



MILITARY OFFICERS ASSOCIATION OF AMERICA  
ALAMO CHAPTER



THE



LARIAT

Volume 39, Number 6

“Five Star ★ ★ ★ ★ ★ Chapter”

June 2019

**PLEASE JOIN US FOR THE ALAMO CHAPTER'S 8<sup>th</sup> ANNUAL  
SUMMER CELEBRATION AND HOEDOWN!**

*Newcomers welcome! You don't have to be a MOAA or Alamo Chapter member to attend!!*

**When:** Friday, June 21, 2019

**Where:** Holiday Inn Airport  
(Not the Holiday Inn Express nearby)  
77 NE Loop 410  
San Antonio, TX 78216  
Phone: 210-349-9900

**Time:** 6:30 – 7:30p Cocktails  
(Cash Bar only – ATM onsite)  
7:30p Dinner & Dancing



**Dinner:** **Wild Wild West Buffet:** BBQ Brisket, Baked Chicken Breast, Tender Baby Back Ribs, Coleslaw, Potato Salad, Pasta Salad, Fresh Garden Greens, Ranch Style Beans, Corn On The Cob, Pickles, Onions, Jalapeno Cornbread. Dessert Selection of Pecan Pie, and Apple Pie. Coffee & Tea.

**Dancing:** Music by Two For The Road

**Dress:** Wear your denim skirt/jeans, boots, bandana or hat and all!!

**Cost:** \$40.50/person (pre-pay only)  
(Special table can be arranged for members of the Solitaires).

**Reservations:** **MUST BE MADE AND PAID BY NOON, WEDNESDAY JUNE 19TH.**

**See RSVP Slip on Back page**



## 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

## 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:

Col Sterling Johnson USA (Ret)  
 Apr 5, 2019

## Meet The Team



**Kathie Estrada**  
**LtCol USAF (Ret)**  
**Public Affairs/  
 Social Media**

Lieutenant Colonel (USAF, retired) Kathleen "Kathie" Bowman Estrada is the MOAA Alamo Chapter Public Affairs/Social Media Officer. Kathie retired from the USAF in spring of 2007 and began her career with Blue Skies of Texas while on transitional leave. She has served as a Resident Services Director and Executive Director at Blue Skies, and currently serves as the Director, Corporate Compliance. Kathie also serves as a peer surveyor for CARF International and conducts accreditation surveys at other accredited, non-profit Continuing Care Communities. She is active with LeadingAge Texas and has been invited to speak at annual meetings for both LeadingAge National and LeadingAge Texas.

Kathie's highlights in the USAF include service as the Deputy Support Group Commander at Scott AFB; Chief, Lodging Branch at the Air Force Services Agency; and Commander, 9<sup>th</sup> Services Squadron, Beale AFB. Kathie is a veteran of Operation Iraqi Freedom in which she served as

the Deputy Group Commander at Sather AB at the Baghdad International Airport. She also served in Kuwait during Operation Southern Watch as the Support Squadron Commander at Al Jaber Air Base.

Kathie hails from Eminence, Kentucky and earned a Bachelor of Arts degree in Public Relations from Western Kentucky University. She completed a Masters of Professional Studies in Hotel Administration from Cornell University through the Air Force Institute of Technology Civilian Institute Program. She is a Certified Aging Services Professional through the University of North Texas.

Since retiring and moving to Central Texas, Kathie has been active in civic support serving on the 2008 San Antonio Water System (SAWS) Rate Advisory Board; as a member of the San Antonio West/Southwest Sector Planning Team; and for six years as Secretary for the Valley Hi North Neighborhood Association. Additionally, she has served in various leadership roles with the St. Brigid Performing Arts Ministry. In 2016, Kathie moved to Blanco, Texas where most recently she became a Rotarian.

She and her husband, Jesse, have three adult children: J.R., Jessica, and Crystal; and two grandchildren - all residing in San Antonio.

## Inside This Edition:

Pg 2 Chapter News & Notices  
 Pg 3 President's Message  
 Pg 4 Membership Memos  
 Pg 5 Stories For Creative Forces  
 Pg 6 ROTC/JROTC Awards  
 Pg 7 Solitaires  
 Pg 9 What Has Your Chapter Done  
 Pg 10 Annual Golf Tournament  
 Pg 11 Transitioning Tips  
 Pg 12 Enrollment Form  
 Pg 14 Calendar of Events  
 Pg 15 Health, Benefits & Welfare  
 Pg 16 Event RSVP slips

*Happy  
 Birthday!*

Happy **244th** Birthday  
 to the  
**United States Army**  
 June 14, 1775  
*This We'll Defend*



## Thank You!

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

Frances Bevilacqua  
 Col Upendrakumar Kharod USAF (Ret)  
 Mildred Munt



## President's Message

A glance at the thermometer reminds us that summer is here. We all have wonderful plans to make this another memorable time. Some are spending time with kids and/or grandkids. Exploring new places. Visiting places with great memories. Whatever your plans, the first word is to "enjoy".

