

# MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



# THE



# LARIAT

Volume 41, Number 5

“Five Star ★ ★ ★ ★ ★ Chapter”

May 2021



## President's Message

### Volunteer Activities for Advocacy

One of the many opportunities (and benefit) that we have as members of the Alamo Chapter and of MOAA is the advocacy initiatives in Washington and Austin. Whether it is the MOAA folks interacting with members of Congress, their staff or those at the Pentagon, or Jim Cunningham and his group working with the various representatives in Austin, we reach the needed people regarding the issues that affect us as the military community. It doesn't matter if the issue is for active duty, guard, reserve, veteran, retired, spouse or any in the military family. Folks are there to represent us.

The issues that they tackle are varied from pay to benefits and beyond. Nationally the focus is on healthcare including pharmacy, the variety of issues that face our military families, and survivor benefits. The Veterans Administration is always on the agenda along with the concerns about Arlington Cemetery. You can check out more on the national issues in the MOAA newsletters, Military Officer magazine and on the [www.moaa.org](http://www.moaa.org) website.

The work in Austin is just as important. Working with the Texas Coalition of Veteran Organizations (TVCO) and other service organizations such as AUSA, issues such as sexual assault, specialty license plates and veteran treatment courts are front and center on the agenda. One is re-

solving the issues for workforce credentialing and occupational licensing for those transitioning from military service into civilian positions. This is also especially critical for military spouses as they relocate frequently and face the challenge of employment in a new state.

It takes a dedicated group of volunteers to successfully represent us. A legislative volunteer needs to be willing to phone, write and/or email the representatives and their staff. Visits to the local offices also help build the relationships needed to connect when the issues are “hot”. Jim Cunningham, as our legislative VP, is recruiting for the legislative committee. The committee is set up so that each federal and state rep in our area is matched. Does this sound like an interest to you? If so, please contact Jim at 210-416-0502 or [jimbob48@sbcglobal.net](mailto:jimbob48@sbcglobal.net). You can also connect with me at [kamcon-sulthr@gmail.com](mailto:kamcon-sulthr@gmail.com) or 210-355-6244.

Another easy way to register your support to a Congressional rep is by mailing the issue inserts from the Military Officer magazine or by emailing the reps regarding issues posted in the MOAA newsletters. It may seem futile at times, but our letters and emails do matter. I ask that you keep them coming. Numbers matter.

*Kitty*

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



## Winners!!

It is with great pleasure that we recognize two of our very important contributors to the Chapter.

The Col Marvin J Harris Communications Award is MOAA's annual contest identifying those councils and chapters that do an outstanding job communicating with their members

MOAA national has awarded the Alamo Chapter with a Five Star award in two categories! One for its newsletter The Lariat AND another for its website!!

Congratulations to Trish Meserve for The Lariat  
and

Congratulations to Col Bill Hudson USAF (Ret) for the Chapter website.

## Well Done!

### Inside This Edition:

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## Thank You!

to each of our members listed below who have donated a little (or a lot!) to the Educational Foundation, and/or Chapter Operations. We really appreciate it—and every dollar helps!

COL Robert Akam USA (Ret)  
 Lt Col Virginia Alloway USAF (Ret)  
 COL Jaime Bazil USA  
 CAPT Ron Carr USN (Ret)  
 COL Thomas McGuire USA (Ret)  
 LTC Enrique Rodriguez USA (Ret)  
 Col Fred Ryder USAF (Ret)  
 COL Felix Santiago USA (Ret)  
 MAJ Patrick Tracy USA (Ret)  
 LTC Machielle Wood Denmon USA (Ret)

## Notable Celebrations in May



May 7 Military Spouse Appreciation Day  
 May 8 Victory in Europe  
 May 9 Mother's Day  
 May 15 Armed Forces Day  
 May 20 Soldiers Angels Food Drive (See Page 15)  
 May 31 Memorial Day



## TAPS

We have received information that the following member has passed away.

We wish to convey our sincere condolences and best wishes to their family and loved ones:

Jan Rund

08/12/20

Col Edward Taylor USA (Ret)

03/12/21

## Do You Shop Amazon?

Would you like for 0.5% of the purchase price be donated to the Alamo Chapter Educational Foundation? You can. Just switch your Amazon account to Amazon Smile and support the Alamo Chapter Educational Foundation.

When first visiting the website [smile.amazon.com](https://smile.amazon.com) you are prompted to select a charitable organization by entering a name or EIN so please enter either "Alamo Chapter Outreach" or 82-1635522. Just use your regular Amazon login info and password to continue shopping.

There is no cost to the Alamo Chapter Education Foundation or to you. And we get a check at the end of each quarter!



## Memorial Day Poem

To all of our veterans  
 Far and near.  
 We thank you for your service  
 For all those years.

You sacrificed your time,  
 And some gave your life.  
 You preserved our freedom  
 By willingly paying the price.

Many of you  
 Were sent overseas.  
 You were wounded in battle,  
 With scars and disease.

But courageous and brave,  
 You weathered the storm.  
 You faced every battle  
 With faith and beyond.

We honor you with joy  
 For all that you've done.  
 You stood strong for our country,  
 For our daughters and sons.

So no one stands alone,  
 We walk hand in hand.  
 Remember, we are with you.  
 Together we shall stand.

