

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 41, Number 9

“Five Star ★ ★ ★ ★ ★ Chapter”

September 2021



President's Message

It's another day of listening to the news. Another day of reading news articles and clips about troubling times. For some of us, it brings back memories. The year was 1975. I'm sure that many of you remember the fall of Vietnam. I had friends that flew the helicopters evacuating folks and then seeing the bird being pushed off the deck of an aircraft carrier. A unique experience for a USAF pilot who had never landed on a tossing carrier.

The situation in Afghanistan is as troubling as Vietnam. To some, more so. It's immediacy to so many of us will resonate. I'm not a psychologist or mental health specialist. However, there are resources for those seeking assistance. The VA blasts emails, reaching out to those who need help. Locally, the Cohen Clinic at Endeavors is one resource. Check them out at www.endeavors.org. This is just one

resource of many.

Today we are battling COVID. It's still not over. The Chapter adjusts the meetings as we go to allow for the situation. JBSA is now on a Health status Bravo plus. Don't forget your mask when entering any of the JBSA bases. We are hoping to begin using the Ft Sam Golf Course and other facilities next year. In the meantime, mask up, social distance and get that shot.

I know these are controversial topics. We live in a controversial time. I ask you to remember the MOAA slogan – NEVER STOP SERVING. Each one of us does this in our own way. I thank you. Have a safe September. See you soon.

Kitty

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

Chapter Elections



All elected positions will be up for election/re-election this coming November.

If you have an interest in any of the following volunteer positions and want to be considered for the ballot, please contact our Nominating Committee Chair Lisa Skopal at LSKOPAL@YMAIL.COM or call and leave a message at the office for her to contact you by phone.

President

President Elect

Secretary

Treasurer

VP Membership

VP Programs

VP Legislative Affairs

Descriptions of all these positions can be found on our website under the Resources tab.

Inside This Edition:

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We honor all those who gave their lives in Afghanistan, including the most recent



Lance Cpl. David Lee Espinoza
Sgt. Nicole Gee
Staff Sgt. Taylor Hoover
Staff Sgt. Ryan Knauss
Lance Cpl. Rylee McCollum
Cpl. Hunter Lopez
Lance Cpl. Dylan R. Merola
Lance Cpl. Kareem Nikoui
Sgt. Johanny Rosario Pichardo
Cpl. Humberto Sanchez
Cpl. Daegan William-Tyler Page
Lance Cpl. Jared Schmitz
Seaman Maxton “Max” Soviak

Notices



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!

LTC Anton Blieberger USA (Ret)
 LTC Alva Brownfield USA (Ret)
 Diane Burkett
 Col Karen Currie USAF (Ret)
 MAJ Rachel Danielson USA (Ret)
 COL Rodney Day USA (Ret)
 Linda Gayer
 LTG Richard Graves USA (Ret)
 Lt Col Loretta Henderson USAF (Ret)
 Lyn Henderson
 COL Arthur Jackson USA (Ret)
 Maj Chris Johnson USAF (Ret)
 Col Glenn Larsen USAF (Ret)
 CW4 Theodore Longobardi USA (Ret)
 MAJ John Markovetz USA (Ret)
 COL Edgar Marshall USA (Ret)
 CDR Paul Martin USNR (Ret)
 COL Douglas McCary USA (Ret)
 Col David Patrick USAF (Ret)
 BG James Raymer USA (Ret)
 Col Frank Rohrbough USAF (Ret)
 LTC Chuck Rose USA (Ret)
 Mary Sidorsky
 Col Lisa Skopal USAF (Ret)
 COL Mary Anne Svetlik USA (Ret)
 CWO Charles Thompson NJARNG (Fmr)
 CDR Brenda Tobey USN (Ret)
 MAJ Thomas Tucker USA
 COL Vickie Tuten USA (Ret)
 Col Roger Virost USAF (Ret)
 LCDR James Walker USN (Ret)
 Col John Westerbeck USAF (Ret)
 Col Sarah Williams USAF (Ret)
 LTC Machielle Wood Denmon USA (Ret)

Alamo Chapter (MOAA-AC) Membership Eligibility

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

Save The Date

Sept 14, 2021



The **Army Residence Community** Satellite Chapter is hosting a lunch meeting on Tuesday, September 14 in the ARC Auditorium beginning at 11am.

The guest speaker will be Mrs. Candis Martin, head of the Gold Star Mother's organization.



2022 Scholarship Committee Forming!!!

Interested in serving on our scholarship committee?

Every year, the Alamo Chapter honors outstanding high school and college students with our wide-ranging scholarships and awards programs.

These initiatives reinforce our mission of supporting our military community while addressing our priority of increasing membership.