While we at Alamo MOAA will not have any official events in July, we are still at work for the membership. The date of our golf tournament is Friday, August 30 at River Crossing Golf Course. There are still many details that we'll complete to make this another fantastic event for players. The monies raised will go to our Education Foundation for the ROTC/JROTC scholarships and to the Ft. Sam Houston Warrior and Family Support Center. Check out the materials in this Lariat (Page 10) to participate as a player or sponsor. It's always a fun event.

There are also a few things that you as Alamo Chapter members will find of interest. The first is one for all to participate. Annually the Blue Star Family organization conducts a Military Family Lifestyle Survey collecting data regarding military life issues. This data is provided to local, state and national government leaders to educate

them on the issues impacting military, veteran and military families. Numerous other organizations use this data in formulating their policies and programs. This is a nationally recognized resource. The ask is that each of us go to <https://bluestarfam.org/survey> and provide your comments. Every voice counts.

The next opportunity is designed to give voice to the military community. The Texas Folklife, a 501(c)3 nonprofit organization is seeking "Stories Deep in the Heart of Texas" through a program offering a creative storytelling workshop to veterans and service members the opportunity to tell their own story and share stories about the military and its customs, traditions, etc. Learn how to record and edit audio and tell your story in the process. The link for more info is <http://www.texasfolklife.org/storiesforcreativeforces2019> (or see flyer on page 5).

The last opportunity is for Vietnam Army Veterans. The LYND Corporation, a San Antonio commercial real estate company is creating a museum in their new headquarters under construction at 1604 and NW Military (4001 Pond Hill Road, Shavano Park TX). This museum is dedicated to Vietnam Army vets and will open in October of this year in conjunction with the 50<sup>th</sup> reunion of LYND's founder and chairman emeritus, Michael Lynd Sr former U.S. Army unit. The opening events in October will include the Traveling Vietnam Wall. Here's another opportunity to record testimonials about experiences. Contact Ashley Brymer and [abbrymer@hotmail.com](mailto:abbrymer@hotmail.com) for more information.

Hope to see all at our summer kickoff dressed in cowboy duds on June 21 at the Holiday Inn Airport. (See cover page for more details). Best wishes to everyone for a safe and wonderful summer.

*Kitty*

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

*still*  
**#1 Mortgage Lender in TX**  
for Credit Unions—Loans Funded

**...it's what we do**  
at RBFCU

Get pre-qualified for  
an affordable, low-rate  
mortgage loan.

**RBFCU**  
Apply Online — [rbfcu.org](http://rbfcu.org)



Membership eligibility required. Certain restrictions may apply. Loans subject to credit approval. Rates and terms subject to change without notice. RBFCU mortgage loans are available only on property in Texas. RBFCU NMLS# 583215. RB Mortgage LLC (NMLS# 862516) is primarily owned by RBFCU Services LLC. RBFCU Services LLC is affiliated with Randolph-Brooks Federal Credit Union. #1 mortgage lender based on 2017 national HMDA data for credit unions, loans funded published by Federal Financial Institutions Examination Council.

**JC Landscaping & Masonry**

• PATIOS • OUTDOOR KITCHENS • XERISCAPE • CHIMNEY  
PERGOLAS • RETAINING WALLS • FIRE PITS

[www.TexasJC.com](http://www.TexasJC.com)

Jesse Ramirez **210.823.8038**



# Membership Memos

## THANK YOU Renewing Members:

Maj Gen Juan Ayala USMC (Ret)  
 Brig Gen Graham Shirley USAF (Ret)  
 COL Lyle Jackson USA (Ret)  
 CAPT Jim Letexier USN (Ret)  
 Col James Mock USAF (Ret)  
 Col Eric Turner USAF (Ret)  
 LtCol Everett McCarley USAF (Ret)  
 1Lt Rebekah Emery USA Frmr  
 Frances Bevilacqua

