

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 40, Number 5

“Five Star ★★★★★ Chapter”

May 2020



President's Message

Hello, everyone. I pray that all are well. What a Spring we've had! Who would have thought that this pandemic would have hit us as hard as it has? Stay home orders, wearing masks, social distancing – all actions that we would have thought unimaginable just a few short months ago. However, here we are.

The impact on our Chapter continues. We've cancelled the various April activities. This afternoon we made the call to cancel the May lunch. It's very unfortunate. However, the event was planned for the Army Residence Community. There's no way we would want to endanger the residents of the ARC.

However, thoughts are turning to what's next. How will we come out of this situation is still an unknown. Following the guidance of our civic leaders will hopefully position San Antonio and Bexar County so that we won't have a resurgence after the lockdown is

lifted. The next Chapter event is the June gathering at the Petroleum Club. This is our celebration to kick off the summer. Mark your calendars for June 25th.

So please, be safe until we do reunite. Remember the various military related nonprofits that are in need. I receive emails calling for help from the USO, the Air Force Assistance Fund, the Army Relief and others. They are there to help those in need. Please help as you can.

We in the military have always focused on our community. The MOAA mission continues this. The need has not been this high in years. Now is our opportunity. Never stop serving!

Thank you.

Kitty

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

Save The Date

Thu June 25

Cruising Into The Summer
Summer Celebration
Dinner Dance
Petroleum Club 6pm

Fri October 16

13th Annual Golf Tournament
River Crossing Golf Club
1pm
Benefitting WFSC & ACEF

Thu December 17

Christmas Luncheon
Ft Sam Golf Club

Inside This Edition:

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With Honor & Gratitude
We Remember

News & Notices



Notable Celebrations in May

5 Cinco de Mayo
 6 National Nurses Day
 7 National Day Of Prayer
 8 Victory in Europe Day
 8 Military Spouse Appreciation Day
 10 Mother's Day
 16 Armed Forces Day
 22 National Maritime Day
 25 Memorial Day



Thank You!

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

We really appreciate it—and every dollar helps!

Col Benjamin Alford USAF (Ret)

COL Jamie Bazil USA

COL Francis Chance USA (Ret)

MAJ Robert Corbo USA (Ret)

LTC Machielle Denmon Wood USA (Ret)

Mrs. Venice Grantham USN

Doris Malmberg-Long

COL Thomas McGuire USA (Ret)

MAJ Scott Tighe USAR

MAJ Patrick Tracy USA (Ret)



TAPS

We have received information that the following members have passed away. We wish to convey our sincere condolences and best wishes to their family and loved ones:

Juanita Whiting
3/20/20

MOAA Alamo Chapter? Who Are We?

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

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

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

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

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

Come join us!

The Retired Military Spouses Club Luncheon

Monday May 18th
Ft. Sam Houston Golf Club

With guest speaker

Frank Forsberg

CAPT USN (Ret)



RSVP to: 210-822-6559

Or

Lbraswell2@satx.rr.com

by noon May 13, 2020

(Check to ensure program is still on)

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 for more info

MEMORIAL DAY FACTS AND HISTORY

What's the difference between Memorial Day and Veteran's Day?

On both Memorial Day and Veterans Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there is a distinction between the two holidays:

Memorial Day commemorates the men and women who **died** while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the **ultimate sacrifice** for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.

Veterans Day is the day set aside to thank and honor ALL who served—in wartime or peacetime—regardless of whether they died or survived. Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls.

Traditionally, on **Memorial Day** (U.S.), people visit cemeteries and memorials, and volunteers often place American flags on each grave site at national cemeteries. A national moment of remembrance takes place at 3:00 p.m. local time.

The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition, but the specific origin of Memorial Day—or **Decoration Day**, as it was first known—is unclear.

In early rural America, this duty was usually performed in late summer and was an occasion for family reunions and picnics. After the Civil War, America's need for a secular, patriotic

ceremony to honor its military dead became prominent, as monuments to fallen soldiers were erected and dedicated, and ceremonies centering on the decoration of soldiers' graves were held in towns and cities throughout the nation.

