

THE



LARIAT

Volume 39, Number 7

“Five Star ★★★★★ Chapter”

July 2019



President's Message

Hello and welcome to summer. Can you believe we are halfway through 2019? We at Alamo MOAA have been super busy connecting, networking, planning and advocating for the membership and the military community. We are entrenched in various JBSA and San Antonio community alliances that broaden our exposure and enhance our presence.

Pete Schaub, Chapter Volunteer Coordinator, has done a marvelous job helping us create volunteer opportunities. We've been to the San Antonio Food Bank, stuffing bags of food and cleaning out freezers. Earlier this month, we participated in the KLRN Blazing Gavels. We staffed the phone banks as folks called in to bid on items, all with the goal of raising funds for San Antonio's public television. We had a lot of fun. Vaughn Caudill entertained between calls with a giant bubble wand along with the Star Wars characters.

We also receive requests for volunteers. Jim Cunningham is president of the JBSA Retiree Council. He's doing a marvelous job with a council that represents all services here at JBSA. One of the initiatives is the creation of the Joint Base San Antonio Ft. Sam Houston Retiree Newsletter. While the title says Ft. Sam Houston, its for ALL military service retirees in the twelve surrounding counties. If you are interested in participating in the Council or with the newsletter, contact Jim at jimbob48@sbcglobal.net or SFC Ben Linduff, USA Retired at linduff@twc.com.

Other requests come from the community. One of the Chapter goals is to connect and volunteer with a community group that supports the military. Two have approached us. The first is Soldier's Angels. This is a nonprofit that provides a variety of support services to military and their families. If you are interested in mentorship, here are two opportunities. Big Brothers/

Big Sisters of San Antonio is seeking mentors for children, many of whom are military kids. Contact www.bigmentor.org.

Interested in helping veterans struggling to adjust to civilian life? The Bexar County Veterans Treatment Courts are looking for mentors to support these vets. Connect with the program at www.texvets.org.

We are always looking for ways to continue our commitment to supporting the community. Let us know your ideas. Do you have a passion that helps the military community? Help us organize a group of members to follow that passion.

Have a happy summer.



Kathryn "Kitty" Meyers
LtCol USAF (Ret)
SPHR, SHRM-SCP



KLRN's Blazing Gavels 2019

Big shout out to some chapter members who volunteered to represent the Alamo Chapter at this year's Blazing Gavels - proudly wearing their MOAA-AC polo shirts!

L-R Kitty Meyers, David Patrick, Vaughn Caudill, Peter Hunt, Grace Newton, Monica Vera, Tim Newton, plus 2 more working behind the scenes, Pete Schaub and Debi Schaub.

NEVER STOP SERVING!



WE NEED YOU TO VOLUNTEER

for positions on your
Chapter Leadership Team
(Member spouses welcome!)

Current Needs:

- 1) Secretary (NO taking of minutes)
- 2) Surviving Spouse Coordinator
- 3) Membership Cmte Members
- 4) Advertising Team Members
- 5) Community Outreach Members
- 6) Golf Planning Cmte Members
- 7) Historian
- 8) Active Duty Liaison
- 9) Editor

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:

Grace Bennett
3/6/18

LTG Frank Ledford USA (Ret)
5/15/19

LtCol Elizabeth Goetz USAF (Ret)
5/22/19

Martha Jane Honore
6/11/19
Spouse of MG Charles Honore
USA (Ret)



Thank You!

to each of our members listed below who have donated a little (or a lot!) to either the Scholarship Fund or Operations.

Col Ben Alford USAF (Ret)



Treats For Troops

Grateful thanks to those who provided treats (pizzas, cookies, fruit etc.) or volunteered time for the wounded warriors at JBSA 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.

Irene Collier
Susan Filipini
John Gibbs
Sue McCarthy
Mac and Lori McDonald
Lolly Orlowski
Brenda Tobey
Susie Tolman

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

What Has Your Chapter Done For You Lately?

During the month of May:

- Participated in MOAA national monthly Transition Liaison call.
- Attended planning meeting for Red, White & You Hiring Fair scheduled for November.
- Sent out weekly email blasts composed of 500-600 pages of transition information and job opportunities in Texas.
- 25 Chapter members volunteered over 311 hours for the good of the community.
- Distributed news and Community events via the chapter Facebook page (MOAA Alamo).
- Members provided well over \$200 worth of snacks for the Warrior & Family Support Center JBSA Ft Sam Houston.
- Represented the chapter on the planning committee for Celebrate America's Military Week.
- Chapter is also represented on the committee planning events to commemorate the 71st anniversary of Women in Military Act in June.
- Continued Golf Tourney planning.

Inside This Edition:

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86th Texas Legislative Wrap Up Report

The Texas State Legislature has adjourned and it would appear that there is nothing left pending that would require any sort of special session. This session was consumed by the desire of the Governor and Lt. Governor to provide relief from property taxes and to address public education which has long been neglected. In the end, bills were passed which will address both issues.