## WELCOME New Members:

RADMU James Rendon USCG  
 Col Jason Campbell USAF  
 COL Mark Cheadle USA  
 CAPT Don Crumbley USN (Ret)  
 Col Sally Kelly-Rank USAF  
 Col Jerri McGinnis USPHS  
 COL Raphael Montgomery USA  
 Col Greg Roberts USAF  
 Col Jeffrey Sorrell USAF  
 LTC Sean Blaydon USA (Fmr)  
 LTC Christopher Hankey USA  
 LTC Jeanne Marie McNamara USA  
 (Ret)

LTC Shane O'Banion USA  
 MAJ Jason Castro USA  
 MAJ Reginald Guillet USA  
 CPT Kelvin Goodsom USA  
 CPT Anthony Kwamu USA  
 2Lt Stephen Boakye USAF  
 2Lt Daniel Perini USAF  
 CW3 Joseph Schwerner Jr USA

## 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)



## 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) Army Residence Community Satellite Liaison
- 9) Active Duty Liaison
- 10) Editor

## ORDER FORM - Alamo Chapter Merchandise

### Pebble Beach Performance Golf Shirt \$30

Circle order details below - Subject to availability

Shirt 1: Mens Ladies S M L XL 2XL 3XL Blue White  
 Shirt 2: Mens Ladies S M L XL 2XL 3XL Blue White  
 Shirt 3: Mens Ladies S M L XL 2XL 3XL Blue White  
 Shirt 4: Mens Ladies S M L XL 2XL 3XL Blue White

### # Challenge Coin @ \$5\_\_\_\_\_

Free pick up from Chapter Event or Office add \$7.50 for shipping & handling



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

Address: \_\_\_\_\_

Provide Credit Card info below or mail in check made payable to MOAA-AC - to P.O. Box 340497, San Antonio, TX 78234, or call the office at (210) 228-9955 (Tues thru Thurs 1-4pm) to place order and pay by credit card over the phone.

Credit Card #: \_\_\_\_\_

Exp Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_ CVV: \_\_\_\_\_ Total # Shirt: \_\_\_\_\_ Total # Coins \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_





## TEXAS FOLKLIFE PRESENTS: STORIES FOR CREATIVE FORCES

AUDIO PRODUCTION, FOLKLORE, AND STORYTELLING  
WORKSHOPS FOR VETERANS AND SERVICE MEMBERS

**Cultural Activities Center**  
**3011 N 3rd St - Temple, TX 76501**

### **Multiple 3-day Workshops**

#### **Available in 2019:**

August 5-7, August 8-10,  
August 12-14

#### **Public Listening Event:**

Thurs August 15, 2019

Additional Workshops TBA

#### **Class Fee:**

**FREE** for Veterans and Service  
Members; Others - Suggested  
\$20 donation

#### **Registration:**

Call 512-441-9255 / [stories@texasfolklife.org](mailto:stories@texasfolklife.org)  
[www.texasfolklife.org/storiesforcreativeforces2019](http://www.texasfolklife.org/storiesforcreativeforces2019)

Space is limited. No audio production experience  
required, all experience levels welcome!

#### **Workshop Description**

Workshops are designed to help current and prior service members express their stories and folklore (customs and traditions) through audio production training. All participants will gain experience in research and interviewing techniques, audio recording, logging, transcribing, translating, writing composition, story crafting with audio field recordings, and audio editing.

Guest instructors include military folklorists **Eric Eliason** and **Tad Tuleja**. Together they edited *Warrior Ways: Explorations in Modern Military Folklore* (2012), illuminating the ways in which members of the armed services creatively express the complex experience of military life.

Finished stories will be presented at a public listening event in conjunction with VSA Texas at Temple Cultural Activities Center and distributed on the Texas Folklife Podcast, Texas Folklife's SoundCloud, Public Radio Exchange (PRX), and local radio stations.

An initiative of the National Endowment for the Arts, Creative Forces: NEA Military Healing Arts Network is a partnership with the US Departments of Defense and Veteran Affairs and the state and local arts agencies with administrative support provided by Americans for the Arts.





## Corporate Partners and Advertisers

**Abby Consulting**

**Army Residence  
Community**

**Beldon Roofing**

**Blue Skies of Texas**

**Generations Team**

**JC Landscaping  
& Masonry**

**Legacy Dental**

**Medical Services  
International**

**Paul B. Owens  
Attorney-At-Law**

**Randolph-Brooks  
Federal Credit Union**

**Security Service  
Federal Credit Union**

**Silverbridge Realty**

**USAA**

*Links to these companies' websites can be found on our webpage  
[www.alamomoaa.org](http://www.alamomoaa.org).*

*Please remember their support and bear these companies in mind when choosing your service provider.*

## ROTC/JROTC 2019 Awards

As part of our community service outreach, the Military Officers Association of America - Alamo Chapter (MOAA-AC), presents certificates and medals to ROTC students at over 130 high schools and colleges in our "catchment area" of San Antonio and south Texas.