We salute you today.  
 Hear what we say.  
 Let our words speak eloquently  
 In this special way.

On this day,  
 Let us express our love and thanks  
 For the sacrifice you paid.  
 You served in honor  
 For many years and days,  
 And we will never forget  
 How you were strong and brave.

Susan R. Smith

## Alamo Chapter Educational Foundation



The MOAA Alamo Chapter supports scholarships for ROTC and JROTC cadets through its 501(C)3 Education Foundation. The scholarships help towards the cost of college for local JROTC high school students as well as those ROTC students already in college.

This year we have awarded 20 x \$1,000 scholarships to cadets covering programs from Austin down to the Valley. Our annual fund raiser, the Golf Tournament for our 2022 scholarship program is scheduled for November 5th but only provides a portion of the funds we need and will hopefully not be cancelled due to COVID-19.

Help us support the cadets. Your support moves them one step further to reaching their dreams.

Any amount you could give will really help this worthwhile program for our deserving youth. 100% of all money raised goes to our scholarship program.

Visit the chapter website at [www.alamomoaa.org](http://www.alamomoaa.org) and click on the donate tab. Alternatively, mail a check to the office (P.O. Box 340497, JBSA Ft Sam Houston, TX 78234) or call and provide your credit card info (210) 228-9955.

Thank you for your support and generosity.

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

## The Change Makers

MOAA's Military Officer Magazine recently spotlighted 10 MOAA members and spouses who are making a difference in their communities and across the nation.

One of them is our very own Chapter President, Kathryn "Kitty" Meyers (Lt Col, USAF Ret). Following is the MOAA article:



### SHE GUIDES JOB-SEEKERS LEAVING THE MILITARY

**By Kristin Davis**

Photo by Alan Lessig

The military spouse who sat across the table from retired Lt. Col. Kathryn "Kitty" Meyers, USAF (Ret), at a Burger King at Joint Base San Antonio was not unlike many she'd met before. For 20 years, the woman had moved from one military installation to another every time her husband received a new assignment, leaving little opportunity to establish a career of her own. She didn't know where to start, and she said she'd never really done anything.

**'Sometimes, you don't know where to make the connection ... or see beyond where you are.'**

As they talked, Meyers realized that wasn't true at all. The woman had kept books for churches for years. Though the spouse didn't have computer skills, Meyers said that was no problem and took her to a nearby military resources center, where the spouse signed up for a computer class.

As president and transition liaison of the Alamo (Texas) Chapter of MOAA, Meyers guides active duty, veterans, retirees, and military spouses through the transition process by connecting resources, employers, and other nonprofits — and asking the right questions.

She also works with the U.S. Chamber of Commerce's Military Spouse Economic Empowerment Zone. These communities around the nation address local military spouse unemployment and underemployment.

"Sometimes, you don't know where to make the connection ... or see beyond where you are," Meyers said. "But [everyone] has a wealth of experiences. It's showing people how they can capitalize on these experiences. It's a matter of listening, probing, listening some more, and planting seeds."

Meyers joined the Air Force in 1973 after graduating from college. She was among the first women to integrate Officer Training School. She retired as the individual mobilization augmentee to the director of Air Force Mortuary Affairs in 1997 and went to work as a human resources director for two major hotel chains.

"Folks are coming out of the military with no clue what's on the other side of the fence," Meyers said. Helping people navigate that — and find their passions — is fulfilling.

"You're meeting people, you're helping people. Never stop serving. That's my focus."

# Membership Memos

## THANK YOU Renewing Members

COL Robert Akam USA (Ret)  
COL Jaime Bazil USA  
CAPT Ron Carr USN (Ret)  
COL Francis Chance USA (Ret)  
Col William Cook USAF (Ret)  
CAPT Vincent DeInnocentiis USN (Ret)  
Col Donald Hilkemeier USAF (Ret)  
Col Mark List USA (Ret)  
COL Thomas McGuire USA (Ret)  
Col Steve Richards USAF (Ret)  
Col Fred Ryder USAF (Ret)  
COL Thomas Southerland USA (Ret)  
Col Daniel Sowada USAF (Ret)  
Col Daniel Van Syoc USAF (Ret)  
Lt Col Kathie Bowman Estrada USAF (Ret)  
Lt Col David Dorger USAF (Ret)  
LTC Marc Girard USA (Ret)  
LTC Brian Niday USA (Ret)  
Lt Col Dale Offield USA (Ret)  
LTC Enrique Rodriguez USA (Ret)  
MAJ James Finn USA (Ret)  
MAJ Joel Gage USA (Fmr)  
MAJ Patrick Tracy USA (Ret)  
Araceli Davis  
Jean Heard

## Current Membership Stats

Active Duty 285  
Surviving Spouse 167  
Former Military 58  
Retired 836  
**Total 1346**

## 30-second “Elevator Pitch” To Promote Membership

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

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

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

Open the conversation with something like:

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

- We are a volunteer nonprofit organization for commissioned officers (and surviving spouses) that has 1400+ members and is over 50 years 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 are strictly non partisan.
- We make ourselves heard through the strength of our membership numbers. This is why it is important for all eligible officers to belong.

