

# MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



# THE



# LARIAT

Volume 40, Number 7

“Five Star ★ ★ ★ ★ ★ Chapter”

July 2020



## President's Message

### New Circumstances New Opportunities

This never-ending pandemic has impacted each of us in so many ways. I do hope that you are managing the details and learning new ways as we learn and adapt to these circumstances.

The stay home, stay safe continues in modified ways for many. Those venturing out encounter masks and social distancing. Our world has changed.

The folks of the Alamo Chapter are learning new ways of connecting and engaging. I'm sure all of us have learned how to navigate Zoom and other webinar tools to keep engaged. Facetiming has become a great social tool as well. The importance of our need to interact with others seems to only increase now that we can't meet in person.

Our regular June lunch meeting took on a new flavor this morning as we meet through Zoom. Carol Schliesinger, Asst. Communications & Marketing Manager, at City of San Antonio, Dept. of Arts & Culture, presented the City of San Antonio's initiatives on the

COVID19 virus and the City's initiatives regarding the pandemic. Forty-one folks joined in to view. Many thanks to Jim Cunningham and David Patrick for organizing this event. The questions following the presentation were on target in addressing concerns of the participants. Thanks to Carol and to all who joined. Carol provided us with a website with the latest information. Check out

[www.COVID19.sanantonio.gov](http://www.COVID19.sanantonio.gov).

This connectivity does not completely fill the need for social interaction. We have 1100 plus members in the Chapter. Those on active duty have support systems to help them through the current circumstances. Some have civilian jobs with their own support. A number are residents of Blue Skies and the ARC. They are connected through their community staffs. However, there are those of us without that support. To those I ask that you reach out for assistance. Our network of community providers can assist. To others, I ask that you connect with each other to ensure that no one is alone.

Now is the time that we reach out and support our community. The latest

news is frustrating. It seems that as the City and County move to the phases where businesses, etc. start reopening the numbers of illness are rising.

We must all buckle down and support each other in whatever means we each can. The MOAA moniker is NEVER STOP SERVING. Now is definitely the time to put this into action.

Best wishes. Be safe.

*Kitty*

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

### Inside This Edition:

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Happy 4<sup>th</sup> of July!

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## Thank You!

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

We really appreciate it—and every dollar helps!

Johnnie Baker

COL Scott Bleichwehl USA (Ret)

David Crouch

LTC Machielle Denmon Wood USA (Ret)

COL Clarke Ehrlich USA (Ret)

Col Matthew Eichinger USAF (Ret)

Carolyn Ferguson

J.B. Hausig

In Memoriam for COL Norman Nelms USA (Ret)

Maj John Markovetz USAF (Ret)

Col Jay Maust USAF (Ret)

COL Gilley Richardson USA (Ret)

LTC Chuck Rose USA (Ret)

MajGen Angie Salinsa USMC (Ret)

LtCol Randy Smith USAF (Ret)

Sally Soultair

Sally Tallent

LtCol Wade Taylor USAF (Ret)

LTC Edith Weidemann USA (Ret)

Jill Williamson

## The Retired Military Spouses Club

is taking the summer off!

The next scheduled luncheon and speaker is scheduled for September.



## 13<sup>th</sup> 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, October 16, 2020**

River Crossing Golf Club, 500 River Way, Spring Branch, Tx

**\$150 per player (limit 120 players)**

(\$10 early bird discount if registered & paid by August 16th)

**Womens & Mens Divisions!**

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

### 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.

**Gold Sponsor \$2,500**  
Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 4 players.

**Silver Sponsor \$1,500**  
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 \$150**

**Monetary donation in any amount \$**

### 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](http://www.alamomoaa.org). Call Trish at 210-228-9955 for questions on tournament registration, or to pay/donate by phone with your credit card (Tues-Thurs 1-4pm).