We are beginning the program for academic year 2021-2022 and seek volunteers who can commit to attending three meetings over the next six months. The 2022 program kicks off with a strategy and planning meeting in October where we outline our purpose, objectives and tasks for success.

This is an exciting and important program and we seek input from across the chapter membership.

If interested in joining the team, please contact our Scholarship Committee Chairperson, Col (ret) Pete Hunt, preferably via email, peter-hunt2012@gmail.com or backup by text/phone to 210-867-0418.

Hope to see you soon and as always,
 THANK YOU FOR YOUR SUPPORT!

Pete Hunt

Col (USAF, Ret) Pete Hunt
 MOAA-Alamo Chapter
 Chairperson, Scholarship and
 Awards Committee

The Big Give 2021 - MOAA-AC Scholarships

The Big Give is South Central Texas' 24-hour online day of online giving fueled by the power of generous donors, creative nonprofits, social media, collaboration, and you!

Sometimes you give to causes because you know it is a cause you feel good about, but yet, you remain unsure of who really benefits long-term from your generosity.

We recently received a note from Ryan Thornberry who received a MOAA scholarship several years ago. He shared his story on how his scholarship helped to shape his life today. On the 23rd of September, the Alamo Chapter will participate again with Big Give SA for our Educational Foundation. Please remember us on that day along with your other favorite non-profits who benefit from your gift. (Ryan's father is Bill Thornberry who served in the USAF as a Services Officer)

"Growing up as a military BRAT is an experience I will always cherish. The challenge, is to find that one activity or two you can take with you from place to place that creates stability. In third grade, while we were stationed at Lowry AFB, Colorado, there was an announcement over the intercom inviting all students who were interested in learning a musical instrument to come to the auditorium. I decided to accept that invitation, and my life has been changed ever since. I was able to take my love for music and Boy Scouts from base to base. As a Senior in high school, I decided to attend Texas Tech University and pursue teaching music as a career. At this time, my father had recently retired from the Air Force and with a reduced income it made it challenging to also pay for a child in college. In addition, since his retirement was so recent, I didn't qualify for any financial aid based on my father's income. Thankfully, during my sophomore year of college, I was granted the MOAA scholarship which helped pay for four more years of college. Not only did this help me finish my degree, but my sister had just begun college as well and the financial strain was greater on my parents. Thank you so much for helping me achieve my dream. I am currently in my 20th year as a band director in Texas, and I share my military BRAT experiences every chance I get. I have had two to three students every year choose to join a branch of the military after high school. I currently have a former student auditioning for the Army Band. The no-interest, MOAA scholarship eased my transition to life as a high school teacher with college loans."

big
give

**Choose the
Alamo Chapter
on September 23, 2021**

All proceeds go towards next
year's scholarship
recipients

Go to www.thebiggivesa.org
And search for Military Of-
ficer Association of America
Alamo Chapter



<https://www.thebiggivesa.org/organizations/military-officer-association-of-america-alamo-chapter>

Membership Memos

THANK YOU - Renewing Members

LTG Richard Graves USA (Ret)
 BG James Raymer USA (Ret)
 Col Alex Archibald USAF (Ret)
 COL Allan Berrier USA (Ret)
 Col Ch Jim Browning USAF (Ret)
 COL Gary Bushover USA (Ret)
 Col Karen Currie USAF (Ret)
 COL Rodney Day USA (Ret)
 Col Rich Demouy USAF (Ret)
 Col James Donovan USAF (Ret)
 Col Matthew Eichinger USAF (Ret)
 Col Bernard Frey USAF (Ret)
 Col Joseph Golembiewski USAF (Ret)
 COL Arthur Jackson USA (Ret)
 Col Anthony Johnson USAF (Ret)
 COL Robert M. Johnson USA (Ret)
 Col Glenn Larsen USAF (Ret)
 CAPT Harold Lutz USN (Ret)
 COL Edgar Marshall USA (Ret)
 COL Douglas McCary USA (Ret)
 Col Wright Nodine USAF (Ret)
 COL Michael Pasquarella USA (Ret)
 Col Freddie Peralta USAF (Ret)
 Col James Quinn USAF (Ret)
 Col Rechkemmer USAF (Ret)
 Col Rose Ramirez USAF (Ret)
 COL Mary Anne Svetlik USA (Ret)
 COL Vickie Tuten USA (Ret)
 Col Roger Virost USAF (Ret)
 Col John Westerbeck USAF (Ret)
 Col Sarah Williams USAF (Ret)
 Col Vickie Young USAF (Ret)
 Lt Col Robert Bishop USAF (Ret)
 LTC Anton Blieberger USA (Ret)
 LTC George Bradley USA (Ret)
 LTC Alva Brownfield USA (Ret)
 Lt Col Alan Chalfont USAF (Ret)
 Lt Col Bill Goff USAF (Ret)
 LTC Clay Hadick USA (Ret)
 Lt Col Loretta Henderson USAF (Ret)