Insofar as veteran related bills are concerned, there were some important bills passed, however, the one supported by the Texas Council of Chapters of MOAA, HB716 having to do with 100% disabled veterans was left pending in committee and died. The same was true for HB4184 that would have given better exemptions for all disabled veteran percentages. It was not even laid out to the committee.

The following bills were passed related to veterans and active duty military:

Most Important Veteran Related Bills:

HB 696: relating to employment and referral services for veterans and military service members. 6/10/2019 Effective Immediately.

SB 822: relating to the administration of a grant program to support community mental health programs for veterans and their families. 5/31/2019: Effective Immediately.

SB 1091: relating to vehicles eligible for veteran toll discount programs. 6/14/2019 Effective Immediately.

HB 1351: relating to the confidentiality of certain information concerning service members of the United States armed forces and the state military forces. Effective on 9/1/2019.

HB 2530: relating to the development by the Texas Veterans Commission of an online repository of information of use to active duty military relocating to this state. Effective on 9/1/2019.

SB 601: relating to the continuation of the Texas Veterans Commission. 6/10/2019 Effective on 9/1/2019.

SB 1200: relating to the authority of certain military spouses to engage in a business or occupation in this state. 6/10/2019 Effective on 9/1/2019.

Other Veteran Related Bills:

HB 114: Relating to providing public high school students information regarding the availability of college credit awarded for military experience, education, and training obtained during military service. 5/16/2019 Effective Immediately.

HB 295: Relating to designating March 30 as Master Sergeant Jonathan J. Dunbar Day. Effective on 9/1/2019.

HB 306: Relating to the creation of an open burn pit registry for certain service members and veterans. Effective on 9/1/2019.

HB 714: Relating to a reemployment program available to certain veterans placed on community supervision for a misdemeanor offense. Effective Immediately.

HB 819: Relating to the issuance of China Service Medal specialty license plates. 6/10/2019 Effective on 9/1/2019.

HB 833: Relating to the creation of a statewide alert system for missing military members. Effective on 9/1/2019.

HB 1326: Relating to the continuation and functions of the Texas Military Department. Effective on 9/1/2019.

(Continued on Page 5)

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Membership Memos

THANK YOU Renewing Members:	WELCOME New Members:	Current Membership Stats
MG Charles Rodriguez USA (Ret) Col Ben Alford USAF (Ret) COL John Alvarez USA (Ret) Col Robert Barnhardt USAF (Ret) COL Daniel George USA (Ret) Col Daniel Sowada USAF (Ret) LtCol Bill Render USAF (Ret) CDR Brenda Tobey USN (Ret) Maj Edward Uribe USAF (Ret) Maj Carroll Yeatts USAF (Ret) CPT John Miterko USA (Frmr) Irene Nikolewski	Brig Gen Michael Alexander USAF (Ret) COL Samuel Fiol USA LtCol Robert Bishop USAF (Ret) LtCol Renae Hilton USAF LtCol David McNeely USAF (Ret) LtCol Keith Vanderhoeven USAF LT Jeremy Hilton USN (Frmr) 1LT Segun Ejryooye USA	Active Duty 207 Surviving Spouse 161 Former Military 22 <u>Retired 688</u> Total 1078

Are You

1. Considering joining a MOAA chapter?
2. Debating whether to renew your chapter membership?
3. Talking to a potential new member?

Here are some of the key benefits to belonging to one of MOAA's more than 400 chapters:

- **Connections:** When you attend chapter meetings, become active on a committee, or take a prominent leadership role, you will forge lasting ties with other MOAA members who have common professional interests and similar association concerns.
- **Community involvement:** Chapter membership provides opportunities to contribute to your community in a variety of ways, from providing scholarships to local students to supporting causes that support wounded warriors, active duty servicemembers and their families, and veterans in-need.
- **Legislative advocacy:** MOAA chapter members play a critical role in advancing legislation at both the city, county and state level. This grassroots advocacy is key to MOAA achieving its legislative goals.

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).

State Legislative Report

(Continued from Page 3)

HB 1656: Relating to the issuance of 173rd Airborne Brigade specialty license plates. Effective on 9/1/2019.

HB 1837: Relating to the designation of a portion of U.S. Highway 67 in Titus County as the Titus County World War II Veterans Memorial Highway. Effective on 9/1/2019.

HB 1838: Relating to the designation of a portion of U.S. Highway 271 in Titus County as the Titus County Korean War Veterans Memorial Highway. Effective on 9/1/2019.

HB 1969: Relating to the designation of the portion of State Highway 7 in Nacogdoches County as the Bataan and Corregidor Veterans Memorial Highway. Effective on 9/1/2019.

HB 2039: Relating to the issuance of specialty license plates to Master Army Aviators. Effective on 9/1/2019.

HB 2119: Relating to the application for and loans from the Texas military value revolving loan account. 6/10/2019 Effective on 9/1/2019.