(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 \$50 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 #:** \_\_\_\_\_

**Exp Date:** \_\_\_\_\_ **Billing Zip Code:** \_\_\_\_\_

**CVV:** \_\_\_\_\_ **Tel:** \_\_\_\_\_

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

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

**The 13th Annual Golf Tournament scheduled for 16 October 2020 has been cancelled due to COVID-19.**

This event is our main fundraiser for the Alamo Chapter Educational Foundation providing funds for the ROTC & JROTC Scholarships (this year we awarded \$23,000).

To make up for this shortfall we are humbly asking for donations to fund 2021 scholarships!

You may **donate on line** at [www.alamomoaa.org](http://www.alamomoaa.org), **send in a check** made payable to MOAA-AC to P.O. Box 340497, Ft Sam Houston, TX 78234., leave a message at the office and **we'll call you for your credit card info** or **visit our GoFundMe** page—search for MOAA Alamo

## Estate Planning & Decedent Affairs Checklist

In these uncertain times, one way to achieve some peace of mind is to have your personal affairs in order.

The MOAA Alamo Chapter is here to provide you with resources regarding estate planning and decedent affairs checklist. These are general guidelines and recommendations. Your estate planning is better enhanced when you work with your attorney or legal support office.

Please see pages 8 and 9 of this issue.

*Cora Bayle-Cox*

Cora Bayle-Cox  
CAPT USN (Ret)  
Assistant Personal Affairs Officer



## 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.

*(Currently our programs have been put on hold and business meetings are conducted via Zoom—contact us for details). Leave a message at 210-228-9955 or email us at*

## MOAA Alamo Chapter

### ***Vision:***

*To be the primary advocate for the military community*

### ***Mission:***

*Provide information, support and social 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](http://www.alamomoaa.org) for more info

## NEVER STOP SERVING!



## WE NEED YOU TO VOLUNTEER

for positions on your  
Chapter Leadership Team

(Member spouses also 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) Editor

*Position Descriptions can be found on the chapter website under resources*

# Now and Always We'll be There.



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# Membership Memos

## THANK YOU Renewing Members:

MG Anders Aadland USA (Ret)  
 MajGen Byron Hepburn USAF (Ret)  
 MajGen Angie Salinsa USMC (Ret)  
 BG Ronald Kirklin USA (Ret)  
 Col Robert Barnhardt USAF (Ret)  
 Col Gerald Beverly USAF (Ret)  
 COL Marc Bustamante USA  
 Col Robert Certain USAF (Ret)  
 COL George Daniel USA (Ret)  
 COL Clarke Ehrlich USA (Ret)  
 Col Matthew Eichinger USAF (Ret)  
 Col Jay Maust USAF (Ret)  
 COL Gilley Richardson USA (Ret)  
 COL Thomas Rozanski USA (Ret)  
 Col David Snodgrass USAF (Ret)  
 Col Tim Stanford USMC (Ret)  
 LtCol Robert Bishop USAF (Ret)  
 LtCol James Bray USAF (Ret)  
 LtCol Winston Shaffer USAF (Ret)  
 LtCol Wade Taylor USAF (Ret)  
 LTC Edith Weidemann USA (Ret)  
 LtCol Ralph Williams USAF (Ret)  
 Maj John Markovetz USAF (Ret)  
 Maj Carroll Yeatts USAF (Ret)  
 CPT John Miterko USA (Frmr)  
 CW4 Lewis Corbitt USA (Ret)  
 Catherine Huston  
 Irene Nikolewski  
 Sally Tallent

## 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 mandataory (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](http://alamomoaa.org), or email us at [moaa-ac@sbeglobal.net](mailto:moaa-ac@sbeglobal.net) or call the office at 210.228.9955.

## Current Membership Stats

Active Duty 227  
 Surviving Spouse 162  
 Former Military 24  
Retired 654  
**Total 1067**



**"5-STAR" CHAPTER OF EXCELLENCE**

July 2020

Dear MOAA Alamo Chapter Member:

You continue to be a valued asset to our country, to our military community and to the MOAA organization. Thank you for your service and your membership in our award winning Chapter! We hope you find value in our monthly newsletter.

