) Advertising Cmte Members
- 5) Community Outreach Members
- 6) Historian
- 7) Active Duty Liaison
- 8) Editor
- 9) Warrior Games Volunteers
- 10) Photographer at Social Events

Current Membership Stats

Active Duty 266
 Surviving Spouse 165
 Former Military 24
Retired 686
Total 1141

WELCOME New Members:

COL Colleen Cooper USA
 COL Ch Brian Crane USA
 Col Aulay MacRae USAF (Ret)
 LTC Jose Chavez USA (Ret)
 LtCol James Offield USAF (Ret)
 LtCol Katherine Robbel USAF
 LtCol Karen Rolirad USAF (Ret)
 LTC Shawn Svoboda USA
 LTC Louwanna Wright USA
 Maj James Braudt USMC
 Maj Stephen Wilhite USAF (Ret)
 CPT Anchari Henry USA
 Capt Phyllis Lawrence USAF
 LT Jen Santiago USN
 1Lt Jesse Sly USAF
 CWO-4 Nathaniel Acevedo USMC
 CW3 John Anthony Manglona USA
 CWO-2 Calvin Henry USMC (Ret)

MOAA – Alamo Chapter

Vision:

*To be the primary advocate for
the military community*

Mission:

*Provide information, support and so-
cial engagement to members;*

*Offer programs and services for the
common good of the military
community;*

*Support MOAA at the national, state
and local levels with a powerful
voice.*

Visit www.alamomoaa.org for more
info

2020 Scholarships and Awards Complete!



This year marked the most successful Chapter Scholarship Program in recent memory!

Despite the need to cancel our 26 March Scholarship Luncheon due to the impact of the Corona Virus pandemic, our program expanded over the course of the year because of increased volunteer participation, the hard work of our Scholarship and Awards Committee and the generosity of our members.

The eight-member committee established three subcommittees who divided tasks to tackle the high school Junior ROTC awards program, the scholarship program and the scholarship luncheon itself. Special kudos to Bob Pollock and Karen Currie for stepping up as subcommittee chairs.

Additionally, our well-organized “pros” on the Golf Committee, led by Frank and Steven Rohrbough raised over \$16,000 from last year’s Annual Golf Tournament that was allocated to both the Warrior and Family Support Center and the Scholarship Fund.

Finally, a huge thanks to you, our members, for your generous financial support. We recently established the MOAA Alamo Chapter Educational

Foundation, a 501 (c)(3) organization that allows tax-free contributions to activities such as our scholarship program. The foundation leadership and the Chapter Board of Directors oversaw our budget allocations that enabled us to contribute a record number 23 scholarships (\$1,000 each) for a total donation of \$23,000 to deserving high school and college students within our catchment area of south Texas.

Please see the next page (Page 6) for the listing of the recipients of the 2020 MOAA Alamo Chapter Scholarships. The scholarship winners have already expressed profound gratitude for your generosity and wished they had the opportunity to thank the MOAA Chapter members in person!

Looking forward to 2021, we welcome to our committee any members who want to join us, beginning with our Scholarship and Awards Committee Strategy Meeting in the September timeframe! Contact the office (210) 228-9955 or email me at moaa.ac.awards@gmail.com if you’d like to become involved.

V/r,

Pete Hunt
Col (USAF, Ret)
MOAA-Alamo Chapter
Chairperson, Scholarship and Awards
Committee



2020 MOAA -Alamo Scholarship and Awards Committee members :

(L-R): Jay Maust, Lovett Anyachebelu, Peter Hunt, Karen Currie, Jim Cunningham, Bob Pollock, Vaughn Caudill, Felix Santiago. Not pictured: Mark Cheadle.

Humor Me!

My three year old grandson asked his mother whether his younger brother used to be in her stomach.

“Yes,” she said. “How did he get there?” he asked. “I’ll tell you when you’re a little older”

“Just tell me this,” he said, concerned. “Did you eat him?”