HB 2643: Relating to the issuance of specialty license plates for recipients of the Combat Action Badge or Combat Infantryman Badge. 6/10/2019 Effective on 9/1/2019.

HB 3343: Relating to the issuance of specialty license plates to honor certain Purple Heart recipients; imposing a fee. 6/10/2019 Effective on 9/1/2019.

HB 3671: Relating to the designation of a portion of State Highway 6 as the Corporal David Anthony Gentry Memorial Bridge. 6/10/2019 Effective on 9/1/2019.

HCR 74: Urging Congress to enact H.R. 613/S. 164, the TRICARE Reserve Select Improvement Act. 5/27/2019: Signed by Governor.

HCR 120: Directing the governor of the State of Texas to posthumously award the Texas Legislative Medal of Honor to George Benton Turner. 6/10/2019 Signed by the Governor.

SB 225: Relating to the issuance of

Army of Occupation Medal specialty license plates; providing an exemption from a fee. Effective on 9/1/2019.

SB 607: Relating to the operations and functions of the Veterans' Land Board and the sunset review date for and programs administered by the board. Effective Immediately.

SB 822: Relating to the administration of a grant program to support community mental health programs for veterans and their families. 5/31/2019: Effective Immediately.

SB 1134: Relating to the designation of a portion of Farm-to-Market Road 734 in Austin as the Master Sergeant Jonathan J. Dunbar Memorial Parkway. Effective 9/1/2019.

SB 1180: Relating to reporting regarding veterans treatment court programs. Effective 9/1/2019.

SB 1443: Relating to the Texas Military Preparedness Commission. Effective 9/1/2019.

SB 1597: Relating to awarding certain medals for military service performed individually or as part of a crew. Effective 9/1/2019.

SB 1598: Relating to hazardous duty pay for security officers employed by the Texas Military Department. Effective 9/1/2019.

SB 1806: Relating to the issuance of Nuclear Deterrence Operations Service Medal specialty license plates. 6/10/2019 Effective on 9/1/2019.

SB 1819: Relating to designating May 8 as Military Spouse Appreciation Day. 5/22/2019: Effective Immediately.

SB 2104: Relating to certain advocacy and legal services for Texas Veterans and to tuition and fees for certain military spouses and dependents. 6/10/2019 Effective on 1/1/2020.

SB 2131: Relating to the application for and loans from the Texas military value revolving loan account. Effective 9/1/2019.

SCR 59: Urging the President to designate a state funeral for the last surviving Medal of Honor recipient from

World War II. 6/10/2019 Signed by the Governor.

HB 696: relating to employment and referral services for veterans and military service members

As we had expected, there was no effort to do any harm to the Hazlewood Act during this session, however, we will still remain vigilant.

Jim Cunningham

Jim Cunningham
Executive Vice President
State Legislative Affairs
Texas Council of Chapters

Scratch Off Games supporting Texas Veterans!



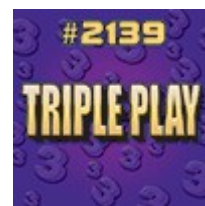
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Ticket Price: \$2



Federal Legislative Report

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Defense Bills:

Deliberations in both chambers are far from over, and that doesn't even factor in the process of aligning the House and Senate version into a compromise bill that can pass both chambers and reach the president's desk. But the initial wording gives a look at lawmaker priorities and shows where MOAA's influence, and that of similar advocacy organizations, on behalf of servicemembers and veterans, and their families, has been heard ... and where more work may be needed.

Here are 6 things to monitor as the process continues.

1. A pay raise win. Summaries from leaders of both the House and Senate Armed Services Committees pledge that their final legislation will include a 3.1% military pay raise, which would align with the administration's FY 2020 budget request and with MOAA efforts to sustain pay comparability with the private sector. While nothing's settled until passage, this appears to be one of few issues that won't be affected by ongoing debate – a key House member said as much at a recent news event.

2. Halfway on health care? While House Armed Services Committee (HASC) members included language that would put a stop to a proposal to cut up to 18,000 medical billets, the Senate Armed Services Committee (SASC) has not. House committee members shared MOAA's concerns about the potential consequences of cutting roughly 20 percent of the military's medical force. They included language requiring DoD to study the issue further and report back to Congress.

3. TRICARE: No news might be good news. Neither piece of legislation includes discussions on raising TRICARE fees or creating new ones. Last year, the authorization act did include such language until late in the process, when it was removed after a campaign by MOAA and other veteran and military advocacy groups.

4. Help for military families in privatized housing. Both bills contain provisions to establish a "Tenant Bill of Rights" to ensure military families living in privatized military housing have a safe, maintained home. The wording differs, but both chambers include a provision backed by MOAA and other military advocates that would allow for the withholding of rent payments in a dispute between tenant and property manager.