(Continued on Page 12)

## WELCOME New Members

Col Robert Jacobs USAF (Ret)  
Lt Col Stuart Crockett USAF (Ret)  
Lt Col Jana Darnold USAF (Ret)  
Lt Col Oliver George USAF  
Lt Col Michael McGoffin USAF (Ret)  
Lt Col Bruce Goldstein USAF (Ret)  
LTC Michael Ryder USA (Ret)  
LTC Steven Simmons USA (Ret)  
MAJ Rick Benson USA  
MAJ Richard Evans USA  
Maj Joyce Ronan USAFR  
CW3 Richard Castillo USA (Ret)  
Patricia Baitz  
Susan Erikson



Would you like to help  
shape and move  
the chapter  
forward??

If so, please feel free to join us at our next regular monthly Chapter Business meeting on the first Thursday of each month at 10am.

Due to the pandemic, meetings are held via Zoom but normally they take place at the chapter office on JBSA Ft Sam Houston.

Contact the office by email for the zoom link.



# Surprising Conditions That Could Bar You from Service

It's no surprise that service members must be in good physical shape to serve in the military. However, there are some medical conditions that you might not know can bar you from service. The military lays out certain physical requirements that those wishing to serve must meet, and recruits must undergo a medical exam. When joining, they must also disclose significant medical conditions. Sometimes waivers from medical professionals are an option for certain medical conditions, particularly ones that relate to eyesight and weight. However, others — like depression and Crohn's disease — are likely to disqualify you from service, especially if they have affected your education or employment in the past. It is important to note that many conditions are not always permanently disqualifying and should not dissuade potential applicants. Recruiters and military doctors will determine if they will affect your duties.

Here are eight surprising medical conditions that might prevent you from serving in the U.S. Armed Forces:

**1. Food Allergies** If you have a history of food allergies, you might be disqualified from joining the military. This is because service members can serve in locations that do not have a wide variety of food options or that do not have easily accessible medical care in the case of reactions. Recruits who are merely sensitive to certain foods will not be disqualified. The Army defines allergies as a "reliable history of a moderate to severe reaction 16 to common foods, spices, or food additives." The Navy, Air Force, and Marine Corps are a little more specific however, defining allergies as reactions with anaphylaxis. Prospective recruits may be able to get a waiver in certain circumstances.

**2. Celiac Disease** Similar to the disqualification for allergies, potential recruits with celiac disease may not be able to enlist. The reasoning behind this is based on food availability and the potential for gluten cross-contamination. The U.S. military has a history of being less-than-accommodating to food intolerances, which

causes some to hide their conditions for fear of being discharged. The good news is the celiac disqualification could be nearing its end as meals ready-to-eat (MRE) makers are providing more gluten-free options.

**3. Contact Dermatitis** If you've ever gotten an uncomfortable rash after contact with certain types of soaps, plants or other substances, you might have contact dermatitis. Because service members come into contact with a variety of substances, you might be disqualified from military service if you have uncontrolled reactions. If the reaction can cause the recruit to be unable to perform regular duties, he or she may not qualify for military service. Recruits with minor, controllable symptoms can request a waiver.

**4. Asthma** Asthma, only if requiring treatment after a recruit's 13th birthday, may disqualify an individual from serving. This is a change from the military's previous disqualification of all candidates with any history of asthma. If the individual carries an inhaler, he or she is likely to be disqualified. Applicants who have experienced asthma after age 13 require medical documentation and may receive a waiver depending on their medical history. To get a waiver, recruits are required to perform a pulmonary function test (PFT).

**5. Braces or Dental Ailments** While you're on your teeth straightening journey, your ability to join the military is likely to be limited until all orthodontic fixtures for traditional treatment or Invisalign are removed. Retainers are allowed as long as all dental treatment is completed. Individuals that are allowed to enlist can participate in the Delayed Entry Program if an orthodontist proves that all active treatment will be completed before the recruit is sworn into active duty. Other dental issues like tooth removal or tooth replacement may cause disqualification if there are potential complications or troubles eating food later on during service. Cavities will not disqualify recruits as long as they are properly treated and filled.

**6. Motion Sickness** Service members are put in a variety of situations involving moving vehicles. Since motion sickness can be incapacitating, multiple branches list it as a disqualifying medical condition if it continues to occur after childhood. Persistent motion sickness is addressed on a case-by-case basis, and waivers are sometimes possible. Additionally, Army and the Navy aviators can undergo counseling and desensitization that may qualify them for a waiver. Typically, recruits who must take medicine to cope with the sickness are not eligible. Even though the military disqualifies candidates with motion sickness, there are still service members who get sick. However, there is a new invention looking to combat this in military personnel and civilians. Ototech, a device that is strapped to a headband, tricks the brain into ignoring sensations of motion sickness. The device is still in testing phases.

**7. Acne** Though acne may just be a minor annoyance for teenagers and adults alike, it could be the reason a recruit is disqualified from service. Like other medical conditions on this list, acne only becomes a problem when it is severe and disrupts the individual from completing their everyday duties. If the acne is severe and interferes with the individual properly wearing military equipment, he or she would be disqualified. Individuals undergoing treatment with system retinoids like Accutane must be at least four weeks off of treatment.