How did I know my new coworker was a veteran? When I heard him describe the impending birth of his first child as “when baby has boots on the ground”.

What do you call a lazy baby kangaroo?

A pouch potato.

Marriage is 83% not knowing the names of anyone your wife is talking about but hoping she doesn’t notice.

The quickest way to find out the time is to order a beer at breakfast with your mother.

When I was a boy, I had a disease that required me to eat dirt three times a day in order to survive. It’s a good thing my older brother told me about it.

I noticed several plebes on their hands and knees holding pencils and clip boards. “What are they doing?” I asked our tour guide.

“Each year, the upperclassmen ask the freshmen how many bricks it took to finish paving this courtyard,” he said.

“So what’s the answer?” my friend asked. The guide replied “One”.

To be or not to be a horse rider, that is equestrian

Source: Reader’s Digest

ALAMO CHAPTER SCHOLARSHIP WINNERS 2020

Winner	Type	School
Ms Lauren M. Blaydon	MAJ James and Cheryl Cunningham Chapter Member Scholarship	Westlake HS
Ms Emily R. Hofmann	COL Clarence Torrey Scholarship	East Central HS
Ms Dora A. Andrade	High School JROTC	PSJA Memorial Early College HS
Ms Daisy Garcia Martinez	Colonel Edward and Sue McCarthy Memorial JROTC Scholarship	Lehman HS
Ms Mariavictoria Moreno	High School JROTC	W.B. Ray HS
Ms Jada Rainbolt	General Robert Herring Memorial JROTC Scholarship	Canyon Lake HS
Seth E. Randall	College ROTC	UT-Austin AFROTC
India J. Focchi	College ROTC	UT-Austin AROTC
Jazzlyn Birk-Cockburn	College ROTC	UT-Austin NROTC
Michael A. Younker	College ROTC	Texas St--Air Force ROTC
Tyson R. Marwich	College ROTC	Texas St--Army ROTC
Cristino Garcia	Lt Col Ed and Ruby Marvin Scholarship	UTSA--Air Force ROTC
Elizabeth J. Alvarado Adrian G. Sanchez-Barbosa	College ROTC	UTSA--Air Force ROTC
Catherine Anderson Allison Braden Nathan Klick	College ROTC	UTSA--Army ROTC
Michael Floore Marissa Ibarra	College ROTC	St Mary's--Army ROTC
Crystal N. Campos	College ROTC	TX A&M – Kingsville--Army ROTC
Isiaiah Garcia	College ROTC	TAMU--Corpus Christi--Army ROTC
Jose Mata Juan Rodriguez	College ROTC	UT-RGV--Army ROTC



Medical Minute

Sleep

Sleeping will become more difficult with age. What's more, the lack of restorative sleep in older age can add to health problems and lead to decline of mental sharpness.

People have sleep problems as they grow older. An increase in fragmented sleep causes an overload of beta-amyloid plaques in the brain, a characteristic of Alzheimer's disease.

Factors critical to good health are sleep, exercise, and a healthy diet. Insomnia is defined as difficulty in falling asleep within 30 minutes after bedtime and/or difficulty in staying asleep or waking up more than two to seven times per night, even just to go to the bathroom.

Chronic insomnia affects more than 10% of the population. It increases the risk of heart disease, diabetes and dementia. It may also be the sole effect of medication.

Strategies to improve your sleep include:

- Establishing a sleep environment that is comfortable, dark, cool and quiet.
- Following a sleep routine that includes going to bed and getting up at the same time every day for a week.
- Excluding consumption of coffee and/or heavy meals before bedtime.
- Plan relaxing activities such as reading or taking a hot bath close to bedtime.
- Get plenty of exercise but not just before you get ready for bed.
- Reduce stress by planning a list of activities for the next day.
- Some people find that a glass of hot milk with ginger either at bedtime or if you awaken during the night facilitates sleep.

Source: Mass Gen - Mind Mood & Memory July 2017

Irene Collier (Ret)



Solitaires



Helpful Hints for Spring

Spring is here! We try to declutter what has accumulated during the winter. The following are every day helpful hints that you might use.