After World War I, the day expanded to honor those who have died in all American wars.

A Lasting Legacy

No less than 25 places have been named in connection with the origin of Memorial Day, and states observed the holiday on different dates. In 1971, Memorial Day became a national holiday by an act of Congress; it is now celebrated annually on the last Monday in May.

Why is the Poppy a symbol of Memorial Day?

In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War I.

John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem "In Flanders Fields" in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

The Poppy Lady

In November 1918, days before the official end of the war, an American professor named Moina Michael wrote her own poem, "We Shall Keep the Faith," which was inspired by McCrae's "In Flanders Fields." In her poem (also shown below), she mentioned wearing the "poppy red" to honor the dead, and with that, the tradition of adorning one's clothing with a single red poppy in remembrance of those killed in the Great War was born. Moina herself came to be known—and honored—as "The Poppy Lady."

The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

"In Flanders Fields"

by John McCrae, May 1915

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*



Membership Memos

THANK YOU Renewing Members:

Col Benjamin Alford USAF (Ret)
 COL Jamie Bazil USA
 COL Francis Chance USA (Ret)
 Col William Cook USAF (Ret)
 CAPT Vincent DeInnocentiis USN (Ret)
 Col John Dunks USAF (Ret)
 Col Chetan Kharod USAF (Ret)
 Col Mark List USAF (Ret)
 COL Thomas McGuire USA (Ret)
 Col James Mock USAF (Ret)
 Col Daniel Sowada USAF (Ret)
 COL Michael Wright USA (Ret)
 LtCol Everett McCarley USAF (Ret)
 MAJ Robert Corbo USA (Ret)
 LCDR Armon Grantham USN (Ret)
 LCDR Kevin Crockett USN (Ret)
 Maj Eric Fenton USAF (Ret)
 MAJ Joel Gage USA (Frmr)
 MAJ Patrick Tracy USA (Ret)
 Frances Bevilacqua
 Doris Malmberg-Long

WELCOME New Members:

Col Terry Arnold USAF (Ret)
 Col Donald Gleason USAF (Ret)
 CW4 Lewis Corbitt USA (Ret)
 CWO-3 David Horn USMC (Ret)

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, or email us at moaa-ac@sbeglobal.net or call the office at 210.228.9955.

Current Membership Stats

Active Duty 247
 Surviving Spouse 163
 Former Military 24
Retired 675
Total 1109

Health, Benefits & Welfare

Tricare Refunds:

About 35,000 military retirees will soon receive cash refunds from Tricare, thanks to a policy change made last year that affects how Tricare calculates annual out-of-pocket maximum payments.

The rebates impact retirees with Tricare Prime who paid more than \$2,400 out of pocket towards their annual maximum payment in 2018 and 2019. They do not impact Tricare for Life or Tricare Retired Reserve users.

The annual maximum out-of-pocket payment, or "catastrophic cap," for any retiree family with a service member who joined the military before Jan. 1, 2018, is set at \$3,000. For those who joined after Jan. 1, 2018, the annual retiree cap is about \$3,600. Those who joined before 2018 pay about \$600 per year for plan enrollment, while those who joined after 2018 will pay about \$1,000.

A set of sweeping Tricare reforms ordered in 2018 directed that the annual fee paid by retirees to use Tricare Prime no longer counted toward the yearly out-of-pocket max. That meant some families were faced with an increase of about \$600 in their yearly Tricare spending, up to \$3,600 for most retirees.

But that change was reversed last summer, retroactive to 2018, allowing the enrollment payment to count toward the cap once again and reducing the amount of money retirees might pay out of pocket each year by about \$600 for most users.

Retirees should watch their mailboxes for refund notification letters from Tricare's contractors, HealthNet in the west region and Humana in the east, Tricare officials told Military.com today. The letters will start going out April 20.

Source Military.com

Emergency Medical Bill Claims:

More than one million veterans will soon be receiving instructions from Veterans Affairs officials on how to check if they are eligible for thousands of dollars in medical cost reimbursements as part of a court decision last fall. Starting 13 APR, department staffers will send letters to tens of thousands of veterans who were rejected

for financial relief in recent years for bills they received for non-department emergency medical care. That move comes over VA objections concerning an ongoing lawsuit over the issue, which could add billions in new costs to the department's budget.