**8. Too Tall** While height is clearly not an illness, being over 80 inches tall deserves an honorable mention for being an unexpected reason a recruit may be disqualified. This is typically because of the need to order custom-made equipment and uniforms. Recruits also may struggle with certain jobs if they are too tall. Male applicants must be between 60 and 80 inches tall and female applicants must be between 58 and 80 inches tall. The Marine Corps is more restrictive and does not accept males of 78 inches tall and females of 72 inches tall.

*Source: MilitaryTimes | Caitlin O'Brien | April*

# Health, Benefits & Welfare

## New Law Allows All Vets, Spouses & Caregivers to Receive COVID-19 vaccines from VA

All veterans, their spouses and caregivers regardless of their VA health care enrollment status will be able to receive a coronavirus vaccine through the Department of Veterans Affairs once doses are made available under Saves Lives Act H.R.1276 signed into law by President Joe Biden on 24 MAR. Veterans Affairs leaders had supported the move, saying they did not want to turn away any veteran from receiving the shots if they were available. But under former rules, department medical centers were permitted to administer vaccines only to veterans already eligible for VA health care services, and for certain caregivers registered in VA support programs. That totals just under 7 million individuals.

Under the new bill, that number is expected to jump to more than 20 million. It would make vaccines eligible “to all veterans, veteran spouses, caregivers, and Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) recipients to the extent that such vaccines are available.” The measure also for the first time makes veterans living abroad and enrolled in VA’s the Foreign Medical Program (FMA) eligible to receive the vaccine through department facilities. The legislation passed without objection in both the House and Senate. The SAVE LIVES Act increases the number of individuals who are eligible to get lifesaving COVID-19 vaccines from VA from 9.5 million to more than 33 million.

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## Gold Star Spouses

If you are a survivor of a fallen Veteran or service member, you are not forgotten. VA provides a variety of benefits that can help you navigate life after your loss. Available benefits include:

- Education and training. Survivor’s and Dependents’ Education Assistance Program may be able to help you pay for school or job training through a GI Bill program.

- VA home loan guaranty. You can apply for a Certificate of Eligibility to help you buy, build, repair or refinance a home. You may also qualify for a VA-backed home loan if you are having trouble paying your mortgage.
- Life insurance. You may be able to convert a spousal Family Servicemembers’ Group Life Insurance policy to an individual policy within 120 days from the date of your loved one’s passing.
- Pre-need eligibility determination for burial in a VA national cemetery. VA can help you plan ahead to make the burial process easier for your family at that time.
- Burial benefits and memorial items. You can apply for help paying burial costs, request memorial items or learn about grief counseling and transition support.
- Survivors Pension. Survivors Pension offers monthly payments to qualified surviving spouses and unmarried dependent children of wartime Veterans who meet certain income and net worth limits set by Congress.
- Compensation for surviving spouses and dependents. You may qualify for a tax-free monetary benefit called VA Dependency and Indemnity Compensation (VA DIC). Visit <https://www.va.gov/disability/dependency-indemnity-compensation/> to learn more about the documents you will need to apply for VA DIC.

There are some specific eligibility requirements for each of these benefits, so be sure to check out the full list of family member benefits at <https://www.va.gov/family-member-benefits/#benefits-for-spouses,-dependents,-and-survivors> to find out which benefits you may qualify for and how to access them.

Source: Vantage Point

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## Covid-19 Funeral Costs

FEMA will begin accepting applications on 12 APR. to provide financial assistance for funeral expenses incurred after Jan. 20, 2020 for deaths related to coronavirus (COVID-19) to help ease some of the financial stress and burden caused by the pandemic.

- To be eligible for COVID-19 funeral assistance, the policy states:
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after Jan. 20, 2020 for a death attributed to COVID-19.
- If multiple individuals contributed toward funeral expenses, they should apply under a single application as applicant and co-applicant. FEMA will also consider documentation from other individuals not listed as the applicant and co-applicant who may have incurred funeral expenses as part of the registration for the deceased individual.
- An applicant may apply for multiple deceased individuals.
- The COVID-19-related death must have occurred in the United States, including the U.S. territories and the District of Columbia.
- This assistance is limited to a maximum financial amount of \$9,000 per funeral and a maximum of \$35,500 per application.
- Funeral assistance is intended to assist with expenses for funeral services and interment or cremation.

Call the dedicated toll-free phone number 844-684-6333 to get an application completed with help from FEMA's representatives

Source: FEMA

\*\*\*\*

## Notes of Interest

- Free Doughnut. Starting Monday, 3/22, anyone who shows their COVID-19 Vaccination Record Card

(Continued on Page 14)



## Medical Minute

### When Does Hearing Diminish in the Dying?

When does consciousness diminish as death nears? As we gather around the bedside of a dying person we wonder if they can hear us.

In a small Canadian study, researchers measured the electrical activity of five dying hospice patients and found their brains reacted to signals and sounds and seemed to recognize changes in auditory tones and patterns. When they compared hospice patients response to that of a control group of 17 healthy patients, it was nearly identical.

This would suggest that patients might be able to hear visitors voices shortly before their death - but there is no way to know whether they can recognize these voices or understand language even though they react to auditory stimuli.

Although the study was small it does bring us nearer to learning whether unresponsive patients might be able to hear loved ones speaking to them just hours before death. Loved ones should be encouraged to communicate with dying patients as long as possible, even though the patients appear to be unconscious. This can include even playing some of their favorite music.