Each cadet, chosen by their unit, receives the MOAA medal and certificate in a MOAA folder (pictured). Thank you to all our volunteer presenters this year. If you like to participate next year, please send an email to Peter Hunt at [moaa.ac.awards@gmail.com](mailto:moaa.ac.awards@gmail.com).



Anfernee Milton of  
UTSA AF ROTC with  
presenter Kitty Meyers

Right: Danielle Hill of New  
Braunfels Marine JROTC with  
presenter Jim Cunningham



Left: Jade Lunsford of Randolph  
High School with presenter Jim  
Cunningham



## Medical Minute

### Managing Your Own Health

Physicians are being asked to wean their patients away from opioids to avoid addiction. The cost of health coverage, especially pharmaceuticals, is skyrocketing. Researchers are discovering more side effects to the pills we have been taking. A prediction is that there will be a shortage of primary care physicians in 20 years. Antibiotics being given to babies cause immunity as they get older resulting in the need for more research and more pills.

It is suggested we start using some of the old remedies of decades ago instead of current pills. Here are some alternatives – ask Grandma what she used to do:

- Farmers using heavy equipment often had deep cuts. Powdered black pepper was poured into the cut. It stops the bleeding and there is no infection.
- A lady with atrial fibrillation says when she feels an attack coming on she puts an ice pack on her wrists and the fluttering stops.
- Those with high blood pressure and an allergy to statins would pulverize beets and drink the juice. It controls blood pressure and also helps muscles.
- After five months of treating a wound on a shin it still wasn't healed. A paste of powdered sugar and olive oil was applied twice a day and in three weeks the wound was completely healed.
- Showers after heavy work can often lead to bad cases of foot fungus. Soaking feet daily in warm water and stone ground corn meal for 10 days produces lovely pink nails and no fungus.

Source: Mass General Mind, Mood & Memory

*Col Irene Collier (Ret)*



## Solitaires



### Exercise

You are never too old to start exercising. Exercise reduces the risk of cardiovascular disease and helps manage weight, blood pressure and blood sugar.

Exercising for 30 minutes four to five times a week is good for your heart. Regular exercise helps reverse age-related changes in your heart, even moderate ones, that start later in life. It not only boosts your fitness but can reverse age-related changes to your heart.

One study found that a consistent exercise program was able to improve the heart's elasticity by 25% in the left ventricle for people who stayed with it for two years. As you age, your heart muscle, like other muscles of your body, becomes stiffer. The more rigid the heart muscle the more limited its ability to pump blood efficiently.

Exercise not only improves heart function, but also essentially reverses some of the changes that could lead to heart failure later in life.

One part of an exercise plan could include stretching. Stretching should not cause pain unless you have had recent surgery. It can help your muscles and joints move more easily, improve your posture, and your ability to balance and thereby potentially prevent falls.

There are three kinds of stretches that are easy to incorporate into your routine.

- Stretches that combat problems from lack of movement i.e. sitting at a desk all day or wearing high heels all of the time reduce the flexibility of your calves.
- Pre exercise stretches: Be aware that holding stretches for too long (30 seconds or more) can reduce the power of your muscles.
- Post exercise stretches: Stretches should be done without bouncing as that can lead to injuries. When you stretch you shouldn't feel joint

pain—more like the feeling of lengthening your muscles.

Physical activity also produces benefits for brain health. Exercise causes the body to release dopamine and endorphins which promote a happy mind while helping clear the brain of chemicals that can cause stress.

The heart beats faster which increases the amount of oxygen and nutrients the brain gets. Exercise can help improve sleep which is essential for brain health and function.

Older adults should do balance exercises like standing on one foot or walking backwards. If you walk into a room and forget what you came for, walk backwards through the door you entered and it should come to you.

There are chair exercises you can do to improve balance. If you stand and feel wobbly, press your toes down into your shoes, carpet or whatever is there and it will stabilize you and keep you from falling.

You don't have to do a lot of exercise to get the benefits. It doesn't take much time and you don't have to heavily exert yourself. Moderate intensity exercise is sufficient. Be social—walk with a friend.