5. More help for families. MOAA has monitored discussions about water-safety efforts on military installations, and both chambers address one of the key contributors to the problem – firefighting foam that can have lasting effects on an area's water supply. Again, the focus differs: Senate leaders said in an executive summary that their bill will prevent DoD from buying foam that includes some of the more dangerous substances after Oct. 1, 2022, while the House bill will limit the release of fluorinated firefighting foam "except in cases of emergency response" or limited training efforts, per a summary. MOAA has been monitoring these measures as part of the military construction budgeting process.

6. The bottom line. The Senate version includes \$750 billion for defense, in line with the administration's request. The House version includes \$733 billion, a number that Rep. Adam Smith, D-Wash., HASC committee chairman, has pledged will stay put. That \$17 billion gap may become the focus of compromise negotiations; MOAA will work to ensure programs that benefit servicemembers and retirees, and their families, won't be put at risk as part of negotiations surrounding those figures.

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www.alamomoaa.org

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Medical Minute

Memory

Can you boost your memory by walking backwards?

A study from January 2019 shows that moving in reverse can help with short term memory. It found that people who walked backwards had better recall of past events than those who walked forward or sat still.

It's possible that people associate backward with the past and this somehow triggers a memory response.

Today, psychology has existing techniques that can boost memory. One method called "a cognitive interview" is an interviewing technique helps people to recall details of recent events.

It is thought that future research will look to uncover not only why the technique seems to improve memory but whether memory based aides can help elderly people with dementia.

Source: Harvard Women's Health Watch April 2019

Col Irene Collier (Ret)

Fort Sam Houston Thrift Shop

Wednesdays 9:30am - 2:30pm

The thrift Shop at Fort Sam Houston is a non profit operated by the Spouses' Club of the Fort Sam Houston Area.

Monies from the sales go back to the military community in the form of scholarships and grants.

Come visit the store which is loaded with clothing including military uniforms, shoes, housewares, toys, books, furniture, jewelry and other treasures.

Anyone with post access may make purchases at the Thrift Store located in Bldg 123 behind 2330 Stanley Rd.



Solitaires



Ice & Refrigeration

Today we go to the refrigerator and get all the ice we want but it wasn't always so.

In the early 1800s in the US it was usually delivered twice a week to homes on designated streets.

A typical order was for 25 pounds, and it was delivered to your house and placed in the top compartment of the ice box. A pipe extended behind the ice box to catch the melting ice, into a pan under your ice box.

You had to be careful it didn't overflow and flood your room. The "iceman" chipped off however much you ordered from his vehicle. Bare-foot kids chased after the iceman for the ice chips that resulted when he cut off the desired amount for that house. It was a great treat for the kids.

Back in 1820 in London only the very wealthy could afford ice for ice cream or sorbets.

When London completed the Regent Canal that branches into the

Thames River ice became affordable to the middle class. 2000 small ice houses popped up in London. The largest was owned by William Leftwich, an entrepreneur who saw it an opportunity to become rich. He built an underground room, 31 x 25 ft on the banks of the canal. It was the largest in London and the size and depth kept the ice from melting. There was a hole in the top for delivery of ice and a door at the side for workmen.

While the other ice houses got the inferior ice from British lakes, he ordered deep quality ice from Norwegian lakes. It was a short boat trip for delivery.

Ice was now affordable for everyone not just the wealthy. Leftwich became a very rich man starting his ice business in 1780 lasting until WW II.

The invention of the modern day refrigerator put the ice men out of business.

Source: National Geographic History June 2019

Col Irene Collier (Ret)

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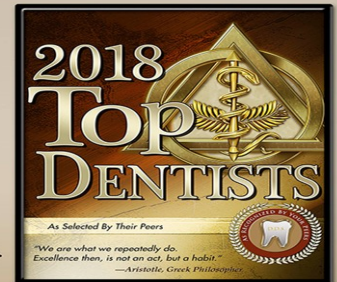
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2018 TOP DENTISTS
IN
SAN ANTONIO
As Listed in San Antonio Magazine

Thousands of dental practitioners were asked to vote for dentists to which they would refer patients in need of dental care. The survey asked to take into account education, experience and patient results. Based upon those survey results, here are 2018's Top Dentists. These dentists do not and cannot pay to be included on this list.



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Alamo Chapter

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.

Visit our website at

www.alamomoaa.org for more info.

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VA Mission Act

The U.S. Department of Veterans Affairs (VA) launched its new and improved Veterans Community Care Program on June 6, 2019, implementing portions of the VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018 (MISSION Act), which both ends the Veterans Choice Program and establishes a new Veterans Community Care Program.

The MISSION Act will strengthen the nationwide VA Health Care System by empowering Veterans with more health care options. “The changes not only improve our ability to provide the health care Veterans need, but also when and where they need it,” said VA Secretary Robert Wilkie. “It will also put Veterans at the center of their care and offer options, including expanded telehealth and urgent care, so they can find the balance in the system that is right for them.”