Lt Col Elizabeth Johnston USAF (Ret)
 CDR Sarah Kovel USN (Ret)
 CDR Paul Martin USNR (Ret)
 Lt Col Kathy Rafferty USAF (Ret)
 LTC Terrance Robinson USA (Ret)
 LTC Joseph Robles USA (Ret)
 LTC Chuck Rose USA (Ret)
 LTC Marilyn Ruth USA (Ret)
 LTC Steven Simmons USA (Ret)
 Lt Col Ralph Stearman USAF (Ret)
 CDR Brenda Tobey USN (Ret)
 LTC Marjorie Voss USA (Ret)
 LTC Machielle Wood Denmon USA (Ret)
 MAJ Rachel Danielson USA (Ret)
 MAJ James Drake USA (Ret)
 Maj Chris Johnson USAF (Ret)
 MAJ John Pham-Ta USAR
 MAJ Richard Simmons USA (Ret)
 MAJ Thomas Tucker USA
 LCDR James Walker USN (Ret)
 CPT Masashi Kaida USA (Fmr)
 Capt Mario Oliveira USAF (Ret)
 Cpt Joseph Thomas USAF (Ret)
 CPT George Vrba USA (Fmr)
 CWO-4 James Griffith USN (Ret)
 CW4 Theodore Longobardi USA (Ret)
 CW2 Bill Strout USA (Ret)
 Diane Burkett
 Lyn Henderson
 Mary Sidorsky

Membership Stats

Active Duty 244
 Surviving Spouse 164
 Former Military 63
Retired 835
Total 1306

WELCOME New Members

Col Brad Barnhart USAF (Ret)
 Col Robert Brust USAF (Ret)
 COL Christopher DeLaRosa USA (Ret)
 Col Lisa Firmin USAF (Ret)
 COL Fred Solis USA (Ret)
 Lt Col Warren Domke USAF (Ret)
 Lt Col Peter Godwin USAF (Ret)
 LTC Gary Harrison USA (Ret)
 LTC Ken Pruitt USA (Ret)
 LTC Gregory Williams USA (Ret)
 Maj Aaron Leroy USAF

Alamo Chapter Mission & Vision Statement

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



13th Annual MOAA-AC Golf Tournament

Military Officers Association of America - Alamo Chapter
Benefiting



Warrior and Family Support Center
San Antonio

& Alamo Chapter Educational Foundation

Friday, November 5, 2021

The Quarry Golf Course, 444 E. Basse Rd, San Antonio, Tx

\$150 per player (limit 120 players)

(\$10 early bird discount if registered & paid by September 5th)

Womens & Mens Divisions!

Includes green fees, cart, goodie bag, lunch & Awards dinner

REGISTRATION & LUNCH begin 11:00am - Shotgun Start 1pm



SPONSORSHIP OPPORTUNITIES

Title Sponsor \$10,000

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 6 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

Closest To The Pin \$325

Longest Drive \$325

Warrior Player Sponsor \$150

Monetary donation in any amount \$_____

CONTACT INFORMATION

Tournament Co Chairs: Frank & Stephen Rohrbough
Frank: 703-868-8006 Stephen: 210-262-7026
MOAA Office: 210-228-9955 Email: moaa-ac@sbcglobal.net

(For 4 person teams or individual players)

Player 1 Name: _____

Email: _____

Player 2 Name: _____

Email: _____

Player 3 Name: _____

Email: _____

Player 4 Name: _____

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/Sponsor Name:

Email: _____

Tel: _____

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 (Mon-Thurs 1-4pm). (Rev 041521)



Alamo Chapter

The Military Officers Association of America

Alamo Chapter (MOAA-AC)

is conducting its

13th Annual Golf Tournament on November 5, 2021

at the Quarry Golf Course in San Antonio.



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 (preferably a minimum of 150, or 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 flyer to any of 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 call our MOAA Office at (210) 228-9955.

Sign up or donate using this form or alternatively, you can sign up and/or donate on line at our website and pay using your credit card. Go to www.alamomoaa.org. Tax ID: 82-1635522 .

Thank you.

Frank Rohrbough

Frank Rohrbough
Co-Chair, Golf Committee



Medical Minute

Oversleeping and Brain Health

While insufficient sleep is more common and more harmful, sleeping too many hours at night can also affect brain function.

Sleeping too little or too much can impair memory, concentration, reasoning, and verbal communication.