Sources: Harvard Women's Health Watch; Mass General-Mind Mood Memory; U C Berkley Wellness; Harvard Heart Letter

*Col Irene Collier (Ret)*

Fly The Flag - June 14





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

It's our Mission to help you have a good plan in place. Call us for a free consult to review your JAG prepared Estate Plan.

**210-695-5110**



**OWENS LAW FIRM**  
HELOTES + SAN ANTONIO + SOUTH TEXAS



**LEGACY  
DENTAL SA**

Trusted Dentistry for all Generations  
100 Years of Family Dentistry 1918-2018

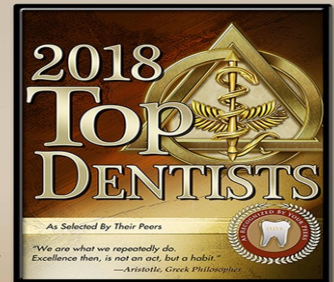
**Brian L. Eck D.D.S.  
Joseph K. Sage D.D.S.**

Phone: (210)-492-0205  
13205 George Road  
San Antonio, TX 78230

[legacydentalsa.com](http://legacydentalsa.com)

**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.



**GENERAL DENTISTRY**

*Brian L. Eck, D.D.S.*  
Legacy Dental SA

## 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](http://www.alamomoaa.org) for more info.

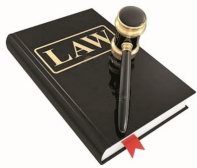
San Antonio's Premier Life Plan Community—Blue Skies of Texas where we are Heritage Rich and Tradition Strong.

Nestled on over 600 acres of scenic hill country views, this exceptional community has been a staple in the heart of San Antonio for over 50 years.

Visit our newly renovated cottages and apartment homes.  
Call **800-790-3954**  
or Visit:  
[BlueSkiesofTexas.org](http://BlueSkiesofTexas.org)

Independent Living | Assisted Living | Skilled Nursing | Memory Care | Therapy & Rehabilitation

## Do You Have An Estate Plan?



Estate planning can be complex because there are many specialized documents that assist and protect you and your property and to ensure your wishes are honored.

What is in an Estate Plan? The main document is your Last Will and Testament. A Will tells everyone what your wishes are and to ensure your assets are distributed how you intended them to be distributed, once you have passed away.

If you don't have a Will it means you die "intestate" and the courts will have to decide how to distribute your assets and this could mean your assets are tied up in the courts for a long time, with a significant financial loss of your assets and causing financial burdens to your family, and the distribution may not be how you intended it to happen.

Please make this is one of the first things you take care if you don't have one, and review it regularly especially if your financial or family situation has changed.

Other important documents are:

A. Durable Power of Attorney (DPOA), or financial power of attorney. This document designates who can assist you with your financial affairs (pay bills, taxes, etc.) should you become incapacitated. This is important especially if you have a stroke, get Dementia, Alzheimer's, or some other terminal illness.

B. Medical Power of Attorney (MPOA), designates who you want to assist you in making medical decisions for the same reasons mentioned above.

C. Advanced Directive (also known as a Living Will) informs Doctors and family members of your wishes concerning life sustaining equipment if a major health crisis happens.

D. HIPAA release is a list of people that can request and receive medical information on you.

With a solid Estate plan in place, your family or designated individuals will be protected. The creation of a comprehensive estate plan ensures all of your wishes are in place and are legally enforceable. It is helpful to get a expert legal professional that specializes in all of these things to assist you in helping you with your Estate plan.

*Paul B. Owens*

Paul Owens  
Attorney At Law

## Save The Date

**Friday Jun 21**  
**Summer Celebration & Hoedown**  
Holiday Inn Airport 6:30pm

**Friday Aug 30**  
**Annual Golf Tournament**  
River Crossing Golf Club 1pm

**Thursday Sept 19**  
**Happy Hour**  
Holiday Inn Airport 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

## What Has Your Chapter Done For You Lately?

During the month of April:

- Participated in MOAA monthly Transition Liaison call.
- Attended planning meets 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.
- 32 Chapter members volunteered over 421 hours for the good of the community.
- Golf Committee met to continue planning the 12th Annual Tournament which raises funds for local ROTC and JROTC cadet scholarships.
- Continued to coordinate MOAA presenters at the award ceremonies of over 131 San Antonio and South Texas area JROTC and ROTC units.
- Distributed Community events and information via the chapter Facebook page (MOAA Alamo).
- Members provided well over \$200 worth of snacks and personal items to the Warrior & Family Support Center JBSA Ft Sam Houston.
- Jim Cunningham testified before state committees regarding Ad Valorem tax bill.
- 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.
- Coordinating chapter member participation in the KLRN Blazing Gavels in June.