If you have an oozing sore that just won't heal despite all the medications you have used on it, make a paste of powdered sugar and virgin olive oil. Apply to the wound. Add a bandage to keep it in place. This should heal completely in two or three weeks.

Clear up toenail fungus by using a stone ground cornmeal (not the baking kind) bath. Add about two or three tablespoons of corn meal to a pan of warm water and soak your feet daily for an hour for a week. A new pink healthy nail will start to grow and push out that black sick one. Farmers often pour some corn meal in their boots to prevent toe fungus.

Here's a tip for removing food stains. If you spilled gravy or sauce on your clean blouse, dress or tie, wipe it off as much as possible. Generously dabbing club soda on the spot is the next step. You can then soak the rub a little and then wash. The stain disappears and you have saved a cleaning bill. The caution is that some fabrics such as silk stain with water. Check the label before wetting.

Burns happen. You spill hot liquid on your arms or legs or burn your hand on the stove. Break off a thick aloe cactus leaf and generously apply the liquid from the leaf to the burn. Repeat once or twice. In an hour you will have pink healthy skin and no blisters.

A farmer says one of his workers got a bad cut on a piece of machinery. No doctors around for miles. They put fine black pepper generously on the cut. The bleeding stopped and the wound healed.

For a home remedy laxative, combine one ounce of prune juice and one ounce of Milk of Magnesia. Heat in the microwave. Follow this drink with a glass of water.

You have a case of hiccoughs. There

are several cures to this inconvenience. Pinch the sides of both index fingers at the same time. Or eat a green olive. Or drink 2 oz of sweet pickle juice. OR swallow one teaspoon of sugar straight. In Canada, they added a drop of ether to the sugar. It really worked.

A study from Massachusetts General Hospital found that high blood pressure drops and cholesterol is controlled with a glass of beet juice every morning. A home remedy for lowering blood pressure is to eat asparagus daily until the desired level is reached.

If your box mix cake appears to be dry, substitute milk instead of water or add a tablespoon of honey to the batter before baking.

Arthritis pain can be controlled by eating juniper berries. You can also eat several raisins that have been soaked in gin for about 10 to 14 days.

If the kids spray your car with spray paint, grab that can of WD 40. Spray the spot and wipe. Does not hurt your car's paint and cleans it off completely. (Or just keep the spray paint away from the kids.)

The color of the tab on that loaf of bread you buy indicates its freshness. The codes are all alphabetical: b, g, r, w, y, indicating the days freshness of bread.

If you place a wooden spoon across the top of a pot of boiling liquid, it will not spill over.

Marshmallows can cure a sore throat. Perfect for kids who hate taking medicine.

Stuffing a dryer sheet in your backpack will repel mosquitoes.

To make scrambled eggs or an omelet, add a couple of spoons of sour cream, cream cheese or heavy cream and mix the eggs.

To keep squirrels from eating your plants, sprinkle the plants with cayenne pepper. It doesn't hurt the plants and the squirrels hate it.

(Continued on Page 13)

Make Your Voice Count! Join MOAA or NCOA Today!

The Military Officers Association of America (MOAA) and the Non Commissioned Officers Association strengthen the **voice** of Commissioned Officers, Warrant Officers, NCOS, and members of the military community. Both organizations have a strong influence in the national, state, and local legislative decisions affecting national defense, entitlements, benefits and quality of life issues. Your membership matters in enhancing both organizations' influence in shaping the outcome of proposed legislation affecting the Active as well as Reserve forces, retired personnel, veterans, and their families.