Our Chapter mission is to:

- *Provide information, support and social engagement to members*
- *Offer programs and services for the common good of the military community*
- *Support MOAA at the national, regional and local levels with a powerful voice*

Like any other volunteer based nonprofit organization it takes resources – people and operating capital -- to accomplish our mission and provide our approximately 1100 members the programs and services they deserve. We operate on a very lean annual operating budget of approximately \$39,500 and have the reputation for being fiscally responsible under tight cost controls. **Income from membership dues covers less than 30% of our operating expenses** so we must rely on non-dues revenue, i.e., advertising, corporate sponsorships and **individual donations** to help us keep our lights on and the doors open each year!

***So . . . I am asking you to please consider making a donation for our Chapter operations.*** Just complete and mail the form below or donate on our website at <http://www.alamomoaa.org/donate.cfm>. MOAA-AC Operations is a registered 501(c) 4 Non Profit Veterans Organization # 90-0591629. Check with your financial advisor regarding this tax free donation.

Again, thank you for your membership and your service to our country. Through your financial generosity, we look forward to being able to provide you "5-star" service and programs in the coming years.

Respectfully,

Kathryn A. "Kitty" Meyers, LtCol USAF (Ret)  
President  
KAM/tm



----- Please Cut & Return -----



Donation to Alamo Chapter Operations

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Rank: \_\_\_\_\_ Branch: \_\_\_\_\_ Military Status: \_\_\_\_\_

**To Pay by Credit Card:**

**To Pay By Check:** Make Payable to MOAA-AC

Card Number: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Billing Zip code: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

CVV Code: \_\_\_\_\_

Signature: \_\_\_\_\_

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

# Health, Benefits & Welfare

**MOAA's COVID Emergency Fund**  
Prior to the pandemic, the MOAA Foundation was not directly involved in emergency relief services. However, it didn't take long to realize the need would far outweigh current available resources. MOAA advised it could not stand by and watch residual effects of the pandemic threaten livelihoods of servicemembers and veterans and their families.

Therefore, they launched the COVID-19 Relief Fund on April 15, and thanks to the generosity of many, they have been able to provide immediate support in areas of critical need to those who need it most.

Through the chapter network, the foundation is providing grants up to \$500 per household for military and veteran families experiencing financial hardship due to the coronavirus outbreak. They will continue to take applications until need no longer exists or funds have been exhausted.

\*\*\*\*

## Changes in TRICARE:

Starting on Jan. 1, 2021, TRICARE Select Group A retired beneficiaries must pay monthly enrollment fees in order to maintain their TRICARE health coverage. This is a change, and the first time this beneficiary group will pay enrollment fees.

"In 2021, some TRICARE beneficiaries will pay enrollment fees for the first time, a change mandated by Congress," said Dr. Danita Hunter, director of the TRICARE Health Plan at the Defense Health Agency. "We're communicating this well before the change is implemented so beneficiaries can be informed about the change, as well as their TRICARE plan and cost options."

Here are the key points you need to know.

## What's happening?

Retired TRICARE Select beneficiaries will have to pay enrollment fees. This change was mandated by Congress in the National Defense Authorization Act for Fiscal Year October 1 - September 30 2017. Congress granted the

Defense Health Agency a delay in implementation to calendar year 2021.

## Who's impacted?

This change only affects Group A. If you or your sponsor's initial enlistment or appointment occurred before January 1, 2018, you are in Group A.

Retirees and their family members enrolled in TRICARE Select - You're in Group A if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018.

Active duty family members enrolled in TRICARE Select will experience no change, and won't pay enrollment fees.