*Source: Health After 50, U C Berkeley Oct 2020*

*Irene Collier (Col, Ret)*



## Solitaires



### Cognitive Fitness Is Vital as We Age

Our cognitive ability relates to how we process our thoughts. It also includes our ability to focus attention, comprehend new information, use language effectively, interact with others, control impulses, weigh options, and how we formulate and implement plans.

Researchers have found that the cognitive ability is more flexible over a lifetime than once thought. Various elements of memory and cognition peak at various times in a lifetime. These peaks and valleys depend upon on other factors such as health, education, physical fitness, and from people interaction.

In the 20's, your brain's development has reached maturity. You should be able to solve problems, reason, learn process, and remember new information such as a person's name and face as quickly and easily.

When you are in your 30's, the gradual decline in brain efficiency begins. Your thinking speed starts to slow as your brain begins to lose efficiency in its connections. Your working memory—how you quickly call up and manipulate information—is peaking.

Your cognitive function and memory remain still remain strong in your 40's, although you may start to notice subtle changes. Your ability to learn and remember new information such as the name of a person you have just met may become more difficult. Your reasoning skills is still strong. Start forgetting the option of multi-tasking. It is now becoming harder to perform more than one task at a time. Thanks to your life experiences, your ability to perceive emotions in others is stronger as well as the ability to make moral decisions.

As you move into your 50's, you

may start experiencing some mild forgetfulness. Your recall of that right word or a name that you used to easily remember is not coming up as fast as you want. Those memory processing skills and other executive functions may be gradually declining. You may be having trouble learning new information or pre-processing information that you have already learned. It may be harder to divide your attention among tasks.

The decline continues in the 60's. Memory, processing skills, and executive functions slow while your comprehension of vocabulary and general knowledge remains stable.

In your 70's, you may have more trouble with working memory and a decline in ability to hold information in your mind while using it. It may be harder to calculate the tip on a restaurant bill or you will forget the names of familial objects. Your response will be slower to sensory information. Your multi-tasking will continue to be a problem. You could find it harder to think in the abstract.

Entering the 80's will likely encounter trouble with both long- and short-term memory. You may be able to remember an event you experienced in the 5<sup>th</sup> grade but not what you had for lunch today. It's harder to find words for everyday objects. The risk for dementia continues to rise. But everyone will experience the same symptoms in the same way.

Science says that a lot depends on your diet in childhood. However, today's diet continues to impact along with activity levels. Continue to acquire new knowledge and experiences. Keep challenging our brain to learn new skills.

*Source: Harvard Study on Cognitive Fitness 2000--2019*

*Irene Collier (Col, Ret)*





## Partner with Pride for our Flag Exchange Program

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**\*\*One flag per household\*\***

Flag exchanges will be available Monday-Saturday 9am – 5pm

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Circle order details below - Subject to availability

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Free pick up from Chapter Office (appt & mask required) or add \$5.00 for shipping.

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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: \_\_\_\_\_

Mens

Total \$ \_\_\_\_\_

Ladies



# Save The Date

## 13th Annual MOAA-AC Golf Tournament



Friday, November 5, 2021

The Quarry Golf Course  
Early bird special—sign up on line  
by August 5th

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



# OUR CORPORATE PARTNERS

*Please support those that support us!*

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## USAA

*Financial Services Company*

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

800-531-8722

*For more information visit our website*

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

*And look for the Media Kit under the About Us tab or email Lisa Skopal  
lskopal@ymail.com*

*Insert*

*Your Business Here!*

## 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

### Countering the Stress of Interviewing

Interviewing can be one of the most stressful times in the job search process. There are unknowns that create anxiety. Who will interview? What questions will I be asked? How do I handle questions that I don't have answers for? And .... This is the first of a series of articles on interviewing.

You know from experience the value of prepping. It's the same here. The steps vary from your past experiences however the philosophies are the same. It's all about research – you and the company.

Let's talk about you first. The "civilian" workplace's differences are as varied as can be. Large corporations have a different culture and norms from small ones. Manufacturing is different from hospitality. Even in government, cultures vary from local to state to federal. It's important that you know what culture fits your needs. Cultures and environments vary in their degree of risk-taking versus conservatism. Some work allows flexibility in schedules, even work locations. Some are very structured while others are very unstructured. You need to determine what works best for you.

The next major step is to research the prospective employer. Do as much as you can to find out about the company. Find out who will conduct the interviews and the interview structure. Google the potential interviewers. Find out if there is a common factor. I interviewed with one company and found that I had worked in the same hotel as one of the interviewers. She was on LinkedIn. We discussed this during the icebreaker. This helped start the conversation and make it easier on us both. Note that the interview-

er can be uncomfortable depending upon their level of interviewing experience.

Here are the points that the interviewer is trying to cover:

- Does the candidate have the skills that I require? Do these skills complement the skills of the work team?
- How will the candidate fit into the company culture? And how will they fit into the work team?
- What is the understanding of the candidate with regards to the company, its mission and values? How will they fit?

(Continued on Page 13)

### Elevator Pitch

(Continued from Page 4)

- In addition, we run the chapter operations and promote camaraderie through our monthly social events.
- There is an application providing membership in both MOAA and the Alamo Chapter. (See Page 13)
- 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

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

or email us at [moaa-ac@sbcglobal.net](mailto:moaa-ac@sbcglobal.net) or call the office at 210.228.9955.