The Military Officers' Association of America (MOAA) is the largest military officer entity in the U.S. with over 350,000 members, including over 34,000 in Texas and nearly 1,200 in San Antonio. It is an independent, non-profit, politically nonpartisan organization. MOAA is also the most influential association of military officers with a multiplying effect to the **voice** of every member of the military community regarding compensation and benefits. For over 90 years, since 1929, the efforts of MOAA representatives helped to shape and affect positive resolution of legislative actions at the national, state, and local levels. The local chapter, the Alamo Chapter, is one of the oldest and largest chapters in MOAA

The Non Commissioned Officers Association (NCOA) is a federally-chartered, non-profit Military Service Organization (MSO) with nearly 40,000 members with over 30 chapters throughout the United States. The Association was created in 1960 to address quality of life issues for enlisted members of the Active, Reserve, Retired and Veteran members of all branches of the military, National Guard cadre as well as their families. As NCOA have evolved, education, work force development, employment, legislative advocacy and the quality of life within our communities as well as the physical and mental health of our service men and women and their families have become our primary aim. NCOA is currently a strong **voice** on Capitol Hill, the Veterans Administration and is a member of the military coalition. Our members around the world are making a difference in their local communities. NCOA's motto of "Strength in Unity!" is shared by every member while also encouraging every member of the military community to do the same.

The 2020 overarching advocacy objectives * pertinent to potential legislative actions are:

- *Protect your health care benefit*
- *Keep military pay and benefits strong*
- *Support military families*

- *Concurrent receipt for all retirees*

- *Support the Total Force*

- *Better faster DoD/VA services*

- *Strengthen and support all Uniformed Services*

*Visit MOAA/NCOA websites for detailed information and intended actions on the advocacy objectives.

In addition to enhancing the strength of advocacy efforts for the military community, local chapters of MOAA and NCOA provide members the opportunity to support their local communities through education scholarships as well as zero interest loans, transition assistance, information, support and social engagement.

Join MOAA or NCOA today and make your voice count.

Make a difference today by joining MOAA Alamo Chapter at <http://www.alamomoaa.org/membership.cfm>

and NCOA at <https://ncoausa.org/>

COL USA (Ret) Felix Santiago

And

SGM (Ret) Joe Terry



Growing up in a Military family, moving from place to place, time goes by and things inevitably change.

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Scholarship For Marines, Former Marines and direct family members of Marines



*"The Medal of Honor is not mine;
I hold it in trust for so many young
people who didn't become grandfa-
thers."*

George O'Brien, Jr.

October 27, 2018, was the 65th anniversary of George H. O'Brien, Jr., being awarded the **Congressional Medal of Honor** he earned while serving as a U.S. Marine Corps Second Lieutenant during the Korean War. O'Brien, a long time Midland resident and geologist, was also Texas Tech's only graduate to receive the nation's most significant military medal for valor. We are committed to honoring and remembering this West Texas war hero who received the medal from President D.D. Eisenhower on October 27, 1953.

After being in the Texas Tech class of 1950, he was inducted into the Marines where he became an infantry combat platoon commander and fought in one of the fiercest battles of the Korean War called The Hook. After his service in the Marines, he was always known as being a humble man and his actions have inspired others.

In order to forever remember one of Tech's greatest alumni, and "to take care of his Marines," a scholarship fund was created on March 4, 2006. It was founded by Texas Tech alumni and Marine Vietnam veterans Doug Jacobsen, Jerry Tate, Tony Rogers, and David Wright. It is designed to assist students at Texas Tech University that are United States Marines (current or former) and the children and grand children of Marines. It is an endowed partial scholarship administered by the **Texas Tech Alumni Association**. As the total of the fund increases with ongoing contributions, the amount of the scholarship award also increases. The principal of the fund is not reduced, thereby allowing for a perpetual scholarship to honor George H. O'Brien and assist our United States Marines.

Interested Texas Tech University students may apply by contacting:

Ms. Ivette Bascues

ivette.bascues@ttu.edu

806-742-3641 Ext. 239

Texas Tech Alumni Association, Endowment Trust

P.O. Box 450001, Lubbock, TX 79409-5001

Re: George H. O'Brien Medal of Honor Memorial Scholarship

Account Number 070-4225-000



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Paul B. Owens

Attorney-At-Law

<https://www.paulowenslaw.com/>

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Corporate Partners:

Sponsors and Advertisers in The Lariat

Sponsors and advertisers are vital for the success of any nonprofit and our Chapter is no exception.