## This applies to me. When do I need to take action?

You must set up a monthly allotment through your Department of Defense (DoD) pay center, where feasible, for your monthly payments to start on Jan. 1, 2021. For sponsors who don't receive funds through a DoD pay center, you can establish payments via electronic funds transfer, credit card, or debit card. Your regional contractor will soon issue instructions to set up payment.

## What are the 2021 enrollment fees for TRICARE Select Group A retirees?

The enrollment fees will be collected via monthly installments from the sponsor's military pay system where retired pay is disbursed.

Individual plan: \$12.50 per month  
Family plan: \$25 per month

## How can I stay informed and prepare for this change?

Visit the TRICARE Select Enrollment Fees page on the TRICARE website for updates and sign up for email alerts. TRICARE will inform you of specific actions you need to take in the coming months. Take command of your health and your health care benefits in 2020.

\*\*\*\*

## VA Plans Expansion of Women's Health Transition Training

A program designed to help women veterans navigate the VA's system and make them aware of available services will expand by the end of next year to reach every woman preparing to leave service.

The Women's Health Transition Training program – a collaboration between the VA and DoD – is offered during service-specific Transition Assistance Programs.

"I'm pleased to hear VBA/VHA is working with the Department of Defense to assist women servicemembers' transitioning out of service," said Cmdr. René Campos, USN (Ret), MOAA's senior director of government relations for veterans-wounded care.

Women veterans are the fastest growing population of VA patients, according to the department. The number of women veteran patients has increased from just under 160,000 in 2000 to about 510,200 in 2018.

The VA offers women veterans a full continuum of care, including routine gynecological care, mental health, infertility care and maternity care. Among its latest efforts, the VA signed a five-year contract the University of South Florida's Center for Advanced Medical Learning and Simulation (CAMLs) for a mini-residency program that helps VA medical staff refresh their skills while also demonstrating new techniques.

Under the transition program expansion, women will learn about woman-centric culture and infrastructure at their VA center, available women's health services, the process and eligibility of enrollment, how to connect with other women veterans, and how to find support at their local VA facility.

The program is currently offered at select sites in 17 states, Germany, Japan, and Korea. There are also virtual training programs available.

Source: MOAA Newsletter By: Amanda Dolasinski

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## Medical Minute

### Water Needs

How much water should you be drinking daily? Eight glasses is the present recommendation. Why?

It seems to be the optimal amount needed to keep your urinary tract healthy and keeps food moving along the digestive tract. It helps regulate blood pressure and body temperature. It works to cushion and protect joints, organs and other tissues. It improves cognition, memory, mental processing speed and verbal fluency. If you aren't having any problems, then you are probably drinking enough fluid.

Older people may have a problem with urinary incontinence. Check to see if they are getting enough fluid. People with urinary incontinence may tend to deliberately drink less if they fear they won't find a toilet when they feel the urge. Try setting up a schedule to go to the bathroom every hour whether the urge is there or not. After a few weeks extend the schedule to one and a half hours, then make it two hours as your bladder adjusts to the routine.

Normal urine should be yellow to light yellow in color. Too little water and your urine is dark colored. If dark and your blood pressure low, you aren't drinking enough. You should be going to the bathroom about every two hours to void. If it is light or colorless then you have sufficient fluid intake. Many of your foods contain water, such as fruit and most vegetables. It all counts toward the 8 glasses of water you need.

You should also keep in mind that you will need to consume a little more than normal if you drink alcohol, coffee, tea, and soft drinks as they are all diuretics and you will need to drink a little more water to compensate for this.

*Source: Harvard Women's Health Watch April 2020*

*Irene Collier (Ret)*



## Solitaires



### Florence Nightingale

We celebrate Florene Nightingale's 200 birthday this year, (12 May 1820—13 August 1910). She is known as The Lady with The Lamp for her work as a nurse in the Crimean War. Florence was born in Florence, Italy and was named for that city.