## Estate Planning & Decedent Affairs Checklist

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

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

Please either contact the office for a copy or go online to the Alamo chapter website and find a link to it under the Hot News section on the home page.

*Cora Bayle-Cox*

CAPT USN (Ret)

Assistant Personal Affairs Officer

### Alamo Chapter

**Vision:** *To be the primary advocate for the military community*

### Mission:

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

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



## MOAA NATIONAL ENROLLMENT

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

Name \_\_\_\_\_

Branch of Service \_\_\_\_\_ Rank \_\_\_\_\_

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse of Eligible Officer

☐ Graduation Year (Cadet/Midshipmen) \_\_\_\_\_

Email Address\*\* \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

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

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

Date of Birth \_\_\_\_\_

Spouse Name \_\_\_\_\_

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

\*\*Email address required for BASIC Membership



### Method of Payment

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

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

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

Zip code where Billing Statement is mailed: \_\_\_\_\_

## MOAA LOCAL ALAMO CHAPTER ENROLLMENT

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

☐ YES! Renew my Alamo Chapter Membership

Name \_\_\_\_\_

Branch of Service \_\_\_\_\_ Rank \_\_\_\_\_

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse/Surviving Spouse of Eligible Officer

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_  
(Email address required for Electronic Membership)

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

Phone Number \_\_\_\_\_

Date of Birth \_\_\_\_\_

Spouse Name \_\_\_\_\_

Spouse Email Address \_\_\_\_\_

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

**One-Year Membership \$25**  
(Monthly newsletter "The Lariat" sent by email)

**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).



# 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 also welcome!)

#### Current Needs:

- 1) Secretary (No minute-taking required)
- 2) Surviving Spouse Coordinator
- 3) Membership Cmte Members
- 4) Community Outreach Members
- 5) Historian
- 6) Editor
- 7) Treasurer

*Position Descriptions can be found on  
the chapter website under the re-  
sources tab.*  
[www.alamomoaa.org](http://www.alamomoaa.org)



Army Residence  
Community

The Rest of  
Your Life Awaits  
at the ARC.

Retirement living beyond compare.

Let's talk soon.

Now is a great time to learn how our community of shared values and interests is a perfect fit for you. Visit [armyresidence.com](http://armyresidence.com) to take a virtual tour or call **1-800-890-2305** to schedule your visit!

7400 Crestway | San Antonio, Texas 78239 [armyresidence.com](http://armyresidence.com)

Act now and  
command **\$20,000 or  
more in savings!**

Consider the amazing possibilities of life at the ARC. To make your decision as easy as possible, we're currently offering discounts of **\$20,000 or more** on select units – for a limited time! Call today for full details on our High Rise Apartments or Legacy Cottages!



# Soldiers' Angels Campaign

## Warm Feet For Warriors



Believe it or not, one of the items that is most requested from service members and veterans is socks! Just think of how nice a brand new pair of socks feel when you slip your feet in...

Soldiers' Angels wants to help keep our troops and veterans toes feeling toasty, and you can help!

Start a sock collection drive & send us *new* socks in all colors and sizes in their original packaging. We will distribute the socks to veterans in VA Hospitals and include in our care packages to deployed.

Don't worry, we know there are regulations for the type of socks our troops wear when in uniform, but they request socks to wear when *out* of uniform— so really, any kind of sock will do!

### Collection Dates

The sock collection will run from February 1st – April 30th, 2021. (Don't worry if your socks arrive a little before the 1st or a little after the 30th— we anticipate that most people will end their collections on

the 30th and the socks will arrive in the 2-3 weeks following.)

### Goal

Soldiers' Angels goal for 2021 is to collect 10,000 pairs of socks for our deployed service members and veterans.

### Where to Buy Socks

Need some help deciding which socks to buy? We've created an Amazon Wish List with a few examples of the type of socks that would be most useful for our deployed service members or veteran patients. Copy and paste the following link to take you to the Amazon page:

[https://www.amazon.com/hz/wishlist/ls/2DCWV2FA8QCKQ/ref=hz\\_ls\\_biz\\_ex?pldnSite=1](https://www.amazon.com/hz/wishlist/ls/2DCWV2FA8QCKQ/ref=hz_ls_biz_ex?pldnSite=1)

*After you select socks from their WishList and add them to your Amazon shopping cart, you will need to select "Soldiers' Angels Warm Feet for Warrior's Gift Registry Address" under "Other Addresses" when you are on the shipping page!*

Not an Amazon user? No worries, you can find similar socks just about anywhere in stores or online. Just find the socks you want to send, pack them up and ship them to our HQ in San Antonio:

Soldiers' Angels  
2895 NE Loop 410, Suite 107  
San Antonio, TX 78218

### Transition Tips

(Continued from Page 10)

- Does the candidate have the right mind set? What is the attitude and aptitude? Skills can be taught if they don't match exactly while attitude cannot. I learned this from my time at Marriott Hotels. The message from Bill Marriott Sr was that you can "teach skills but not attitude".
- Finally, how much does the candidate want the job?

As you can see, prepping sets you up for a knowledgeable discussion versus going in blind. We'll talk more about next steps in the interview process. Good luck in your job search.