Their support provides us with the resources to fulfill our mission. We are working hard to build long-term relationships with several sponsors and businesses throughout the San Antonio area for both the Chapter operations and our Educational Foundation. The Foundation provides the support for the JROTC and ROTC scholarships distributed to deserving cadets annually.

We need your help to “pay it forward”. Please consider using these companies whenever possible. Let them know you saw their name in MOAA Alamo Chapter’s monthly newsletter, *The Lariat*, and make sure you thank them for their support. This lets them know their sponsorship is paying off advertising with MOAA Alamo Chapter. This will help ensure a long-term partnership with them and the Chapter.

Additionally, if you know of any business interested in sponsoring or advertising in the monthly *Lariat*, please let me know. We have different levels of sponsorship and different advertising options that can be tailored to each business.

A marketing package has been developed that describes the various plans. I would be happy to meet and help them develop options that will benefit their needs.

Lisa Skopal

Lisa Skopal
Advertising Coordinator

lskopal@ymail.com

Transitioning Tips

The Changing World of Job Hunting

The world is changing! The impact of the pandemic is going to change the job-hunting environment. Until March we had record low unemployment. This had been going on for so long that we had become immune to dealing with the first decade of this century when unemployment was high due to the “Great Recession”.

The market crash is going to change our world. I may be premature and a “Debbie Downer” for this prediction. However, I feel like I’m being more realistic. The latest prediction is for an unemployment rate of 20%. Recovery has historically been a slow climb after the fall. Everyone must prepare.

Chaunte Myer, President of Centu-

lion Military Alliance, continually stresses during the transition events that a critical question that must be considered is “are you ready to get out?”. Have you prepared financially for a period of unemployment after your off the military payroll? It doesn’t matter if this is retirement or separation. You need to evaluate how you will pay for bills.

As for the transition itself, you need to be psychologically prepared. The world is different outside the gate. You need to evaluate your skills and develop a strategy that will optimize your brand. These are words that you don’t use in the military. You need to know them. You will be competing with folks that have the experiences in the marketplace. You need to align your skills and experiences to the language and needs to the understanding of the hiring company.

There are resources available for you in this process. MOAA and Alamo MOAA have transition resources. We also are active participants in the JBSA Alliance, the collaborative of resources within the gate and in the community focusing on assisting you and connecting with employers. Use them.

The world is constantly changing. Sometimes the rate of change is more rapid. Now is that time. Best of luck.

Kitty

Kathryn “Kitty” Meyers
LtCol USAF (Ret)
SPHR, SHRM-SCP
Chapter Transition Liaison Officer

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MOAA NATIONAL ENROLLMENT

☐ YES! Sign me up as a **FREE BASIC MOAA** Member

Name _____

Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse of Eligible Officer

☐ Graduation Year (Cadet/Midshipmen) _____

Email Address** _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

To ensure deliverability of MOAA communications, please provide a personal email without a ".mil" domain if available.

We value your privacy. MOAA does not rent or sell its members' emails to third parties. If you include your email address, you will receive e-communications from MOAA as a member benefit. Visit www.moaa.org/email for details.

Date of Birth _____

Spouse Name _____

Your spouse has access to all of your MOAA member benefits.

**Email address required for BASIC Membership



Method of Payment

☐ Check (please make payable to MOAA Alamo Chapter) ☐ Credit Card Charge my card \$ _____

Card number _____

Expiration date _____ CVV _____ Signature _____

Zip code where Billing Statement is mailed: _____

Send to: MOAA-Alamo Chapter, P.O. Box 340497, Ft. Sam Houston, TX 78234; or email to moaa-ac@sbcglobal.net; or signup **online** at www.alamomoaa.org.