There may be several reasons why too much sleep affects brain function. One study shows it is a sign of neurodegeneration – atrophy and loss. Another study shows an unhealthy sleeping pattern affects certain brain chemicals such as serotonin which is involved in mood regulation as well as memory and learning.

Ideally, you want to get seven to eight hours of sleep each night. Occasional nights of too little or too much sleep won't have a lasting impact, but if you are consistently sleeping nine hours or more a night or you are getting six hours or less, talk to your doctor.

You may need adjustments to lifestyle or medication and to determine the underlying causes of your sleep patterns.

Source: Mass Gen Hospital Aug 2020

Irene Collier (Col, Ret)

Happy 74th Birthday to the United States Air Force

Sept 18, 1947



U.S. AIR FORCE

Aim High ... Fly-Fight-Win



Solitaires



Cognitive Abilities

What is cognitive fitness? "Cognitive" relates to thought processes. It also includes the ability to focus attention, comprehend new information, use language effectively, interact with others, control impulses, weigh options, and formulate and pursue plans.

Researchers have found that cognitive abilities over a lifetime are more flexible than once thought. Various elements of memory and cognition peak at various times in a lifetime. Peaks and valleys vary from person to person and depend on intellectual capabilities, health, education, physical fitness level and other factors. Attributes of cognitive development throughout adulthood are listed below:

Cognitive abilities in your 20s: Your brain development has reached maturity. You should be able to solve problems, reason, learn processes and remember new information—such as names and faces—as quickly and easily as you ever will.

Cognitive abilities in your 30s: Your mental processing speed is starting to gradually decline as your brain begins to lose efficiency in its connections. Your working memory—the means by which you quickly recall and manipulate information—is peaking.

Cognitive abilities in your 40s: Your cognitive function and memory remain strong. Although you may start to notice subtle changes in your ability to learn and remember new information such as a name of a person you have just met, your reasoning skills are still strong. It may be more difficult for you to perform more than one task at a time. Thanks to your life experiences, your ability to perceive emotions in others and to make moral decisions is stronger.

Cognitive abilities in your 50s: You may experience some mild forgetful-

ness such as being able to recall a word or name that you used to easily recall. Your memory processing skills and other executive functions may be gradually declining. You may be having trouble learning new information or processing information you have already learned. It may be harder to divide your attention among tasks. You may find you perform better in tasks of vocabulary, comprehension, and general knowledge.

Cognitive Abilities in your 60s: Your memory, processing skills, and executive functions continue to decline. Your comprehension of vocabulary and general knowledge remains stable.

Cognitive abilities in your 70s: You may have more trouble with working memory. You may experience a decline in your ability to hold information in your mind while using it. For example, it may be more difficult to calculate the tip on a restaurant bill. You may forget the names of familial objects. You respond more slowly to sensory information and have trouble dividing your attention among tasks. To fight off further decline, continue to acquire new knowledge and experiences.

Cognitive abilities in your 80s: You will likely have trouble with both long- and short-term memory. You remember the fifth grade but not what you had for lunch. It is harder to find words for everyday objects. Your risk for dementia continues to rise.

Remember that not everyone will experience the same development or decline in the same ways. Although you can't stop the aging process, you can continue to work that muscle called a brain to keep you at your sharpest! So, never stop learning. Keep challenging your brain and keep learning new skills.

Source: Harvard study Cognitive Fitness 2000--2019

Irene Collier (Col, Ret)



Soldiers' Angels

YOUR SUPPORT IS ESSENTIAL FOR AFGHANS

Please note this article from Soldiers' Angels contains some dated information. Please visit their website at soldiersangels.org for updates on how you can best help.

Our country is facing an international crisis. After Afghanistan fell to the Taliban this past weekend, a chain reaction of events began unfolding. And now, only four days later, your support is essential for Afghans and Americans.

How Soldiers' Angels is Supporting

Soldiers' Angels has already received urgent requests from multiple military installations who are preparing to not only deploy American service members to support the Afghanistan evacuation efforts, but who will also be welcoming thousands of Afghan refugees in the coming days. It's still unclear where the refugees will go once they arrive, but in the short term, they will be housed within the military installations.

The list of items the military installations have requested is very long, but we are focusing on these emergency needs that will be a life-line for refugees and service members alike:

Refugee Support

Emergency Clothing and hygiene will be the most needed items as the refugees begin filtering into the U.S. In addition, masks for adults and children are an urgent need.

Toys and Games

Toys and games will be provided to refugee children. In addition, at the request of deployed Chaplains, we will be shipping boxes of toys for deployed service members to support the children still on the ground in Afghanistan. Travel games and puzzle books will also be sent to deploying service members currently in quarantine.