*Kitty*

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

## Humor Me!

### Real Estate

The reason the Air Force, Army, Navy, and Marines bicker among themselves is because they don't speak the same language.

For instance, here's what happens after they secure a building:

The Army will post guards around the building.

The Navy will turn out the lights and lock all the doors.

The Marines will kill everybody inside and then set up headquarters.

The Air Force will take out a five-year lease with an option to buy at the end.

\*\*\*\*

### Military Kids

What do you call kids in the military? Infantry.

\*\*\*\*

ARMY: A Recruiter Misled You

USMC: Uncle Sam's Misguided Children

\*\*\*\*

## Health Benefits & Welfare

(Continued from Page 6)

will receive a free Original Glazed® doughnut from Krispy Kreme.

- **VA Infrastructure.** President Joe Biden's \$2 trillion infrastructure plan includes more than \$18 billion for upgrades to Veterans Affairs medical centers, work that veterans advocates have said is long overdue. The White House is expected to release its fiscal 2022 plan for funding VA operations sometime next month.
- **VA Claim Exams.** Although the pandemic has caused Compensation & Pension examinations to accumulate, VBA has now safely resumed in-person exams everywhere in the country and will schedule them as soon as possible. VA has implemented policy changes that enable broader use of the virtual Tele-C&P and Acceptable Clinical Evidence examination procedures by both the VHA and VBA contract examiners.
- **Virtual Vietnam Wall.** At <https://www.virtualwall.org/iStates.htm> you can see the personal memorial pages of casualties listed by home of record by selecting your state and town.
- **POW/MIA White House Flag.** On June 14, 2020, Flag Day, Trump ordered the POW/MIA flag removed. President Joe Biden has restored it to its rightful place, where it is visible for the world to see. This flag symbolizes our Nation's commitment to resolving the fates of those still listed as prisoner, missing, and unaccounted for from all conflicts.
- **Commissary Sidewalk Sales.** After being canceled last year because of the pandemic they are returning between 29 APR and 31 MAY at most stateside military commissaries.

\*\*\*\*

## MOAA-AC Membership Eligibility

Membership in the Alamo Chapter is open to active duty, former, retired, and National Guard and Reserves commissioned and warrant officers of the eight U.S. uniformed services and their surviving spouses.

## Speaker Bio - BG Shan Bagby



**Brigadier General Shan K. Bagby**  
**Commanding General, Brooke**  
**Army Medical Center**

**Deputy Market Director, San**  
**Antonio Military Health System**

**Chief, U.S. Army Dental Corps**

Brigadier General Bagby was born in New Jersey and earned his Bachelor's Degree in Physics from Rutgers University, a Doctor of Dental Medicine Degree from the University of Pittsburgh, a Master's Degree in Healthcare Administration from Baylor University, and a Master's Degree in Strategic Studies from the U.S. Army War College.

He completed Oral and Maxillofacial Surgery (OMS) residency training at Martin Luther King, Jr./Drew Medical Center, Los Angeles, California and Fellowship training in OMS trauma surgery at the University of Texas Health Science Center, Houston, Texas.

BG Bagby received his ROTC commission in 1989 and transferred to the Active Component in 1997. His previous career assignments include: Deputy Commanding General (Support), U.S. Army Medical Command; 28th Chief, Army Dental Corps, Deputy Chief of Staff for Support, G-1/4/6; Deputy Chief of Staff/Troop Commander, U.S. Army Medical Command; Commander, U.S. Army Dental

Health Activity, Joint Base Lewis-McChord, Washington; Chief, Dental Corps Branch, U.S. Army Human Resources Command, Fort Knox, Kentucky; Chairman and Program Director, Oral and Maxillofacial Surgery (OMS) Residency Program at Joint Base San Antonio, Fort Sam Houston, Texas; Commander, 561st Medical Company (Dental Services), Grafenwoehr, Germany; Assistant Residency Director, U.S. Army Dental Health Activity, Fort Sam Houston, Texas; and Instructor, Oral Surgery at Walter Reed Army Medical Center, Washington, District of Columbia.

He is a graduate of the Army Medical Department Officer Basic and Advanced Courses, Airborne Course, U.S. Army Command and General Staff College, and U.S. Army War College.

His awards and decorations include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal with three Oak Leaf Clusters, Army Commendation Medal with two Oak Leaf Clusters, Army Achievement Medal with one Oak Leaf Cluster, Meritorious Unit Commendation, National Defense Service Medal, Iraq Campaign Medal with two bronze service stars, Global War on Terrorism Service Medal, Overseas Service Ribbon (2 awards) and the Army Parachutist Badge. He holds the Army Surgeon General's "A" Proficiency Designator and is a member of the Order of Military Medical Merit. He is a Fellow of the American Association of Oral and Maxillofacial Surgeons and is board certified by the American Board of Oral and Maxillofacial Surgery.

In his leisure time, BG Bagby enjoys reading, shooting skeet and trap, and exploring new places with his family.



## Planned Giving

During these difficult times, I am inspired by a profound sense of just how blessed I am. If you have also reflected on how precious life is, and you want to give back, please consider including the Alamo Chapter in your estate distribution.

What a wonderful way to leave your mark and impact the lives of the military in South Texas as your legacy. Few people can support their favorite charities as much as they would like during their lifetimes, but most people can consider a bequest.