MOAA LOCAL ALAMO CHAPTER ENROLLMENT

☐ YES! Sign me up as a new Alamo Chapter Member

☐ YES! Renew my Alamo Chapter Membership

Name _____

Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse/Surviving Spouse of Eligible Officer

Address _____

City _____ State _____ Zip _____

Email Address _____

(Email address required for Electronic Membership)

To ensure deliverability of Chapter communications, please provide a personal email without a ".mil" domain, if available.

Phone Number _____

Date of Birth _____

Spouse Name _____

Spouse Email Address _____

☐ I would you like to help the Chapter as a Volunteer

One-Year Membership \$20

(Monthly newsletter "The Lariat" sent by email)

WANTED!

Active Duty or Retired Job Seekers

If you would like to be added to the regular email blast that lists job opportunities in **San Antonio and Texas** please contact David Patrick, the Career Transition Coordinator - Texas

dwpatrick01@gmail.com

If you are an area **employer** who is interested in hiring career transitioning officers or their spouses or if you are a MOAA member interested in helping a career transitioning officer or spouse as a **San Antonio Networker**, or if you are a **MOAA-AC member Job Seeker**, please contact

Kitty Meyers LtCol USAF (Ret)

Chapter Transition Liaison Officer at

kamconsulthr@gmail.com

Helpful Hints

(Continued from Page 7)

Don't throw out those bananas that have ripened too soon. Mash the bananas and put into a freezer container. Store in the freezer until you are ready to bake.

Other uses for W D 40:

Removes lipstick stains.

Protect silver from tarnish.

Loosen stubborn zippers.

Untangle jewelry chains.

Clean spots from shower doors.

Remove nasty bug splats from your car.

Keeps bathroom mirror from fogging up.

Use on fire ant bites. This removes the sting and stops the itching.

Irene Collier (Ret)



Army Residence
Community

WELCOME TO THE ARC.

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Whatever your branch of service, if you are a retired officer, the Army Residence Community welcomes you to the freedom and excitement of life in one of America's most unique and military-friendly cities. Here is a total retirement community that surrounds you with patriots like yourself and – if assisted living, memory care, or long-term care is ever needed – with caregivers who understand and honor what you've given your country.

While the ARC independent living community is designed specifically for retired officers and spouses, the ARC Health Care Center welcomes all veterans through private pay for assisted living/memory care/long-term care.

So call **800-890-2305** or go to **armyresidence.com** for more information.

Army Residence Community | 7400 Crestway | San Antonio, Texas 78239

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MOAA Legislative Goals for 2020

This will be a tumultuous news year of partisan politics, with the focus on the upcoming presidential election as well as the 33 Senate seats and 435 seats in the House of Representatives up for election. MOAA will continue to remain decidedly nonpartisan. The MOAA team works with every elected official, seeking positive change for the members of the seven uniformed services, our nation's veterans, and all military families and survivors. The Alamo Chapter will be working these issues at the state level in support of these goals. Contact Jim Cunningham, Legislative Chair, if you would like to help.

Protect Your Health Care Benefit

- Prevent disproportional TRICARE fee increases
- Stand down efforts to cut military medical billets and efforts to dismantle the MHS
- Stop cuts to the Uniformed Services University of the Health Sciences, which provides education to uniformed health professionals, scientists, and leaders

Keep Military Pay and Benefits Strong

- Ensure pay raises match the annual ECI index increase
- Protect housing allowances from programmatic changes that penalize military-to-military married couples and those with children
- Improve Defense Finance and Accounting Service quality and timeliness of support, and reduce existing backlog in services
- Protect commissary and exchange benefits and dividends which support military quality-of-life programs
- Approve flexible spending accounts for servicemembers in line with civilian employer programs

Support Military Families

- Improve comprehensive housing reform and accountability
- Improve accountability of contract movers and claims during PCS moves
- Create incentives to increase quality child care provider accessibility and capacity options
- Include military spouses as a target group for the Work Opportunity Tax Credit and improve occupational licensure transitions
- Preserve Parole in Place and improve paths to citizenship for servicemembers and families