Under the new Veterans Community Care Program, Veterans can work with their VA health care provider or other VA staff to see if they are eligible to receive community care based on new criteria. Eligibility for community care does not require a Veteran to receive that care in the community; Veterans can still choose to have VA provide their care. Veterans may elect to receive care in the community if they meet any of the following six eligibility criteria:

- A Veteran needs a service not available at any VA medical facility.
- A Veteran lives in a U.S. state or territory without a full-service VA medical facility. Specifically, this would apply to Veterans living in Alaska, Hawaii, New Hampshire and the U.S. territories of Guam, American Samoa, the Northern Mariana Islands and the U.S. Virgin Islands.
- A Veteran qualifies under the “grandfather” provision related to distance eligibility under the Veterans Choice Program.
- VA cannot furnish care within certain designated access standards. The specific access standards are described below:

◊ Drive time to a specific VA medical facility

- ◆ Thirty-minute average drive time for primary care, mental health and noninstitutional extended care services.
- ◆ Sixty-minute average drive time for

specialty care.

- ◆ Note: Drive times are calculated using geomapping software.

◊ Appointment wait time at a specific VA medical facility

- ◆ Twenty days from the date of request for primary care, mental health care and noninstitutional extended care services, unless the Veteran agrees to a later date in consultation with his or her VA health care provider.

- ◆ Twenty-eight days for specialty care from the date of request, unless the Veteran agrees to a later date in consultation with his or her VA health care provider.

- The Veteran and the referring clinician agree it is in the best medical interest of the Veteran to receive community care based on defined factors.
- VA has determined that a VA medical service line is not providing care in a manner that complies with VA’s standards for quality based on specific conditions.

In preparation for this landmark initiative, senior VA leaders will visit more than 30 VA hospitals across the country to provide in-person support for the rollout. The VA MISSION Act:

- Strengthens VA’s ability to recruit and retain clinicians.
- Authorizes “Anywhere to Anywhere” telehealth across state lines.
- Empowers Veterans with increased access to community care.
- Establishes a new urgent care benefit that eligible Veterans can access through VA’s network of urgent care providers in the community.

Under the VA MISSION Act, it will be easier for eligible Veterans to find a community provider in VA’s network, make an appointment, and get timely, high-quality care.

Veterans may have experienced issues with scheduling appointments and receiving care in the past. These problems are being addressed by making it easier for Veterans to schedule community care appointments themselves, with the help of a VA staff member, or with the help of a third-party administrator (TPA). VA is also rolling out new technology that im-

proves communication and coordination between Veterans, community providers, and VA employees. While accessing community care will become easier in the future, it’s important to know that Veterans eligible for community care will generally still have the option to choose to receive care from a VA medical facility or community provider. After a Veteran is determined to need treatment and found eligible for community care, he or she will generally have the option of choosing to receive care from a VA medical facility or community provider.

Finding a Community Provider

Community care is available from a broad range of community providers in VA’s network. VA’s network includes providers that participate in regional community care networks that are managed for VA by Third Party Administrators under contract with VA, as well as other community providers with whom VA contracts directly. A VA staff member will discuss with an eligible Veteran who chooses to receive community care his or her preferences for getting care. For example, a Veteran may want to find a community provider that can see them sooner and is located near his or her home. Based on the discussion between the Veteran and the care team, VA will work with the Veteran to accommodate his or her preferences and select a community provider in VA’s network that’s currently available to provide that care.

Community providers in VA’s network can be found using VA’s Provider Locator, available from the following web address: <https://www.va.gov/find-locations>. Note: Not all community providers in VA’s network and listed in VA’s Provider Locator will be available to provide community care, and VA might not be able to accommodate a Veteran’s preferences. If a Veteran expresses a preference for a specific community care provider in VA’s network, VA will determine if that provider is currently available to provide that care, and, if not, inform the Veteran and work with the Veteran to identify alternatives.

If none of the community providers in VA’s network are feasibly available, VA will work to add a provider to the network. If there is a specific community provider the Veteran would like to see that is not in VA’s network, VA may be able to add the provider to its network. However, this may take some time, and not all providers may

(Continued on Page 13)



12th Annual MOAA-AC Golf Tournament

Military Officers Association of America - Alamo Chapter

Benefiting

JBSA Ft Sam Houston Warrior and Family Support Center & Alamo Chapter Educational Foundation

Friday, August 30, 2019

River Crossing Golf Club, 500 River Way, Spring Branch, Tx
\$140 per player (limit 120 players - sign up early!)

Womens & Mens Divisions!

Includes green fees, cart, goodie bag, lunch & dinner
REGISTRATION & LUNCH begin 11:00am - Shotgun Start 1pm

See back of flyer for more info

SPONSORSHIP OPPORTUNITIES

Title Sponsor \$10,000 (Blue Skies of Texas)

Tournament named in your honor, Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 8 players.

Platinum Sponsor \$5,000

Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 8 players.

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Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 4 players.

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Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 2 players.