Deployed Support

Soldiers' Angels is already sending additional care packages to service members and Chaplains currently in Afghanistan. But with the coming influx of service members deploying to the region, we need more care package items to support those additional service members.

How You Can Help

Donate Items

This situation is unfolding very rapidly and ***we need your support*** in order to best support the military community. We are accepting donations of any of the items listed above, which can be sent directly to our headquarters office in San Antonio:

Soldiers' Angels Afghanistan Support

2895 NE Loop 410, Suite 107

San Antonio, Texas 78218

Donate Money

Don't have the time to shop or ship? ***A financial donation is critical*** right now as we work to provide the needed items. Here's where your dollars will go:

\$25 Ships a Care Package

Support service members currently deployed or support those deploying in the coming weeks. \$25 will ship a care package full of snacks, hygiene items, games, and more.

\$25 Ships a Toy Box

Children on the ground in Afghanistan face a future of uncertainty. Service members and Chaplains are working to provide toys and comfort items to help reduce their anxiety.

\$50 Provides a Welcome Bag

Help provide a refugee with the basic necessities. A Welcome Bag will contain basic clothing and undergarments, hygiene items, masks, toys for the children, and more.

We cannot stress enough that your support is essential.

These critical items will help our military service members personally and also help them help others as we continue navigating this crisis situation.

The Smart Senior Living Choice
for civilians and military of all services and ranks.



Blue Skies
of Texas
AT AIR FORCE VILLAGE

888-252-9224

blueskiesoftexas.org

MEET OUR CORPORATE PARTNERS

<p>Abby Consulting Website Design http://www.abbyconsulting.com/ 210-490-6513</p>	<p>Analytical Solutions For Data Marvin Dillard marvin@asfdata.com 859-433-1486</p>	<p>Sponsors and advertisers are vital for the success of any nonprofit and our Chapter is no exception. <i>Please support those that support us!</i></p> <p>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.</p> <p>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, <i>The Lariat</i>, 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.</p> <p>Additionally, if you know of any business interested in sponsoring or advertising in the monthly <i>Lariat</i>, please let me know. We have different levels of sponsorship and different advertising options that can be tailored to each business.</p> <p>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.</p> <p style="text-align: right;"><i>Lisa Skopal</i> Lisa Skopal Advertising Coordinator</p>
<p>Army Residence Community Retirement Living https://armyresidence.com/ 210-646-5300</p>	<p>Beldon Roofing Company Trusted Since 1946 https://www.beldon.com/ 833-5-BELDON</p>	
<p>Blue Skies of Texas Retirement Community In the tradition of Air Force Village https://www.blueskiesoftexas.org/ 866-553-5389</p>	<p>CTWP Digital Solutions Printers, Copiers, Fax Machines & Office Equipment https://www.ctwp.com/ 210-590-2897</p>	
<p>The Green Technology Group IT Solutions Company Leave “IT” to us! http://www.tgtgllc.com 202-285-4748</p>	<p>The Louver Shop of San Antonio Shutters, Blinds & Shades https://www.louvershop.com 830-370-8669</p>	<p>For more information visit our website www.AlamoMoaa.org and look for the Media Kit under the About Us tab or email Lisa Skopal <i>lskopal@ymail.com</i></p>
<p>M. D. Ellis Refrigeration LLC Heating & Air Conditioning https://www.facebook.com/M-D-Ellis-Refrigeration-LLC-589273391215105/ 210-265-1978</p>	<p>Medical Services International Providing Healthcare Consulting Services 210-497-0263</p>	
<p>Security Service Federal Credit Union Full-service Financial Cooperative https://www.ssfcu.org/ 888-415-7878</p>	<p>Transition Management Solutions, LLC Non-profit Consulting David Patrick - Partner http://www.tms-texas.com/ 210-259-9867</p>	
<p>USAA Financial Services Company https://www.usaa.com/ 800-531-8722</p>	<p style="text-align: center;"><i>Insert Your Business Here!</i></p>	

Transitioning Tips

Personal Responsibility

Those of us with military experiences, no matter the length of service, understand the terms “personal responsibility” and “accountability.” We are introduced to these concepts from the moment we walk onto our first training event, be it the Academy, ROTC or officer training by whatever name it went by. We carried this code throughout our time in uniform. We carry it through our civilian career as well.

For those in transition, this is very important. Your experiences in discipline will serve you well as you move through the process of determining your strategies and implementing them to a successful outcome.

Many of the folks that I chat with understand that the “monkey is on their back” to successfully navigate to a new job. They accept the responsibility to manage the process. Others, however, feel the need to transfer this process to another. This is a bad mistake.