Concurrent Receipt for All Retirees

- Approve concurrent receipt for Chapter 61 retirees
- Approve concurrent receipt for service-connected disabled retirees rated 40% and below

Support the Total Force

- Eliminate Guard/Reserve retirement pay processing delays
- Ensure timely health care benefit for Guard/Reserve retirees
- Expand Military Lending Act protections and support
- Expand GI Bill parity for their service

Better, Faster DoD/VA Services

- Enhance suicide prevention programs and access to behavioral health care
- Assure appropriate health care and benefits for service-connected exposures
- Strengthen and preserve support services for servicewomen and women veterans
- Improve wounded warrior and caregiver programs
- Implement the VA MISSION Act and identify legislative improvements
- Preserve earned military-veteran burial benefits

Strengthen and Support All Uniformed Services

- Sustain continuous and timely appropriations for whole of government
- Ensure the continuity of pay and benefits during lapses in appropriations
- Ensure authorizations and appropriations for the Coast Guard, Public Health Service, and NOAA Corps to meet expanding mission needs.
- Ensure implementation of sexual harassment and assault reporting programs through expanded protection of the safe to report program, and strengthen deterrence measures for sexual harassment prevention through command administrative actions for substantiated sexual harassment investigations.

30-second “Elevator Pitch” To Promote Membership

Membership in an association such as ours is achieved by the majority when a friend/acquaintance is also a member.

We need your help to encourage your friends, neighbors, business associates etc to come join us! Participating in the social events is not mandatory (albeit fun!) but we do need their support and voice when it comes to advocacy at the city, county and state level.

Here’s an approach you could take when introducing MOAA Alamo Chapter to someone:

Open the conversation with something like:

I am with The Military Officers Association of America (MOAA) and the Alamo Chapter. Are you a member? If no :

- We are a volunteer nonprofit organization for commissioned officers (and surviving spouses) that has approximately 1100 members and is over 50 year old – located at Ft. Sam.
- We advocate and lobby for the entire military community – all ranks -- to influence legislators in Washington and in Austin to sustain yours & my earned entitlements, i.e. pay raises, medical benefits, commissary privileges, education benefits, etc.
- We make ourselves heard through the strength of our membership numbers.

This is why it is important for all eligible officers to belong.

In addition, we run the chapter operations and promote camaraderie through our monthly social events.

- Here is an application providing membership in both MOAA and the Alamo Chapter. (See Page 12)
- You owe it to yourself (and family) to support the organization that supports you and I ask that you please join. Thanks.

If you get push back consider saying:

- It is a no hassle membership – no sales calls, no sales emails and no pressure to be actively involved.
- We are just looking to you to help strengthen our numbers.
- You will receive legislative updates, the national MOAA *Military Officers* magazine, and our chapter newsletter *The Lariat* by email to keep you informed.
- Again, you owe it to yourself (and family) to be part of an organization that protects your rights, entitlements and benefits.

Have them sign up online at alamomoaa.org, or email us at moaa-ac@sbcglobal.net or call the office at 210.228.9955.



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LEGAL COUNSEL	Jacobson Law Firm
SOLITAIRES	(Open)
SUPPORT	Lt George Frecko
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Editorial Policy

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 501c 4 within the state of Texas organized to represent the membership and to support the activities of the Texas Council of Chapters and MOAA National.

MOAA and its affiliated chapters and councils are non partisan.

Advertising contained in the newsletter is not endorsed by MOAA or its affiliate the Alamo 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.

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STATUS

FOR INFORMATION REGARDING
OUR BY-LAWS, STRATEGIC PLAN,
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MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR
WEBSITE:

WWW.ALAMOMOAA.ORG

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THE LARIAT

National Award Winning Newsletter

We have cancelled the
April 23rd Chapter
Luncheon due to the Co-
rona Virus pandemic and
the concern for the health
safety of our members
and attendees.

We will keep you updated
on the status of our future
luncheons and events.

Thank you.



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