Source: Military Times

VA's Weekly Podcast:

Launched in late 2016, the Department of Veterans Affairs weekly podcast is a part of its ongoing effort to engage and reach out to Veterans. **"Borne the Battle"** recognizes each battle, challenge, and sacrifice our Veterans endure during and after their service, as well as spotlighting important resources, offices, and benefits VA offers our Veterans. Borne the Battle is dedicated to:

- Bridging the military/civilian divide
- Educating VA employees about the warriors they serve
- Promoting Veteran advocacy initiatives thru the voice of Veterans
- Inspiring and educating transitioning Veterans with positive stories
- Informing Veteran listeners about new information from VA as it is released

Source: Vantage Point

Social Media Quiz Scams:

With most of the US and Canada under orders to stay at home, many people are turning to social media for a fun distraction. Taking a Facebook quiz may seem like a harmless way to pass the time, but it could also give scammers your personal information.

How the Scam Works: You see a fun quiz on Facebook or another social media platform. What's the harm, you figure? You answer a few questions and prove how well you know a friend. Or you take a short personality test to match with a character from your favorite TV show.

These quizzes ask seemingly silly or meaningless questions, but scammers

can use that information for nefarious purposes. For example, some quizzes collect personal information by asking questions like: "What is your mother's maiden name?" or "What is the name of the street you grew up on?" These are common security questions for banking and credit card accounts. Sharing this information can lead to your accounts being hacked, and your personal and financial information being stolen.

Not all social media quizzes are a data collection scam, but BBB cautions users to be careful about what they share online. Social media data and quiz answers can be used to steal your identity or enable a scammer to impersonate you to your friends and family.

Tips to Avoid Social Media Scams:

Be skeptical: Before you take a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.

Adjust privacy settings: Review your social media account's privacy settings and be strict about what information you share and be mindful of who you are sharing it with.

Remove personal details from your profile: Don't share information like your phone number or home address on social media accounts.

Don't give answers to common security questions: Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, or name of your high school.

Monitor friend requests. Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your Friends list.

Source: BBB Scam Alert

Earn Money Making Deliveries in Your Car:

In recent years, it's become easier than ever to make money through a side

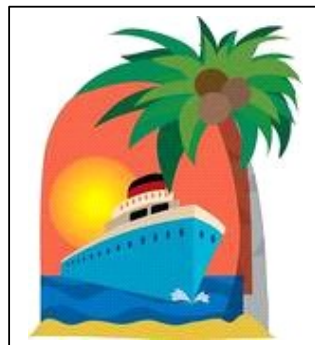
(Continued on Page 14)

**PLEASE JOIN US FOR THE MOAA ALAMO CHAPTER'S
9th ANNUAL SUMMER CELEBRATION
"CRUISING INTO THE SUMMER"**

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

When: Thursday, June 25, 2020

Where: Petroleum Club of San Antonio
8620 N New Braunfels, Suite 700
San Antonio, TX 78217-6363; 210-824-9014



Time: 6:30 – 7:30p Cocktails (Cash Bar or Credit Card – Visa, Master Card or Amex only)
7:30p Dinner & Dancing

Dinner: The Petroleum Club's wonderful, renowned and scrumptious Buffet – Chicken Gratinée/Sautéed Marinated Chicken Breast served with Artichoke White Wine Sauce & Cheese, Wild Rice, Shrimp Fettuccine, Vegetable Du Jour, Balcones Salad/Iceberg Lettuce with Mixed Field Greens and Vine Ripened Tomatoes tossed with Balsamic Vinaigrette Dressing, Rolls & Butter, Coffee & Tea. Dessert Selection of Pecan Pie, Italian Cream Cake and Chocolate Raspberry Cake, (Fruit can be substituted for dessert for those requiring gluten free – just let us know when you make your reservation).

Dancing: Music by our favorite "Two for the Road"!!