## 12<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, 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.

#### 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



Like us on Facebook  
MOAA Alamo Chapter

#### Warrior Player Sponsor \$140

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.**

(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

### Breaking Down Barriers and Stereotypes

It's amazing how many times we deal with stereotypes. Our perceptions (or misperceptions) by categorizing people into boxes has created all sorts of barriers that limit the potential of both the individuals and the organizations.

This is especially seen in the areas of employment of transitioning military, veterans and military spouses. Employers can see them based upon stereotypes developed from the news and film, to mention a few, that erroneously define the applicant with military background or the spouse who has changed employment or even not worked due to frequent moves.

Diversity initiatives from employers are widening the aperture of hiring managers. Employers such as USAA, Randolph Brooks Federal Credit Union and Rackspace to name a few are now actively promoting programs to hire military and spouses.

The US Chamber Foundation's Hiring Our Heroes has a variety of programs geared to military and spouse employment. The Society for Human Resources Management (SHRM) has published a handbook for veteran hiring. SHRM's local chapter, the San Antonio Human Resources Management Association or SAHRMA, highlights the military community at the November meeting each year.

A challenge to the transitioning military and to the spouse is to address these stereotypes and turn them into positive attributes. Here are some thoughts drawn from a SHRM article entitled Guide to Veteran Hiring: 8 Facts to Break Down Barriers and Stereotypes. This article addresses the issues to the HR managers. Let's turn them around.

1. Just because you have military career doesn't mean that you were a combat specialist. The majority have military "jobs" equivalent to the civilian workplace.
2. The military community reflects the diversity of the civilian community.

This is a statistical fact.

3. The number of women choosing military careers continues to grow. The opportunities for women in the armed services continues to grow and they are stepping up to the challenges.
4. The military's emphasis on education throughout the career has resulted in more college-educated veterans than the general civilian population.
5. The operational challenges of the decades have developed a military force that is "agile" and not defined by the institutional hierarchy of the past. This is a needed trait in today's civilian marketplace.
6. The Reserve and National Guard members make up close to half of today's U.S. armed forces. These "warrior citizens" bring such a wide portfolio of skills and experiences that are valuable to both military and civilian employers.
7. The unsung "heroes" of the military are the spouses. Educate the employer on all of the various skills and experiences that can be used in the workplace. These are professional AND volunteer. Another fact: men

## MOVING?

## DOWNSIZING?

## SELLING YOUR HOME?



## ONE CALL TO HANDLE IT ALL!

- FREE ESTIMATES AND MOVE PLANNING CONSULTATIONS
- FREE HOUSING MARKET ANALYSIS
- FULL SERVICE LICENSED MOVERS, PACKERS, AND REALTORS®

[www.GenerationsTeam.com](http://www.GenerationsTeam.com)  
**210.378.1106**



## MOAA NATIONAL ENROLLMENT



**MOAA**<sup>TM</sup>  
Military Officers Association of America

## MOAA LOCAL ALAMO CHAPTER 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](http://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



☐ 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 Hard Copy Membership \$30**

*(Monthly "Lariat" newsletter sent by mail)*

☐ **One-Year Electronic Membership \$20**

*(Monthly "Lariat" newsletter sent by email)*

☐ **One-Year Spouse/Surviving Spouse \$20**

*(Choose hard copy or electronic – circle)*

### Method of Payment

☐ Check (please make payable to MOAA Alamo Chapter) ☐ Visa ☐ Discover ☐ MasterCard ☐ AMEX

Charge my card \$ \_\_\_\_\_

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_ CVV \_\_\_\_\_ Signature \_\_\_\_\_

Zip code of Billing Statement: \_\_\_\_\_

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

## 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 state and national 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).



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](http://armyresidence.org)  
7400 Crestway • San Antonio, TX 78239







# Events Calendar

General membership events are **bolded** and Volunteer Leadership Team events are *italicized*, though Members are always welcome!