Her father, William Nightingale, at age 21, inherited the family fortune from an uncle who had owned a lead smelting plant and cotton spinning mill. He lived as a country squire in a house called Lea Hurst on about 1300 acres about 140 miles north of London. Florence was tutored by her father in mathematics and the classics. She was surrounded by enlightened aristocrats who campaigned overthrowing the slave trade and other reforms. Florence craved for a regular occupation, something worthwhile instead of frittering away time on useless trifles.

She claims to have had a religious awakening at age 16. She felt her destiny was to do God's work. She decided to become a nurse. Her parents objected. In those days, nursing was regarded as irreputable and only for lower class women. She travelled widely among hospitals in Europe and took a course in nursing in Kaisersworth, Germany, which was regarded as the best school in Europe. She served as superintendent of the Institution of Care for Gentle Women for governesses. She cared for prostitutes during the London cholera epidemic in 1853.

The Crimean War broke out in 1854 with the Ottoman Empire, France, and Britain versus Russia in its attempt to take over all of Europe. Florence was assigned to a hospital in Scutari, accompanying 38 nurses to Barrack in Scutari near Constantinople, Turkey. Dirty ships brought in the wounded from the conflict. There were no supplies. Food and sanitation were terrible.

The first thing they did was improve the food. Meat was provided, not the

gristle they were getting. The water supply was contaminated. The sewage was blocked and wading ankle deep in feces was the norm. Nightingale asked for supplies and the hospital administrator refused. Using her connections, she went around him and found a sanitary engineer, improved food, and obtained the supplies she needed. The administrator's letter of complaint about her was to no avail. She got her supplies and a sanitary engineer who sanitized the place. The mortality rate dropped from 42.7 % to 2.2 percent. Nearly as many British subjects died from disease as from battle wounds.

Nightingale's responsibilities included checking the area hospitals in Crimea battlefield. She traveled by carriage, horseback and by walking to tour the facilities. Despite a back injury which plagued her later life, she persisted in her rounds. Guilt feelings that she had not done enough caused her to have a mental breakdown.

When she returned to London, she lobbied the British Parliament for improvement of those who had gone to war for the country. Though she was often bedridden, she wrote numerous letters to foreign countries hoping to improve life for the common man. Her improvements were later adopted as the pattern for the International Red Cross, founded in Geneva, Switzerland in 1863.

Nightingale did not seek publicity for herself. A newspaper friend wrote an article for a London newspaper that called her The Lady with the Lamp. She was the first nurse to be made a fellow in the Royal Statistical Society. She founded the first nurse training school in England at St Thomas Hospital, London. She continued prodding Parliament to improve the workhouse, the prevalent shelter for the poor. In 1907 she became the first woman to receive The Order of Merit, a highly prestigious award instituted by Edward VII. She died three years later.

*Source: Smithsonian March 2020*

*Irene Collier (Ret)*



## ESTATE PLANNING

### (THINGS YOU CAN DO NOW)

The presence of an up-to-date will and related documents allows people to decide on guardians for their children, plan their estate/asset distributions and to appoint someone to take key actions in case they become incapacitated. Mr. Brad Mitchell, attorney with the 502 Force Support Group Legal Office, Joint Base San Antonio recommends the following for estate planning:

- Wills – the centerpiece of an estate plan. The core function of a will is to allow someone to decide how they want their estate/asset distributed upon their death.
- Medical Power of Attorney – Allows someone to make health care decisions for you if you are unable to act for yourself.
- Living Will – (Also known as Advance Medical Directives) – Allows you to make choices for your health care that will be legally binding if you become incapacitated.
- Durable Power of Attorney – Medical power of attorney. Allows someone to make financial decisions and take medical actions for someone. These can include paying bills, filling taxes, renewing car registrations, caring for real estate among others.