Dress: Ladies: Cruise casual, i.e. dresses, skirts and tops, or pants outfits.
Gentlemen: Cruise casual, i.e. Hawaiian shirt/slacks or business casual.
(No shorts or hats please).

Cost: \$43/person.

Reservations: **MUST BE MADE AND PAID BY NOON, MONDAY, JUNE 22nd.**

----- ✂ ----- Cut & Return ----- ✂ -----

Cost per person: \$43

Your Name: _____

Guest(s) Name(s): _____

TOTAL ENCLOSED \$_____

Do you want to sit with another attendee(s)? _____

Please send this reservation slip & check made payable to "MOAA-AC" to:
MOAA-AC, P. O. Box 340497, Ft. Sam Houston, TX 78234. Call 210-228-9955.

or

Pay by credit card on secured PayPal at <http://www.alamomoaa.org/>

OVER 50 YEARS OF EXCELLENCE . . . A MOAA 5-STAR AWARD WINNING CHAPTER

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



Medical Minute

Tai Chi

Tai Chi is an ancient Chinese practice of supplying oxygen and energy to the entire body systems.

The practice involves a series of choreographed moves with evocative descriptions such as “grasp the sparrow’s tail” and “wave hands like clouds” which encourages relaxation and thereby eases stress. As your body moves your mind has to focus.

Tai Chi is easy to adapt to different levels of intensity, and since it doesn’t require fully extending joints it is easy for those who are not as flexible. People with heart disease can benefit from holistic approaches that address over all wellbeing.

Tai Chi may be easier with a live instructor than in a group class or television. Being with a group provides camaraderie and motivation. It is often recommended after heart surgery, problems or procedures. It can lead to the ability to do more strenuous exercise programs. It leads to body awareness, slowing down, stress management, and slowly developing body strength. The lowering of blood pressure is one of the benefits.

Source: Dr. Gloria Yeh, Associate professor Harvard Medical School, Harvard Health Letter, April 2020.

Irene Collier (Ret)



Solitaires



Seven Reasons for a Headache

The most common reasons for a headache are food, alcohol, bright light, or stress. There are three common types of headaches. Their symptoms are tension, migraine, and cluster headaches. If you can identify the type of headache, you may be able to eliminate the pain.

Tension or stress headaches can be caused by the tightening muscles in the neck and shoulders. These muscles continue to tighten as the stress increases or sustains. The resulting pain is then felt by the brain. Frequent tension headaches can be a common trigger for migraines.

Poor diets or hunger can trigger a migraine or tension headache. One source may be the type of food. Allergic or chemical reactions to these foods cause a reaction in the body. Problematic foods could just be one kind of food like lemons or nuts.

There are other varieties of foods such as avocados, bananas, cheese, chocolate, citrus, herring, dairy products, or onions. Processed food with nitrates, nitrites, yellow food dye or monosodium glutamate are also possible sources. For some people just a few ounces of red wine can provoke headache. Overindulgence or too frequent consumption of **alcohol** is another

possible source for that headache.

The **environment** is a common cause of headaches. Cluster headaches appear to seasonally, especially in the spring or fall. Spring and fall pollens react with the body causing headaches along with other symptoms. However, these pollens are not limited to just the spring and fall. Environmental factors are not limited to allergies. Bright light, smoke, humidity, intense scents, or cold weather can bring on headaches including migraines.

Hormones are another source. The fluctuation of estrogen levels in women and some men can activate the headache or a migraine. Menstrual cycles in younger women are commonly associated with headaches. The changing levels of estrogen may be the cause of headaches in premenopausal women.

Finally, our habits can be causes. If you suddenly stop drinking **caffeine**, tea, or caffeinated beverages, you may be triggering a headache or migraine as the blood vessels constrict. Without caffeine, the blood vessels widen and bulge out with each heartbeat — a chief reason for the pounding pain of migraines. **Sleep deprivation** from either the lack of sleep or poor sleep habits can result in headaches. There is a correlation and sleep can lead to pain relief. A nap sometimes helps.