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

## JUNE

- 4 Solitaire's Luncheon 11am**
- 6 Staff Meeting 10am Chapter Office*
- 6 KLRN Blazing Gavels Volunteer Opportunity**
- 6 D-Day**
- 11 Board Meeting 11:45am Chapter Office*
- 12 Women Veterans' Day**
- 14 Flag Day & US Army Birthday**
- 16 Father's Day**
- 16 Solitaire's Sunday Brunch 11am Parr Club**
- 21 Summer Celebration Hoedown 6:30pm Holiday Inn Airport**

## JULY *(No Staff Meeting or Chapter Luncheon)*

- 2 Solitaire's Luncheon 11am**
- 4 Independence Day**
- 12 Blue Skies Satellite Chapter Meeting**
- 21 Solitaire's Sunday Brunch 11 am Randolph Parr**
- 25-26 Hiring Our Heroes Job Fair**
- 27 National Korean War Veterans Armistice Day**

## AUGUST

- 4 Coastguard Birthday**
- 6 Solitaire's Luncheon 11am**
- 7 Purple Heart Day**
- 8 Staff Meeting 10am Chapter Office*
- 14 Victory in Japan Day**
- 16-17 Texas Council of Chapters Quarterly Meeting**
- 18 Solitaire's Sunday Brunch 11 am Randolph Parr Club**
- 22 Chapter Luncheon 11am RBFCU HQ Live Oak**
- 30 12<sup>th</sup> Annual Golf Tournament 1pm River Crossing Golf Club, Spring Branch.**

## SEPTEMBER

- 2 Labor Day**
- 3 Solitaire's Luncheon 11am**
- 5 Staff Meeting 10am Chapter Office*
- 5 Board Meeting 11:45am Chapter Office*
- 9 Grandparents Day**
- 11 Patriot Day**
- 15 Solitaire's Sunday Brunch 11 am Randolph Parr Club**
- 18 Air Force Birthday**
- 20 Happy Hour 4-6pm Holiday Inn Airport**
- 21 POW/MIA Recognition Day**
- 29 Gold Star Mother's Day**

## 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**

## 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**

## 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**

now make up about 10% of the military spouse.

8. The military career is now a viable option in a competitive global economy. The recruit is making a conscious choice to enlist and succeed. No one is drafted into the military. The skills and experiences in the military are extremely marketable to employers.

The challenge and the opportunity of any transitioning military, veteran, retiree and spouse is to translate their skills and experiences and then market them to the employer. Go for it!

*Kitty*

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



### Service Dogs, Inc

Service Dogs, Inc. is currently accepting applications to match Veterans with Service Dogs that assist with mobility challenges and Hearing Dogs that assist those whom have lost all or a significant portion of their hearing.

To find out more or to apply for a Service Dog or Hearing Dog go to:

<https://www.servicedogs.org/request/>

All Service Dogs, Inc. dogs are provided free-of-charge to the client. \* (Applicants must live in Texas and be at least 25 years of age).

Rebecca Hays  
Grants Manager  
Service Dogs, Inc.  
4925 Bell Springs Rd.  
Dripping Springs, TX 78620

[rebecca@servicedogs.org](mailto:rebecca@servicedogs.org)

(512) 470-0196

## Health, Benefits & Welfare

### Veteran ID Cards

A verification of military service is required for veterans to receive their free ID card from the Department of Veterans Affairs and it can still take up to six months from the time of application for those who separated before 1980. Veterans who served after 1980 can be verified through an automated process rolled out late last year but other veterans, primarily those who served before 1980, require manual verification before the ID card can be processed and produced.

The card is available to any honorably discharged veteran through a program established in 2017. Ordered by Congress in 2015, the IDs are meant to serve as proof of military service at private businesses. The cards are not considered official forms of federal or state ID, do not entitle veterans to any federal benefits and cannot be used to access military bases.

To receive the card, veterans must apply at <https://www.va.gov/records/get-veteran-id-cards>, complete the application and upload a photo. Once military service is verified, the card is sent by mail within 21 days. Since November 2017, about 204,230 veterans have applied for the card.

Source: *Military.com*

\*\*\*\*

### Military Discounts.

On what they're dubbing "Military Mondays," the department store chain Kohl's now offers a 15 percent, in-store discount on purchases for active duty members, retirees and veterans. Show your valid military ID, military dependent ID or a veteran ID at the cash register. Veteran IDs accepted include a state-issued identification indicating veteran status, or a Form DD -214. Year-round military discounts of 10% are also offered at Lowe's and Home Depot.