That is one reason why we are asking members to consider naming the Alamo Chapter in their estate planning. Why should you choose to include the Alamo Chapter in your estate planning? You know we will make good use of your charitable gift supporting the military in south Texas.

Did you know that 60 to 70 percent of all Americans die without a valid will? Family members are left to imagine their loved ones' wishes, belongings may be distributed improperly, and assets are allocated according to state laws. Even if you have a will now may be the perfect time to review your estate planning documents. You can also update your planning documents to include a favorite organization such as the Alamo Chapter.

Here are some options for including the Alamo Chapter in your final plans:

1. Some types of bequests to consider:
  - a. Specific Bequest: what dollar amount, property or other asset
  - b. Percentage Bequest: Percentage of your estate or specific item
  - c. Residual Bequest: Alamo Chapter to receive the remainder after final expenses and other bequests.
2. A gift by way of a beneficiary designation: naming the Alamo Chapter as a beneficiary of a life insurance policy, retirement plan, bank & investment accounts, or other financial accounts. Nothing could be easier!

Please have your gifting decision reviewed by your estate planner or other financial advisor.

*Col Vaughn Caudill*

## Soldiers' Angels Provides Monthly Food Assistance for San Antonio Veterans.

Veterans in need of food support can register now to get approximately 75 lbs. of groceries, at no cost. Volunteers always needed to package and hand out the food.

San Antonio veteran food assistance is provided monthly to veterans in need by Soldiers' Angels during the Veteran Mobile Food Distribution event. Veterans must register ahead of time to receive support.

To register for the upcoming San Antonio Veteran Food Assistance event, go to

[www.soldiersangels.org/San-Antonio](http://www.soldiersangels.org/San-Antonio)

This event occurs on the third Thursday of every month:

The dates for future drives are as follows:

May 20, June 17, July 15, August 19, September 16, October 21, November 18, December 16.

**Location:** Cowboys Dancehall, 3030 NE Interstate 410 Loop, San Antonio, TX 78218

To register for future events or inquire about sponsoring, email: Steven at [szuniga@soldiersangels.org](mailto:szuniga@soldiersangels.org)

*This food pantry event is a drive-through and will follow all local and CDC guidelines to provide the safest possible environment for veterans and volunteers. Veterans do not need to get out of the car. Masks are required at all times by everyone on site.*



### VOLUNTEER STAFF:

PRESIDENT	LtCol Kitty Meyers <a href="mailto:kamconsulthr@gmail.com">kamconsulthr@gmail.com</a>
PROGRAMS	Col David Patrick <a href="mailto:dwpatrik01@gmail.com">dwpatrik01@gmail.com</a>
MEMBERSHIP	COL Felix Santiago <a href="mailto:felixsantiago01@gmail.com">felixsantiago01@gmail.com</a>
LEGISLATIVE AFFAIRS	MAJ James Cunningham <a href="mailto:jimbob48@sbcglobal.net">jimbob48@sbcglobal.net</a>
SECRETARY	(Open)
TREASURER	(Open)
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 Frecko
EDITOR	(Open)
CHAPLAIN	LTC James Taylor
PX/VAC Rep	Jim Cunningham
SA TRANSITION	LtCol Kitty Meyers
TX TRANSITION	Col David Patrick
WEBMASTER	Col Bill Hudson
HISTORIAN	(Open)
VOLUNTEER COORD.	Col Pete Schaub
ADVERTISING	Col Lisa Skopal
BLUE SKIES REP	LtCol Jim & Dottie Conner
ARC REP	Col Joe & Janet Morgan
CHAPTER AFFAIRS	Col Irene Collier
ACTIVE DUTY LIAISON	LT Rachel Johnson
CONTRACTOR:	Trish Meserve

### Chapter Board:

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LTC Robert Blake

**Honorary Director:** Gen William McBride

### Alamo Chapter Educational Foundation Board:

COL Robert Akam Maj Tony Hargrove  
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### Editorial Policy

The Lariat is the newsletter of the Military Officers Association of America—Alamo Chapter. It is published once each month to inform the membership of issues and activities of interest to all. MOAA-AC Operations is a non-profit organization 501c 4. The Alamo Chapter Education Foundation is a 501c 3.

MOAA and its affiliated chapters and councils are strictly 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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MILITARY OFFICERS ASSOCIATION OF AMERICA  
ALAMO CHAPTER

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OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS  
COMPONENTS AND IT HAS NO GOVERNMENTAL  
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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](http://WWW.ALAMOMOAA.ORG)**

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# THE LARIAT

National Award Winning Newsletter

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



**Thursday 27 May at 11am**  
**Chapter Webinar**  
**via ZOOM**

**BG Shan K. Bagby**  
**Commanding General**  
**US Army Regional Health**  
**Command - Central**

No pre-registration necessary  
– just logon to ZOOM and join us!

Meeting ID: 839 7760 9794  
Passcode: 202200

Please join us!



**Thursday 24 June at 11am**  
**Chapter Webinar**  
**via ZOOM**

**Laura Koerner**  
**Chair**  
**Texas Veterans Commission**

No pre-registration necessary  
– just logon to ZOOM and join us!

Meeting ID: 836 8153 5452  
Passcode: 373453

Please join us!