By understanding the source of your headache, you can avoid future discomfort. Try keeping a diary of food, time, and environment to identify any correlation between headaches and that source. They are a condition of hypersensitivity, so you learn to understand the triggers and balance in your system. Thus, no headaches.

Source: Dr. Sait Ashina Harvard Medical Center, Harvard Health Letter, April 2020

Irene Collier (Ret)

Now and Always We'll be There.



90228

1-800-247-2192 • www.moaainsurance.com



The Military Officers Association of America

Alamo Chapter (MOAA-AC)

is conducting its

13th Annual Golf Tournament on October 16, 2020

at the River Crossing Golf Club in Spring Branch.



The tournament raises funds for . . .

The Warrior & Family Support Center on JBSA Ft Sam Houston which provides a neutral, home-like place for families and patients to gather after long and often painful days of treatment.

The Chapter's JROTC and ROTC Scholarships (Alamo Chapter Educational Foundation) which help towards the cost of college for promising local high school students as well as those ROTC students already in college. Scholarships are awarded to the children and grandchildren of all military (all ranks). Since its inception this tournament has raised over \$135,000 for its beneficiaries . . . and we'd love your help to raise even more!

If you have been a donor in the past, we are very grateful for such support and we need your help again this year. If you have not provided support in the past, please consider doing so.

Here are the ways you can help:

- ♦ Be a **sponsor** -- select one of the many options listed on the reverse.
- ♦ Be a **golfer** -- submit an entry form for yourself or a team using the registration form on the reverse.
- ♦ Be a **contributor** -- donate an entry fee of \$150 and give a Warrior an opportunity to play free of charge, or donate any dollar amount to help us defray expenses and allow us to give more to the cause.
- ♦ Be a **supporter** -- provide goodie bag items or coupons (preferably a minimum of 150, or a gift certificate(s) to be used as a tournament prize.
- ♦ Be a **volunteer** -- help during the planning phase as a committee member and/or during the tournament with registration, as a course assistant, contest judge, awards assistant, etc.

Your support of this fundraising event will be greatly appreciated. Please feel free to distribute this information to your family, friends, co-workers and fellow golfers who may desire to support this worthy cause. If you wish to contact us about a sponsorship, donations, prizes, or being a volunteer, please call Frank Rohrbough at (703) 868-8006 or contact our MOAA Office at (210) 228-9955 or by email at moaa-ac@sbcglobal.net.

Sign up or donate using the form on the next page or alternatively, go on line to our website and pay using your own credit card or PayPal account. Go to www.alamomoaa.org. Tax ID: 82-1635522 .

Thank you.

Frank Rohrbough

Frank Rohrbough

Co-Chair, Golf Committee

13th 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 (\$140) 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.

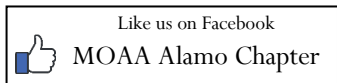
Hole In One Sponsor \$1,000

Hospitality Cart Sponsor

\$750

Hole Sponsor \$325

Warrior Player Sponsor \$150



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

(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: _____

Participation implies agreement to use photos in any PR materials

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.

Company Name: _____

Credit Card #: _____

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

CVV: _____ **Tel:** _____

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

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

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

Make checks payable to: MOAA-AC and mail to: P.O. Box 340497, Ft. Sam Houston, TX 78234. If you prefer, you may also register and/or donate by credit card on our website: www.alamomoaa.org. Call Trish at 210-228-9955 for questions on tournament registration, or to pay/donate by phone with your credit card (Tues-Thurs 1-4pm).

OUR CORPORATE PARTNERS

Please support those that support us!