Another aspect to consider for estate planning is your digital footprint. The following are recommendations:

- Document/record your digital estate and include them in your will.
  - Make a list of all the online places where you have stored photos, videos and personal blogs (your stories) or YouTube accounts. Don't forget other social media sites like Facebook, Twitter, Instagram.
  - Record all of your online user names/passwords of sites where you keep photos, videos and social media accounts.
  - Write down instructions for your family of what you would like them to do with all of these physical and digital memories after you are gone. Examples:
    - Facebook (memorialize digital footprint or permanently delete it)
    - Twitter (request to permanently delete)
    - Instagram (memorialize or permanently delete)
  - Assign a digital executor who do you want to execute your final wishes with your photographs? Do your photos need to be scanned and distributed to multiple people? Do you want your online accounts to be disabled or deleted when you die? Just like a traditional estate executor, a digital executor is a trusted individual who will make sure your wishes are carried out.
  - Be sure someone (your digital executor, most likely) knows the access code to unlock your digital devices (phone, tablet, computer) which will hold your most recent photos. Apple intentionally makes it difficult to access a phone when you don't know to unlock the code.
  - Keep all of this information in a safe location such as a locked file cabinet or safe (if written), in a password-protected file on your computer or a hard-copy held by your lawyer or trusted family friend.
- Put both names on contracts/registrations. Preferred: John Doe **or** Jane Doe instead of John Doe **and** Jane Doe. Examples:
  - Utilities.
  - Credit Cards: Joint and individual accounts.
  - Car Registrations.
  - Safe Deposit Box and other bank accounts.
- National Cemetery Burial: VA website allows you to complete a form in advance to receive certificate for National Cemetery burial.
- List of valuable items, include Serial numbers if appropriate.
- List of Debts (What you owe and to whom)
- Addresses and phone numbers
- File VA Benefit claim, if you have not done so.
- Finally, talk to your spouse or partner about death in hopes of fleshing out your estate plan.



# DEATH NOTIFICATION/DECEDENT AFFAIRS CHECKLIST

## (THINGS YOUR LOVED ONES WILL HAVE TO DO WHEN YOU DIE)

Death notification must be done promptly when a family member or a friend has died. Timely notifications to government agencies and financial organizations including banks and creditors is important in order to reduce the risk of identity theft.

Prompt notification can be made by telephone contacts. Once you receive a copy of the death certificate, this may be required along with a written memorandum to make the official notification complete. Additional documentation maybe needed to include the social security number and appointment form from the probate court if you are the designated executor of the estate. Retain copies for your files.

The funeral home may also notify the companies so check with your designated funeral Director if they have made any death notifications on your behalf.

1. Social Security Administration 1-800-772-1213
2. Veteran's Administration 1-800-827-1000 (If deceased is a former military)
3. Defense Finance and Accounting Service, 1-800-321-1080, (military service retiree receiving benefits)
4. Office of Personnel Management 1-888-767-6738
5. U.S. Citizenship and Immigration Service, if applicable
6. State Department of Motor Vehicles (If deceased had a driver's license or State ID)

### FINANCIAL COMPANIES:

1. Credit Card Companies
2. Banks, credit unions and other lending institutions.
3. Mortgage Companies
4. Financial planners and stock brokers
5. Pension providers

### CREDIT REPORTING AGENCIES:

1. Equifax
2. Experian
3. TransUnion

### INSURANCE AND ANNUITIES COMPANIES:

1. Life Insurers and annuity companies
2. Health, Medical, and dental insurers
3. Disability insurer
4. Automotive insurer
5. Mutual Benefit Companies

### MEMBERSHIPS:

1. Professional associations and Unions
2. Health Clubs and Athletic Clubs
3. Automobile Clubs
4. Rental stores
5. Public Library
6. Alumni Clubs
7. MOAA, Rotary, Kiwanis, Lions, Veteran's organizations and clubs

### USEFUL RESOURCES

1. MOAA

Local chapter website: <http://www.alamomoaa.org/>

National MOAA website: <https://www.moaa.org/>

MOAA Surviving Spouse Virtual Chapter: Send email to [MSSVC02@gmail.com](mailto:MSSVC02@gmail.com)

2. VA website: <https://www.va.gov/> ,
3. Ebenefit <https://www.ebenefits.va.gov/ebenefits/homepage>
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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

### Did Someone Move Your Cheese?

Have you read the book Who Moved My Cheese? It's a marvelous little discussion on change management. Everywhere I turn lately, someone is asking me "who moved my cheese". This pandemic has thrown everything in a turmoil. In other words, it moved my cheese.