\*\*\*\*



### VOLUNTEER STAFF:

PRESIDENT	LtCol Kitty Meyers <a href="mailto:kamconsulthr@gmail.com">kamconsulthr@gmail.com</a>
PROGRAMS	Col David Patrick <a href="mailto:dwpatrick01@gmail.com">dwpatrick01@gmail.com</a>
MEMBERSHIP	MAJ James R. Cunningham <a href="mailto:jimbob48@sbcglobal.net">jimbob48@sbcglobal.net</a>
LEGISLATIVE AFFAIRS	LTC Robert Blake <a href="mailto:rblake4@satx.rr.com">rblake4@satx.rr.com</a> (Open)
SECRETARY	
TREASURER	Col Vaughn Caudill <a href="mailto:vaughn.caudill@gmail.com">vaughn.caudill@gmail.com</a>
SCHOLARSHIPS	Col Peter Hunt <a href="mailto:moaa.ac.awards@gmail.com">moaa.ac.awards@gmail.com</a>
PERSONAL AFFAIRS	Col Stu Myers
Personal Affairs Assist	CAPT Cora Bayle Cox
PR-SOCIAL MEDIA	LtCol Kathie Estrada
LEGAL COUNSEL	Jacobson Law Firm
SOLITAIRES	(Open)
SUPPORT	Lt George Frecsko
EDITOR	(Open)
CHAPLAIN	LTC James Taylor
PX/VAC Rep	Jim Cunningham
SA TRANSITION	MAJ Sean Passmore
TX TRANSITION	Col David Patrick
WEB MASTER	Col Bill Hudson
HISTORIAN	(Open)
VOLUNTEER COORD.	Col Pete Schaub
ADVERTISING	Col Lisa Skopal
BLUE SKIES REP	LtCol Jim Conner
CHAPTER AFFAIRS	Col Irene Collier

### CONTRACTOR:

Exec Asst Trish Meserve

### DIRECTORS:

Chairman: Col Barbara Ramsey	
Vice Chair: LtCol Ed Marvin	
Col Mac McDonald	Col Frank Rohrbough
LTC Jim Finch	LTC Bill Goforth

### HONORARY DIRECTOR

Gen William McBride

### 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 501(c)(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](mailto:moaa-ac@sbcglobal.net)

[www.alamomoaa.org](http://www.alamomoaa.org)



MOAA Alamo Chapter



MILITARY OFFICERS ASSOCIATION OF AMERICA  
ALAMO CHAPTER

THIS IS A PRIVATE ORGANIZATION. IT IS NOT A PART  
OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS  
COMPONENTS AND IT HAS NO GOVERNMENTAL  
STATUS

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

**WWW.ALAMOMOAA.ORG**

P.O. Box 340497  
Ft Sam Houston, TX 78234-0497

Phone: 210-228-9955  
Email: [moaa-ac@sbcglobal.net](mailto:moaa-ac@sbcglobal.net)  
[www.alamomoaa.org](http://www.alamomoaa.org)

2320 Stanley Rd, Bldg 140  
Ft Sam Houston, TX 78234

# THE LARIAT

National Award Winning Newsletter

U.S. Postage Paid  
San Antonio, Texas  
Permit No. 1553

**Postmaster — please deliver by June 6th  
Time Sensitive Material**



**Friday June 21, 2019**

## Summer Celebration & Hoedown

Holiday Inn Airport (Not Holiday Inn Express)  
1050 Harry Wurzbach, San Antonio TX 78209

### Dancing to Two For The Road

Cocktails from 6:30-7:30pm followed by Dinner and Dancing

### Wild Wild West Buffet

BBQ Brisket, Baked Chicken Breast, Tender Baby Back Ribs,  
Coleslaw, Potato Salad, Pasta Salad, Fresh Garden Greens,  
Ranch Style Beans, Corn On The Cob, Pickles, Onions, Jalapeno  
Cornbread. Dessert Selection of Pecan Pie and Apple Pie. Coffee & Tea.

**Cost per person paid in advance \$40.50**

**Enclosed: \$ \_\_\_\_\_**

RSVP by noon Thursday 19 Jun  
Reservations not cancelled by this date will be non refundable  
Non member Officers & guests are welcome!

**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](mailto:moaa-ac@sbcglobal.net) to hold a reservation or reserve and pay on-line at [www.alamomoaa.org](http://www.alamomoaa.org).

Like us on Facebook - MOAA Alamo Chapter



**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](mailto:moaa-ac@sbcglobal.net) to hold a reservation or reserve and pay on-line at [www.alamomoaa.org](http://www.alamomoaa.org).

Like us on Facebook - MOAA Alamo Chapter