When you use their services let them know you heard about their company/organization from the MOAA Alamo Chapter

Abby Consulting <i>Website Design</i> http://www.abbyconsulting.com/ 210-490-6513	Army Residence Community <i>Retirement Living</i> https://armyresidence.com/ 210-646-5300
Beldon Roofing Company <i>Trusted Since 1946</i> https://www.beldon.com/ 833-5-BELDON	Blue Skies of Texas <i>Retirement Community In the tradition of Air Force Village</i> https://www.blueskiesoftexas.org/ 866-553-5389
Caring Transitions <i>Senior Relocation, Downsizing & Estate Sales</i> http://www.caringtransitionssan.com/ 210-714-0855	CTWP Digital Solutions <i>Printers, Copiers, Fax Machines & Office Equipment.</i> https://www.ctwp.com/ 210-590-2897
Generations Team <i>Senior Moving & Transition Services</i> https://generationsteam.com/ 210-378-1106	M. D. Ellis Refrigeration LLC <i>Heating & Air Conditioning</i> https://www.facebook.com/M-D-Ellis-Refrigeration-LLC-589273391215105/ 210-265-1978
Medical Services International <i>Providing Healthcare Consulting Services</i> 210-497-0263	Paul B. Owens <i>Attorney-At-Law</i> https://www.paulowenslaw.com/ 210-695-5110
Randolph-Brooks Federal Credit Union <i>Full-service Financial Cooperative</i> https://www.rbfcu.org/ 800-580-3300	Security Service Federal Credit Union <i>Full-service Financial Cooperative</i> https://www.ssfcu.org/ 888-415-7878
Transition Management Solutions, LLC <i>Non-profit Consulting</i> http://www.tms-texas.com/ 210-259-9867	USAA <i>Financial Services Company</i> https://www.usaa.com/ 800-531-8722

Corporate Partners:

Sponsors and Advertisers in The Lariat

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

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

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

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

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

Lisa Skopal

Lisa Skopal
Advertising Coordinator

lskopal@ymail.com

Transitioning Tips

Transition Resources in Virtual Times

This pandemic has thrown the transition process into new realms. We are all looking for ways to connect, either for assistance, learning opportunities, networking, or jobs.

Our traditional tools of physically being present is not an option. Here are some virtual ways of making those connections.

The MOAA website has a wealth of resources.

- Transition and Career Center links to consulting and resume critique, a job board with opportunities posted and career events. There is a Virtual Tool Kit with links to a variety of webinars and virtual career fairs to get you started on the journey.
- A variety of various publications a published to assist, including mar-

keting for your career move, a transition guide, and a guard/reserve retirement checklist.

- In these surreal times, there is information on the impact of coronavirus on retirement and separation plans.
- MOAA's Job Board links you to employers who are hiring. They're posting their openings. Great opportunity to check out the options.
- If you are pursuing additional education, there are options for assistance.
- A great feature is the LinkedIn networking group. If you're not on LinkedIn, you need to be.

There are many local resources. Bexar County's Veteran Services Center is located at 1422 E. Grayson, just outside the gates of Ft Sam Houston. They are working remotely but are still here to help. Call (210) 335-6775.

This group of folks provide assis-

tance with VA claims as well as many resources in the employment search arena. Included are weekly classes on resume writing, interviewing skills and that most valuable LinkedIn.

Alamo MOAA member David Patrick sends out a weekly blast of employment opportunities. This has links to useful websites and a list of current openings. David and I also meet one-on-one to provide counseling on the transition process.

Counseling includes one-on-one discussions regarding your transition strategic plan – your resume, networking strategies, etc. Zoom meetings have been substituted for the in-person chats until the "Stay Home" is lifted.

The JBASA Alliance keeps us updated on all local transition initiatives. This alliance of all sorts of military, nonprofits and employers collaborates on activities, events and networking all focused

(Continued on Page 13)

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☐ Reserve ☐ National Guard

☐ Spouse of Eligible Officer

☐ Graduation Year (Cadet/Midshipmen) _____

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City _____ State _____ Zip _____

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

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

Date of Birth _____

Spouse Name _____

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

**Email address required for BASIC Membership



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MOAA LOCAL ALAMO CHAPTER ENROLLMENT

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

☐ YES! Renew my Alamo Chapter Membership

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Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse/Surviving Spouse of Eligible Officer

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

One-Year Membership \$20
(Monthly newsletter "The Lariat" sent by email)

WANTED!