Hole In One Sponsor \$1,000

Hospitality Cart Sponsor \$750

Hole Sponsor \$325

Warrior Player Sponsor \$140

Monetary donation in any amount \$ _____



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MOAA Alamo Chapter

CONTACT INFORMATION

Tournament Co Chairs: Frank & Stephen Rohrbough
Frank: 703-868-8006 Stephen: 210-262-7026

MOAA Office: 210-228-9955 Email: moaa-ac@sbcglobal.net

MOAA-AC is a private organization. It is not part of the Department of Defense or any of its components and it has no governmental status.

Make checks payable to: MOAA-AC and mail to: P.O. Box 340497, Ft. Sam Houston, TX 78234. If you prefer, you may also register and/or donate by credit card on our website: www.alamomoaa.org. Call Trish at 210-228-9955 for questions on tournament registration, or to pay/donate by phone with your credit card.

(Use for 4 person teams or individual players)

Player 1 Name: _____

Shirt Size: _____

Email: _____

Player 2 Name: _____

Shirt Size: _____

Email: _____

Player 3 Name: _____

Shirt Size: _____

Email: _____

Player 4 Name: _____

Shirt Size: _____

Email: _____

Super Ticket \$40 per person: Includes 2 Mulligans, 2 Beverages, Raffle Drawings, Scratch Off Game, Closest to Pin Contest, Putting Contest, Hole in One Contest, Drawing for Shoot out for \$100,000 - 50/50 split.

Participation implies agreement to use photos in any PR materials

Credit Card #: _____

Credit Card Name: _____

Exp Date: _____ **Billing Zip Code:** _____

CVV: _____ **Tel:** _____

Golf Fee Amt: \$ _____ **Donation Amt:** \$ _____ **SuperTicket Amt:** \$ _____

Sponsorship Amt: \$ _____ **Total Amount:** \$ _____

Transitioning Tips

Transition Decisions

It's time to transition, either due to retirement, end of tour, spouse's relocation... Whatever the reason, you are now faced with entering a job market that is new to you. Even those who transition into a community where the residence has been established for a couple of years, you are entering a job market that is different from active military service. Welcome to the civilian world!

Each community has its own quirks about the job market. First, let's define a job market. On a more macro viewpoint, this can refer to how businesses work. Texas, being as big as it is, has job markets that have different psychologies. Looking at Dallas and Houston, you will find that they are very transactional. While relationships are important, people relate more based upon the business at hand.

Austin and especially San Antonio are very much relational. It's more about building the network. Community and related connections are nurtured for current and future potential. These relationships then build for other connections and opportunities. That's why networking is so stressed when coaching and mentoring those transitioning.

Next comes an awareness of the businesses and industries in the chosen community. Every business wants leaders at all levels. Just saying that you want to be a leader is futile in a job search. Research the businesses and industries of your community. Most major communities have a business journal publication. In San Antonio, it's the San Antonio Business Journal. The Book of Lists is published annually by the Journal that

identifies and provides information on each of the major industries in San Antonio. Check this out at the public library to help you narrow your search.

As your search narrows, focus on association networking groups or connections, i.e. through LinkedIn, that can help you build your own network.

Congrats, you are now building connections that can provide you a path to that new job. For more in-depth conversations on this, contact one of the Chapter's transition resources. We're happy to meet over coffee to chat about your transition process.

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)

Mission Act

(Continued from Page 9)

want to be part of VA's network. To see if it would be possible to add the provider to VA's network, a VA staff member will work with the Veteran to find out more information about the specific community provider and determine next steps.

Referrals

VA will send a referral to the Veteran and to the selected community provider. VA will also send any pertinent medical documentation to the community provider to ensure proper care coordination. The VA referral is important because it authorizes the Veteran to receive care from the community provider. Without the referral, VA has not authorized and cannot pay for the care in most circumstances. Once a referral is sent to the Veteran and the selected community provider, an appointment can be scheduled.

Scheduling Appointments

Veterans have several options when it comes to scheduling an appointment with a community provider. Depending on the type of care a Veteran needs, a VA staff member will work with the

Veteran to determine which options are available.

- **Veteran Directly Schedules Appointment** – After a community care consult has been approved and a referral is sent to the selected provider, Veterans can directly contact the community provider in VA's network to schedule an appointment. Afterwards, the Veteran provides the appointment information to a VA staff member as soon as possible in order to ensure tracking and continuity of care.
- **Veteran Uses VA Online Scheduling to Schedule Appointment** – Veterans may be able to request an appointment online using VA Online Scheduling for routine exams for Primary Care, Nutrition, Podiatry, Optometry, Audiology and Hearing Aid Support. VA Online Scheduling is accessible through MyHealtheVet (<https://www.myhealth.va.gov/mhv-portal-web/keeping-up-with-your-va-appointments>).
- **VA Staff Member Schedules Appointment** – Veterans can provide their appointment preferences (such as the specific provider, location, date, and time of day) to a VA staff member.

Based on the Veteran's preferences and the community provider's availability, a VA staff member will work to schedule the appointment.