First suggestion is that you get a copy of the book and read it. Short and easy to read but packs a powerful message. You can't just sit back and wait in an empty corner for the cheese to appear. You must anticipate and adapt when change throws you a curve ball.

Three months ago, I was assisting folks in transition about an active market on the upswing with 3% unemployment. Today the unemployment is at 13%. The local economy

has been hit hard due to the stay-home directives and are now just starting to come alive. Even so, clients and customers are slow to react. Many employees are reluctant to leave the at-home work for the possibility of mixing with people. Employers are adapting their work locations to social distancing or even more long-lasting opportunities where the employees work from home. You will be competing with folks who have been temporarily laid off or even lost their jobs. They are competing with you for jobs. Bottom line: we don't know how long the recovery will take or what the market look like as it does.

Centurion Military Alliance Workshops ([www.cmawarrior.org](http://www.cmawarrior.org)) focus on three pillars – financial, education and vocation. The concept is to evaluate strengths in each pillar to determine your transition path. Do you have the financial means to take you through a longer than expected gap of unemployment? Do you have the education and, especially certifications, that the job

requires? Is your job hunting strategic plan designed to get you the post military civilian job? This free workshop leads you through a valuable self-analysis of where you need to focus immediate and longer-term needs. I love this workshop. Check it out as well as others to find the one that works for you.

Today's market uncertainty requires even more strategic planning for a successful transition. Some markets are still "hot". Others are in the pandemic quagmire. Use all available resources including our MOAA and Alamo MOAA resources to assist you in your transition planning. We are here to help.

*Kitty*

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

Chapter Transition Liaison Officer

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# 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](mailto: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](mailto:kamconsulthr@gmail.com)

## Did You Know?

**Potato Chips.** Need an excuse to always keep your favorite snack food on hand? If you find yourself in a situation where you need to start a signal fire, experts say junk food — such as oily potato chips — can serve as makeshift kindling.

**Super Glue.** If you have a minor cut that clearly requires sutures but don't have access to a medical professional, you can use the sealant to close the wound until new skin has a chance to form. Just be sure to clean the cut out first so it doesn't become infected.

**Baking Soda.** If you face a small kitchen grease fire and don't have an extinguisher, you can use baking soda to douse the flames before they rage out of control, says the U.S. Consumer Product Safety Commission.

*Source : RAO Bulletin*



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## New Secretary of the Navy

77<sup>th</sup> SECNAV Sworn In



Kenneth Braithwaite (left) is congratulated by Defense Secretary Mark Esper

The Navy has a new secretary to lead the service, amid a pandemic and an upcoming budget fight on Capitol Hill. Kenneth Braithwaite, a Navy veteran, was sworn in as the 77th Navy Secretary on June 12 according to the Navy. The former ambassador to Norway was confirmed by the Senate on 28 MAY in a voice vote.

Braithwaite the next day wrote a message to the fleet, reminding sail-

ors and Marines to be guided by the service's core values "honor, courage, and commitment" as they operate around the world. "Make no mistake, we face significant challenges today. Our nation is up against perhaps the greatest test of our commitment to the ideals we hold dear than at any time in our history...surely since the end of World War II. We must recognize this challenge for all it is and all it presents, lurking in the shadows of deceit or the depths of dishonesty," he wrote.

He also wrote the Navy and Marine Corps have faced tough times before and will "persevere again" by relying on its core values. Braithwaite is taking on the top civilian position at a tough time in the Navy's history.