Active Duty or Retired Job Seekers

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

dwpatrick01@gmail.com

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

Kitty Meyers LtCol USAF (Ret)

Chapter Transition Liaison Officer at

kamconsulthr@gmail.com

Transition Tips

(Continued from Page 11)

on creating those transition opportunities. I represent MOAA by attending the weekly zoom meetings.

David and I are part of the team from Workforce Solutions Alamo, the local Texas Workforce Commission board, coordinating the Veterans Information Village for their annual Red, White and You Hiring Fair on the calendar for Thursday, November 5.

So, you can see there is value in a MOAA membership. Enhance your membership by volunteering with the Alamo Chapter. Networking abounds.

Kitty

Kathryn "Kitty" Meyers

LtCol USAF (Ret)

SPHR, SHRM-SCP

Chapter Transition Liaison Officer



Army Residence
Community

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

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

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Health, Benefits & Welfare

(Continued from Page 5)

hustle. You've probably heard stories of people making money by driving others with ride-share services like Uber and Lyft. But what if you could make money delivering items in your car — instead of driving people around? Today, delivery services abound, and you can make money by signing up to deliver a variety of items using your vehicle. Following are four services you can use to make money delivering all sorts of different things.

1. Uber Eats

Uber Eats is a service available in hundreds of cities worldwide. (www.ubereats.com/location). Depending on where you're located, you might even be able to make deliveries on a bike or scooter, in addition to using a car. You'll use your smartphone to receive orders and manage your trips to restaurants to pick up orders before delivering them. Delivery fares are calculated based on multiple factors, including a flat pickup fee and flat dropoff fee. In general, though, Uber Eats drivers earn around \$8 to \$12 per hour after accounting for vehicle expenses, according to the website Ridesharing Driver. Uber pays drivers weekly. It's also possible to use Uber's Instant Pay feature to get your money up to five times a day, although in some cases it will cost you 50 cents per payment.

2. Postmates

Join the Postmates Fleet (<https://fleet.postmates.com>) to get started making all sorts of deliveries, including food, drinks, retail purchases and anything else people might need. Postmates operates in dozens of cities. You receive a delivery bag, as well as a prepaid card to get started. You receive payment weekly, with the ability to instantly withdraw your earnings via a feature called instant deposit. Earnings are calculated based on a formula that varies by city. On average, though, Postmates delivery drivers earn \$11 an hour, according to Glassdoor.

3. Shipt

To shop for Shipt, delivering fresh groceries and everyday essentials to customers, you need a smartphone to manage your orders. Shipt also re-

quires a reliable vehicle that is from model year 1997 or later and the ability to lift 40 pounds. Unlike some other delivery services, Shipt also requires you to have knowledge of produce selection. Shipt pays contractors on a per-order basis and says orders can pay up to \$22 apiece. Shipt makes payments weekly via direct deposit. Shipt operates in cities (www.shipt.com/cities) nationwide, so the chances are good that you can find work doing the grocery shopping for others.

4. Instacart

Another service that lets you do the grocery shopping for others is Instacart (<https://shoppers.instacart.com>). It's available in hundreds of U.S. cities as well as in Canada. You'll need consistent access to a vehicle and to be able to lift 50 pounds. With Instacart, you can pick your own hours and receive weekly payment. You use a smartphone app to receive instructions and manage your grocery deliveries. As of early 2019, Instacart was offering a minimum payment of \$5 to \$10 per job, not counting tips or compensation for mileage, Fast Company reports.

5. Other delivery service options

In addition to the options listed above, there are plenty of other ways to make deliveries in your car. Other delivery services include:

DoorDash: Restaurant food delivery

WeGoShop: Grocery delivery

Favor: Grocery Delivery

Amazon Flex: Package delivery

Grubhub: Restaurant food delivery

Saucey: Alcoholic beverage and snack delivery

Source: MoneyTalksNews

Community Resource Guide:

Humana Military has updated its San Antonio Community Resource Guide COVID-19 Military Impact. A copy can be found on the Alamo chapter website home page under the Hot News section.