Those in transition are plotting their future. Allowing someone else to manage this is like letting them run your life. Is that what you really want? My response when the caller is attempting to do this is to push back. I remind them that my career plans are managed by me. It’s now their turn to take the lead.

Remember that you know yourself the best. You know your desires and wants. I can assist you in determining which ones to follow through questions and discussions. I can help you plan a strategy to get there. However, you must have the drive and discipline to follow through with the plan. I can help as you go along. But the responsibility is yours to walk through it.

You have succeeded in so many ways in your career. Now it’s time to venture into a new world and chart your future. Best of luck.

Kitty

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

Chapter Transition Liaison Officer



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 are 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

This event occurs on the third Thursday of every month:

The dates for future drives are as follows:

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

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 Opportunity



We have been notified of a wonderful opportunity to volunteer in support of Special

Olympics Texas, which take place between 19 and 22 September at Morgan’s Wonderland.

Please go to

www.sotx.org/summergames

to learn more about the event, their need for volunteers, and to register if you are willing to assist.

Pete Schaub
MOAA-Alamo Chapter
Volunteer Coordinator



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.

moaa-ac@sbcglobal.net



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 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; or signup **online** at www.alamomoaa.org.



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WANTED!

Active Duty or Retired Job Seekers

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

dwpatrick01@gmail.com

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



**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) Solitaires Coordinator
- 5) Historian/Photographer

*Position Descriptions can be found on
the chapter website under the re-
sources tab.*

www.alamomoaa.org

Speaker Bio - Texas Senator Donna Campbell



Senator Campbell will be our guest speaker at the September 22nd Happy Hour at the Petroleum Club from 4-6pm. See back page for more details.

Sen. Donna Campbell, M.D. is a board certified emergency room physician and proud parent of four daughters. She lives in New Braunfels and represents Senate District 25, a six county district which includes parts of San Antonio and Austin. She currently serves as Chair of the Senate Nominations Committee, but served as Chair for the Senate Veteran Affairs and Border Security Committee from 2017 until after the 87th Regular Session in 2021. Senator Campbell also serves on the follow committees: Finance, Business and Commerce, Health and Human Services, State Affairs, and the special Redistricting Committee.

She has received top honors for her legislative accomplishments from the NRA, Texas Alliance for Life, Texas Values, and the Texas Veterans Commission. She has been recognized as a Top Courageous Conservative three times in a row by the Texas Conservative Coalition and designated as a Fighter for Free Enterprise by the Texas Association of Business.

During the 87th Legislative Session, there were numerous victories of which Republicans should be proud. Texas finally passed "constitutional carry", which will allow adults over the age of 21 to carry handguns without a license or permit. Numerous pro-life bills were passed, including the Texas Heart Beat Act which outlaws abortion after six weeks of pregnancy, and a bill that would outlaw abortion in Texas if the Supreme Court reverses its rulings in Roe v. Wade / other cases. Because of Senate Bills 2 and 3, Texas will now require the weatherization of power generation facilities, natural gas facilities, and transmission facilities to handle extreme weather. The Texas Railroad Commission and ERCOT will be required to inspect these facilities, and failure to weatherize these facilities can result in a penalty of up to one million dollars. These bills also create a "Power Outage Alert" where Texans will receive an emergency alert whenever the power supply in the state may be inadequate to meet demand. Finally, the legislation makes significant reforms to ERCOT, including having eight fully independent board members of the 11-member board, and requires board members to be residents of Texas. Numerous bills were passed during the 87th Legislative Session to address municipalities that defund the police. SB 23 requires voter approval to reduce law enforcement budgets in counties with a population of more than one million. If voter approval is not received, but the county still defunds the police, the county's property tax revenue will be frozen. HB 1900 freezes property tax revenues for cities with populations over 250,000 that defund the police. Under this law, cities that defund the police will lose their annexation powers for 10 years and any area annexed by a defunding city in the past 30 years can vote to dis-annex from the city. It also allows the State of Texas to withhold sales taxes collected by a defunding city and give it to the Texas Department of Public Safety to pay for the cost of state resources used to protect residents of a defunded municipality. However, there is still work to be done in this regard during the Special Session.

Senator Campbell authored and passed numerous conservative bills that will help not only her constituents in Senate District 25, but all Texans. SB 20 protects travelers' Second Amendment right to defend themselves and their property by permitting the safe storage of their firearms in a Texas hotel room. The Lone Star Infrastructure Protection Act protects Texas against hostile actors like China & Russia. Recent infrastructure attacks, such as the Colonial Pipeline, prove that this type of legislation is more important now than ever before. Senator Campbell Sponsored HB 9, which makes it a state jail felony to block emergency vehicles and obstruct the entrances to emergency rooms. We saw this occur in other states such as California during the protests last summer. HB 9 ensures this type of behavior does not occur in Texas. Lastly, Senator Campbell passed SB 2158 which allows the Texas Education Agency to work with the National Child Identification Program to provide parents with I.D. kits for safekeeping in case of an emergency. The kits are voluntary, kept at home (so the information is not stored in a central database unless it is submitted by the parents), and may be turned into law enforcement in an effort to locate their missing child.