- **VA TPA** – In some cases for specific VA medical facilities, Veterans can provide their appointment preferences (such as the specific provider, location, date, and time of day) to a TPA. Based on the Veteran's preferences and the community provider's availability, the TPA will work to schedule the appointment.

Getting Care

When the Veteran arrives for the appointment, the community provider should have the appointment, VA referral, and pertinent medical documentation on file and be ready to see the Veteran.

Prescription Medication

VA will pay for or fill prescriptions written by community providers. For prescription medication longer than a 14-day supply, the prescription must be submitted to VA to be filled. *Note:* As applicable, VA copayments apply for medication prescribed by a community provider.

Source: VA News Releases | June 6, 2019
Vantage Point Blog | June 6, 2019



Army Residence Community



We are
The ARC

History. Tradition.
Camaraderie. Care.

This is the Army Residence Community – a place where friends are reunited, memories are made, and life is lived to the fullest. We are a nonprofit Life Plan Community located in beautiful San Antonio. We proudly serve retired military officers from all branches of the Armed Forces, their spouses, widows and widowers – providing an active, social, and carefree lifestyle – what retirement living is meant to be.



(800) 725-0083 • armyresidence.org
7400 Crestway • San Antonio, TX 78239





Events Calendar

JULY *(No Business Meeting or Social Event)*

- 2 Solitaire's Luncheon 11am
- 4 Independence Day
- 15 Golf Planning Meeting 2pm Chapter Office
- 21 Solitaire's Sunday Brunch 11 am Randolph Parr
- 25-26 Hiring Our Heroes Job Fair
- 27 National Korean War Veterans Armistice Day
- 29 Golf Planning Meeting 2pm Chapter Office

SEPTEMBER

- 2 Labor Day
- 3 Solitaire's Luncheon 11am
- 5 Staff Meeting 10am Chapter Office
- 9 Grandparents Day
- 11 Patriot Day
- 15 Solitaire's Sunday Brunch 11 am Randolph Parr Club
- 18 Air Force Birthday
- 18 Happy Hour 4-6pm Petroelum Club
- 21 POW/MIA Recognition Day
- 29 Gold Star Mother's Day

NOVEMBER

- 3 Daylight Savings Time Ends
- 5 Solitaire's Luncheon 11am
- 7 Staff Meeting Chapter Office 10am
- 7 Red White & You Job Fair
- 10 Marine Corps Birthday
- 11 Veterans Day
- 17 Solitaire's Sunday Brunch 11 am Randolph Parr
- 21 Annual Business Mtg 11am FSH Golf Club
- 28 Thanksgiving

AUGUST

- 4 Coastguard Birthday
- 6 Solitaire's Luncheon 11am
- 7 Purple Heart Day
- 7 Staff Meeting 10am Chapter Office
- 12 Golf Planning Meeting 2pm Chapter Office
- 14 Victory in Japan Day
- 18 Solitaire's Sunday Brunch 11 am Randolph Parr Club
- 22 Chapter Luncheon 11am RBFCU HQ Live Oak
- 26 Golf Planning Meeting 2pm Chapter Office
- 30 12th Annual Golf Tournament 1pm River Crossing Golf Club, Spring Branch.

OCTOBER

- 1 Solitaire's Luncheon 11am
- 3 Staff Meeting 10am Chapter Office
- 12 Columbus Day
- 13 US Navy Birthday
- 20 Solitaire's Sunday Brunch 11am Randolph Parr
- 24 Chapter Luncheon 11am Blue Skies of Texas

DECEMBER

- 5 Annual Chapter Planning Meeting 9:30am-Noon
- 6-7 Texas Council of Chapters Quarterly meeting
- 7 Pearl Harbor Remembrance Day
- 7 Solitaire's Christmas Pot Luck
- 12 Christmas Luncheon 11:30am Ft Sam Golf Club
- 13 National Guard Birthday

Ongoing Events: Members provide items for the Treats For Troops program delivering cookies, snacks, phone/gift cards and/or personal care items to the residents of the Warrior & Family Support Center JBSA Ft Sam Houston.
Call Susie Tolman for details (210) 654-0351

Notable Dates:

Friday Aug 30 Golf Tourney
River Crossing Golf Club 1pm
Wednesday Sept 18 Happy Hour
Petroelum Club 4-6pm

Thursday Oct 24 Chapter Luncheon
Blue Skies of Texas West

Thursday Nov 21 Chapter Luncheon
Ft Sam Golf Course

Thursday Dec 12 Christmas Luncheon
Ft Sam Golf Course

Thursday Jan 23 Chapter Luncheon
Ft Sam Golf Course

Health, Benefits & Welfare

VA Blue Water Claims Update:

After months of uncertainty, the Department of Justice decided not to appeal a federal court ruling that extends eligibility for Department of Veterans Affairs benefits to Blue Water Navy veterans who served on ships offshore during the Vietnam War. With the court challenge apparently over, tens of thousands of veterans – with estimates up to 90,000 – are in line to receive VA benefits, which could equate to thousands of dollars in disability compensation each month. The Congressional Budget Office has predicted the new benefits could cost about \$1.1 billion during the next 10 years, but VA officials estimate it could be five times that amount.