2020 Census:

The 2020 Census is underway and

more households across America are responding every day. Over 70 million households have responded to date, representing over 48% of all households in America. In light of the COVID-19 outbreak, the U.S. Census Bureau is adjusting 2020 Census operations in order to:

- Protect the health and safety of the American public and Census Bureau employees.
- Implement guidance from federal, state and local authorities.
- Ensure a complete and accurate count of all communities.

The Census Bureau temporarily suspended 2020 Census field data collection activities in March. Steps are already being taken to reactivate field offices beginning June 1, 2020, in preparation for the resumption of field data collection operations as quickly as possible. In-person activities, including all interaction with the public, enumeration, office work and processing activities, will incorporate the most current guidance to promote the health and safety of staff and the public. This will include recommended personal protective equipment (PPE) and social distancing practices.

Once 2020 Census data collection is complete, the Census Bureau begins a lengthy, thorough and scientifically rigorous process to produce the apportionment counts, redistricting information and other statistical data products that help guide hundreds of billions of dollars in public and private sector spending per year. In order to ensure the completeness and accuracy of the 2020 Census, the Census Bureau is seeking statutory relief from Congress of 120 additional calendar days to deliver final apportionment counts. Under this plan, the Census Bureau would extend the window for field data collection and self-response to October 31, 2020, which will allow for apportionment counts to be delivered to the President by April 30, 2021, and redistricting data to be delivered to the states no later than July 31, 2021.

Source: U.S. Department of Commerce

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) Active Duty Liaison
- 8) Editor
- 9) Warrior Games Volunteers
- 10) Photographer at Social Events

Humor Me!

Then & Now 2:

1966: Long hair -- 2020: Longing for hair

1966: KEG -- 2020: EKG

1966: Acid rock -- 2020: Acid reflux

1966: Moving to California because it's cool -- 2020: Moving to Arizona because it's warm

1966: Trying to look like Marlon Brando or Liz Taylor -- 2020: Trying NOT to look like Marlon Brando or Liz Taylor

1966: Seeds and stems -- 2020: Roughage

1966: Hoping for a BMW -- 2020: Hoping for a BM

1966: Going to a new, hip joint -- 2020: Receiving a new hip joint

1966: Rolling Stones -- 2020: Kidney Stones

1966: Screw the system -- 2020: Upgrade the system

1966: Disco -- 2020: Costco

1966: Parents begging you to get your hair cut -- 2020: Children begging you to get their heads shaved

1966: Passing the drivers' test -- 2020: Passing the vision test

1966: Whatever -- 2020: Depends

How long is the social distancing supposed to last? My wife keeps trying to come into the house!

"Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning"

— Winston Churchill



VOLUNTEER STAFF:

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SOLITAIRES	(Open)
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TX TRANSITION	Col David Patrick
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The Lariat is the newsletter of the Military Officers Association of America—Alamo Chapter. It is published once each month to inform the membership of issues and activities of interest to all.

MOAA-AC is a non-profit organization 501c 4 within the state of Texas organized to represent the membership and to support the activities of the Texas Council of Chapters and MOAA National.

MOAA and its affiliated chapters and councils are non partisan.

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

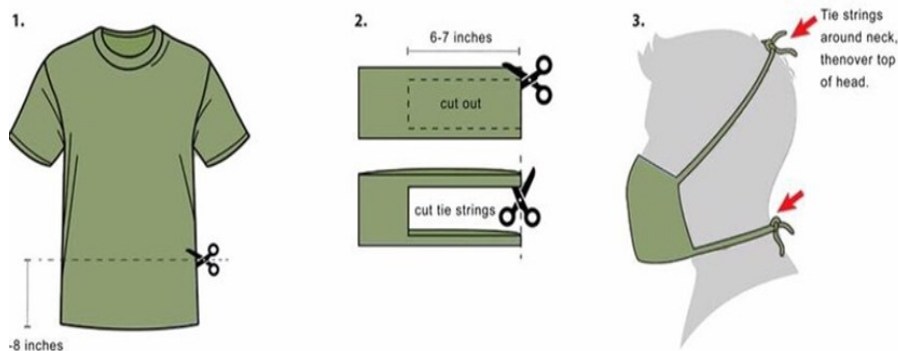
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