A proud woman of faith, Senator Campbell has volunteered with Christian Eye Ministries and performed hundreds of eye surgeries in the West African nation of Ghana. In her spare time, she is an avid hiker and runner.

Senator Campbell was recently elected by her colleagues in the Texas Senate as President Pro Tempore. Should the Governor and Lieutenant Governor be out of state, Senator Campbell will proudly serve as the Governor of the Great State of Texas.

If You Hear This When You Answer the Phone, Hang Up Immediately

In the era of overactive group texts and social media overload, getting a phone call from a friend or loved one with good news has become something of a special event again. Unfortunately, it's also become next to impossible to figure out which incoming calls are from someone you actually want to speak to and not just another annoying robocall. And even though those anonymous spam calls might seem like they're just a nuisance, they can actually be targeted scams that can put your personal information at risk. Thankfully, officials at the Federal Communications Commission (FCC) say there are a few simple tricks that can tell you when you should hang up the phone immediately—and others that can help cut back on unwanted calls altogether. Read on to see how you can spare yourself from having to cut the cord.

Hang up immediately if you hear a recording when you answer the phone.

Knowing you're about to get a robocall is usually as easy as noticing that it's coming from an unknown or blocked number. But if you ever answer the phone and hear a recording on the other end, you should hang up immediately—especially if it's asking a simple question that you can answer with a "yes."

According to the FCC, scammers and robocall companies often use simple responses to identify potential targets. And it's not just your voice: This also includes asking you to press a button to remove you from a call list. Interacting with these prompts in any way is how spammers find out your number is real, which they can then use to begin spamming you more often or even sell to other companies, CNET reports.

Avoid picking up calls from unknown numbers, even if they appear to be local.

Screening your calls and avoiding unknown numbers can be difficult and annoying, especially if you're waiting for an important call from someone whose number you might not have stored in your phone. But according to the FCC, even if a phone call looks like it's coming from your area code, there's a good chance it's being "spoofed" to get your attention and trick you into picking it up.

Of course, if you ever answer the phone and realize you're speaking with a live person instead of a recording, there are some other red flags that you should hang up immediately as well. If a caller claims to be from a company or government agency and immediately pressures you for personal information such as an account number, address, credit card number, social security number, or personal information such as your mother's maiden name, it's likely a scammer at work. The FCC recom-

mends hanging up as soon as you become suspicious or unsure and then calling the purported company or agency back on an officially listed number or at a number listed on your bill or account statement.

Recently released technology will make it harder for robocalls and spammers to flood your phone.

While choosing to hang up when you hear a recording or suspicious person can go a long way in cutting down on phone spam, recent changes adopted by major phone companies could already be cutting back on the number of unwanted calls flooding your device. CNET reports that as of June 30, all providers in the U.S. are required to use what's known as Stir/Shaken technology, which stands for "secure telephone identity revisited" and "signature-based handling of asserted information using tokens." The new tool allows phone companies to verify each call placed on their network, helping to reduce the number of fake or spoofed calls that make their way through to customers.

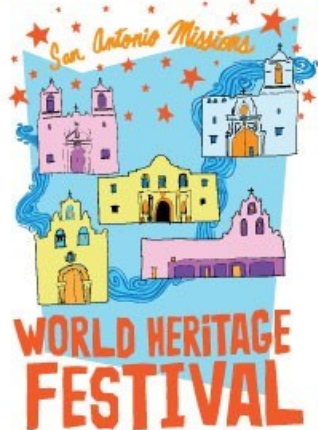
If you're still looking to go the extra step to protect your phone from an onslaught of robocalls, there's a good chance your mobile provider has other options to help screen for scammers. Verizon, AT&T, T-Mobile, and Sprint all offer apps or services that can help weed out spam. The FCC suggests contacting your phone company to see what's available to you, as well as adding your number to the Do Not Call List to block telemarketers from bothering you.

Reporting spam text messages can help cut down on another major technological annoyance.

Unfortunately, scammers aren't just bombarding your phone with calls: Spam text messages have also become a nuisance of modern times. And while blocking numbers may temporarily stop the unwanted texts from flooding your device, you can also use some official tools to slow them down overall.