“This is a huge victory for tens of thousands of deserving veterans who were arbitrarily stripped of their earned benefits,” said B.J. Lawrence, national commander of the Veterans of Foreign Wars. The affected veterans served aboard aircraft carriers, destroyers and other ships during the Vietnam War and have been fighting for years to prove they were exposed to the chemical herbicide Agent Orange. The VA had deemed them ineligible for the same disability benefits as those veterans who served on the ground and inland waterways, but in January, the Court of Appeals for the Federal Circuit ruled 9-2 that blue water Navy veterans also should be eligible.

Source: Stars & Stripes | June 6, 2019

VA Arthritis Care:

A new technique under study takes the drugs directly to the joints. Baltimore VA Medical Center researchers have developed a technique to deliver arthritis medication primarily to the joints, and successfully tested it in lab rats.

The new technique involves encasing medication in a molecular structure that homes in on inflamed joints. The method gets the drugs where they need to go without affecting the rest of the body. This lowers the risk of unwanted

side effects. The medication is injected into the bloodstream, and is then directed to inflamed joints. When given to rats, the therapy was more effective at stopping arthritis than other modes of treatment with the same drug.

“This research is a fine example of how nanotechnology-based targeted drug delivery can lead to more effective and safe treatment of a painful and debilitating disease like arthritis,” said Dr. Kamal Moudgil, senior scientist behind the work. He is a researcher at the Baltimore VA and a professor of microbiology and immunology at the University of Maryland School of Medicine. His group’s results appeared online in April in the journal *Nanomedicine*. Rheumatoid arthritis involves chronic inflammation of the joints. It can lead to joint damage and deformity. The disease affects about 1.3 million Americans. A recent study identified some 120,000 Veterans with the condition who used VA care between 2000 and 2018. One common rheumatoid arthritis drug, dexamethasone, can cause problems with the gastrointestinal, cardiovascular, musculoskeletal, and metabolic systems.

The Baltimore researchers encased this drug in a liposome—a spherical molecule made mostly of fats. This was in turn coated in another molecule, ART-2, which is drawn to inflamed joints. Rats given the therapy showed significantly less toxic effect from the drug than with other delivery methods. The therapy also showed improvements in arthritis relief, based on measurements of swelling in the rats’ paws. Methods like these are being widely studied to treat cancer, as well as other autoimmune diseases, such as lupus. Moudgil’s team wrote, “The future appears bright for this growing field.” To learn more about other VA research in this area, visit our web topic page on arthritis at <https://www.research.va.gov/topics/Arthritis.cfm>.

Source: Vantage Point June 3, 2019



VOLUNTEER STAFF:

PRESIDENT	LtCol Kitty Meyers kamconsulthr@gmail.com
PROGRAMS	Col David Patrick dwpatt01@gmail.com
MEMBERSHIP	MAJ James R. Cunningham jimbob48@sbcglobal.net
LEGISLATIVE AFFAIRS	LTC Robert Blake rblake4@satx.rr.com
SECRETARY	(Open)
TREASURER	Col Vaughn Caudill vaughn.caudill@gmail.com
SCHOLARSHIPS	Col Peter Hunt moaa.ac.awards@gmail.com
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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.

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

(210) 228-9955 moaa-ac@sbcglobal.net

www.alamomoaa.org



MOAA Alamo Chapter



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ALAMO CHAPTER

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STATUS

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EVENTS CALENDAR, MEETING
MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR
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WWW.ALAMOMOAA.ORG

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THE LARIAT

National Award Winning Newsletter

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Thursday August 22, 2019

Chapter Luncheon

Brig Gen Laura Lenderman
Commander 502nd Air Base Wing
and Joint Base San Antonio

Randolph-Brooks Federal Credit Union Headquarters
1 Randolph-Brooks Pkwy, Live Oak, TX 78233

Meet & Greet begins 11am - Lunch served 11:30am
Tours available of RBFCU Campus at 1pm

Lunch

Box Lunch with iced tea, coffee, water, etc.

Cost per person Pay In Advance \$12 ; Pay At the Door \$15
Enclosed: \$ _____

RSVP by 4pm Monday 19 Aug

Reservations not cancelled by noon Tuesday 20th will be billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest(s): _____

Call (210) 228-9955 to make your reservation or send check made payable to MOAA-AC to P.O. Box 340497, Ft Sam Houston, TX 78234 Or contact us by email moaa-ac@sbcglobal.net to hold a reservation or reserve and pay on-line at www.alamomoaa.org.

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**We're gonna be
on summer break
- there is no staff meeting or
social event in July**

**See you in August!!
Staff Meeting Weds August 7th
(note unusual day)
Luncheon Thurs Aug 22nd**

**Have a safe and memorable
summer!**