The coronavirus pandemic has sickened almost 2,400 sailors and killed one sailor assigned to the USS Theodore Roosevelt. Congress is also about to begin working on the De-

fense Department's budget for fiscal year 2021, in which the Navy has requested less funding for buying ships and more on operations, while at the same time trying to increase their fleet to more than 355 warships.

The Navy has had a great deal of turnover in leadership in the past six months, from the firing of Navy Secretary Richard Spencer to the resignation of the acting Navy Secretary Thomas Modly. During his nomination hearing 7 MAY Braithwaite said the service is in "troubled waters," listing some of the recent failings he believes have caused a breakdown of trust in Navy leadership. His list included the Fat Leonard scandal, the 2017 collisions of the USS Fitzgerald and USS John S. McCain, as well as "judicial missteps" and the coronavirus outbreak on the Roosevelt that infected more than 1,100 sailors.

*Source: Stars & Stripes | Caitlin M. Kenney | May 29, 2020*

## New Top Enlisted Leader of the Air Force



The next top Air Force enlisted leader is a woman, the first to ever serve as the highest ranking enlisted non-commissioned officer of a U.S. military branch.

The 19th Chief Master Sergeant of the Air Force will be JoAnne Bass, cur-

rently the command chief master sergeant for the Second Air Force at Keesler Air Force Base, Mississippi, the service announced Friday. She will replace Kaleth O. Wright, who came into the role in 2017.

Airmen "are counting on leaders like me to make a positive impact in their lives," Bass said in a video posted by Wright on social media. "I owe them my best."

Wright also hailed Air Force Chief of Staff. Gen. Charles "CQ" Brown, who earlier this month was confirmed in a historic Senate vote as the first African American to ever serve as the top uniformed officer for any of the military branches.

"Gen. Brown knocked it out of the park with this selection," Wright said on Twitter. "Proud moment in history,

Great to be an Airman!"

"She has unique skills that will help us both lead the Total Force and live up to the high expectations of our Airmen," Brown said in a statement about Bass. "She is a proven leader who has performed with distinction at every step of her accomplished career. I have no doubt that Chief Bass will provide wise counsel as we pursue and implement initiatives to develop and empower Airmen at all levels."

Bass previously served as chief for the Air Force enlisted developmental education program at the Pentagon, according to her official biography. She has also deployed in support of Operations Southern Watch, Enduring Freedom and Iraqi Freedom. She began her career in 1993 at Pope Air Force Base, North Carolina and later served

(Continued on Page 15)



## Jo Anne Bass

(Continued from Page 14)

at Ramstein Air Base, Germany; and at Goodfellow Air Force Base, Texas, as the command chief master sergeant for the 17th Training Wing, her bio states.

Air Force officials said Bass emerged as "the consensus choice from a group of more than a dozen finalists from across the Air Force's global operation," according to a news release. "The finalists were selected based on breadth of experience, recommendations from senior commanders and performance across each candidate's Air Force career."

Officials noted Brown and Bass are coming into a service in transition, not only as the military charts its course to take on new, future threats, but also as it addresses racial disparities across the force.

The Air Force has been outspoken on social issues and has made a number of moves of late to promote a culture of inclusivity and affirm Air Force values.

Wright was the first member of senior military leadership to speak out publicly following the May 25 death of George Floyd, a black man, at the hands of police officers in Minneapolis.

Wright also cited concern black members of the Air Force, and a call for change and improvement in the service, including a review of the military justice system.

Source: Military.com

## Humor Me!

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

\*\*\*\*

A senior citizen said to his eighty-year old buddy:

'So I hear you're getting married?'

'Yep!'

'Do I know her?'

'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Naw, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Well, then, is she good in the house'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

\*\*\*\*

## Thought of the Week

"This quarantine made me realize I have no real hobbies beside going out to eat and spending money"

-- Anonymous

\*\*\*\*



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