If you ever receive a suspicious message claiming you've won a prize, offering a low or no interest rate credit card, promising to help you pay off student loans, or asking you for personal information in regards to bill payment, the Federal Trade Commission (FTC) warns against replying or clicking any links attached to the text. Instead, use tools within the messaging app to report the text and then copy and forward the message to 7726 (SPAM). Even with the new blocking technology in place, doing so will help regulators and phone companies spot and shut down scam rings faster and more efficiently.

Source: RAO Bulletin - Zachary Mack



**SEPTEMBER
8TH-12TH, 2021**

**CALENDAR
OF EVENTS**

FOR FULL SCHEDULE & UPDATES VISIT: WorldHeritageFestival.org

WEDNESDAY, SEPTEMBER 8 (7PM)

DARMSTADT: PROJECTION/PROJECTION (SHORT FILMS)
Mission Marquee Plaza • 3100 Roosevelt Avenue • 78214
Free & open to the public.

THURSDAY, SEPTEMBER 9 (7PM)

DARMSTADT: PROJECTION/PROJECTION (SHORT FILMS)
Mission Marquee Plaza • 3100 Roosevelt Avenue • 78214
Free & open to the public.

FRIDAY, SEPTEMBER 10 (6PM)

RESTORED BY LIGHT
Mission San Jose • 6701 San Jose Drive • 78214
Free & open to the public.

SATURDAY, SEPTEMBER 11 (7AM)

TOUR DE LAS MISIONES
Mission Park Pavilion • 6030 Padre Drive • 78214
BIKE RIDE TOUR, 5K & 10K RUN/WALK
Register by AUGUST 30, 2021

SATURDAY, SEPTEMBER 11 (6PM)

MUSIC & MOVIE UNDER THE STARS
Mission Marquee Plaza • 3100 Roosevelt Avenue • 78214
Free & open to the public.

SUNDAY, SEPTEMBER 12 (8AM)

EL CAMINO DE SAN ANTONIO: CARING FOR CREATION MASS
Mission Espada • 10040 Espada Rd. • 78214
Free & open to public.

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For more information call 210-207-2111 or email us at worldheritage@sanantonio.gov

The City of San Antonio's (CoSA) annual World Heritage Festival (WHF) takes place Sept 8 - 12.

This year San Antonio's military and veteran affiliated community is highlighted during the event on September 11 called "Movies and Music Under The Stars" cohosted by National Parks Conservation Association (NPCA), CoSA's World Heritage Office (WHO) and Office of Military and Veteran Affairs (OMVA).

The free and open to the public event features music starting ~6:30pm and will showcase a motion picture film (Man of Steel). The event will incorporate some of our key local military and veteran support organizations in a family friendly environment.

This year, given the event is taking place on 11 Sept, also featured will be a special 9-11 tribute recognizing this historic date.



VOLUNTEER STAFF:

PRESIDENT LtCol Kitty Meyers
kamconsulthr@gmail.com
PROGRAMS Col David Patrick
dwpatt01@gmail.com
MEMBERSHIP COL Felix Santiago
felixsantiago01@gmail.com
LEGISLATIVE AFFAIRS MAJ James Cunningham
jimbob48@sbcglobal.net (Open)
SECRETARY
TREASURER Col Brad Barnhart
bradbarnhart4737@gmail.com
SCHOLARSHIPS Col Peter Hunt
moaa.ac.awards@gmail.com
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 LtCol Juliet Chelkowski
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

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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 Educational 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.

MOAA-AC PO Box 340497 Ft Sam Houston, TX 78234
(210) 228-9955 www.alamomoaa.org [Like](https://www.facebook.com/alamomoaa)
moaa-c@sbcglobal.net

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OUR BY-LAWS, STRATEGIC PLAN,
EVENTS CALENDAR, MEETING
MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR
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P.O. Box 340497
Ft Sam Houston, TX 78234-0497

Phone: 210-228-9955
Email: moaa-ac@sbcglobal.net
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2320 Stanley Rd, Bldg 140
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Wednesday September 22, 2021

In Person

Happy Hour
4-6pm

Come meet Donna Campbell
Texas State Senator District 25
Petroleum Club

8620 N. New Braunfels, #700 San Antonio TX 78217

Complimentary beer/wine ticket, finger food buffet
with pay-as-you-go bar

\$17 pre-registration or \$20 at the door

Enclosed: _____

RSVP by Noon Monday 20 September

Reservations not cancelled by noon Tuesday 21st will be forfeited/billed
Non member Officers & guests are welcome with paid reservations
Friends & Family (over 21) are welcome!

Name _____

Guest(s): _____

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



Thursday October 28, 2021



Upcoming Chapter Event

Speaker: Dan Merry
(Col, USAF Ret)

MOAA Vice President
Government Relations

Format and location will be determined soon
and dependent on the pandemic status