

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 39, Number 8

“Five Star ★★★★★ Chapter”

August 2019



President's Message

The question when looking at joining or retaining membership in organizations like MOAA and its affiliate Alamo Chapter is always what's in it for me.

Hopefully that question is answered by looking back at the mission. Both MOAA and the Alamo Chapter focus on advocacy for the military community. We are your voice in DC and Austin. We also provide you with a wealth of information regarding the issues that impact the lives of you and your family.

Here are some current issues to watch.

- The SBP/DIC aka the “Widow's tax” is the reduction in the annuity payments to the surviving spouse of the military retiree or disable veteran. Dollar-for-dollar offset in compensation to surviving spouses of military personnel and retiree's special survi-

vor indemnity allowance (SSIA) and Dependency and Indemnity Compensation (DIC) is considered double-dipping. This reduces the monthly income for widow or widower.

- The military medical system is in the process of morphing into the Defense Health Agency. This is a major revamp of our medical system. We've begun to see the changes at BAMC, including the name change back from SAMMC.
- TriCare continues to be a hot button in DC as medical expenses are under constant scrutiny even though expenses, as a whole have been going down within the active and, in particular, the retiree communities. Increased premiums and new premiums for Tricare for Life are constantly proposed but have been beaten back due to effective lobbying by

National MOAA. News is constantly coming out about this.

- Statewide initiatives have been and continue to be addressed, such as the issues of licenses and certifications that are recognized across state borders. These impact spouses. They have earned a certificate or a license, say to teach or work in the medical arena, yet it's not recognized upon a move. They must then go through the entire process, including expense, of gaining the certification in the new state. Texas is a leader among the states to ease that process. This has been and continues to be a closely watched initiative of Alamo MOAA and its advocacy arm. The goal – eliminate obstacles to employment. Defense of the Hazlewood Act which benefits

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Chapter President Kitty Meyers with Chapter Member LtCol Stephen Rohrbough USAF (Ret) displaying the Alamo Chapter wreath at the July 4th Ft Sam Houston National Cemetery Patriotic Ceremony.

NEVER STOP SERVING!



WE NEED YOU TO VOLUNTEER

for positions on your
Chapter Leadership Team
(Member spouses welcome!)

Current Needs:

- 1) Secretary (NO taking of minutes)
- 2) Surviving Spouse Coordinator
- 3) Membership Cmte Members
- 4) Advertising Team Members
- 5) Community Outreach Members
- 6) Golf Planning Cmte Members
- 7) Historian
- 8) Active Duty Liaison
- 9) Editor

TAPS

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

Mildred S. Munt
Surviving Spouse
7/4/19

MAJ Richard N. Brogan USA (Ret)
7/8/19

Thank You!



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

BG Charles Elia USA (Ret)
Col Steve Thompson USAF (Ret)
Col Richard Wheatley USAFR (Ret)



Treats For Troops

Grateful thanks to those who provided treats (pizzas, cookies, fruit etc.) or volunteered time for the wounded warriors at JBSA Ft Sam Houston's Warrior and Family Support Center.

If you were able to give this month on behalf of the Alamo Chapter please call Susie at (210) 654-0351, so we may add your name to our list. Thank you.

Irene Collier
Susan Filipini
John Gibbs
Sue McCarthy
Mac and Lori McDonald
Lolly Orlowski
Brenda Tobey
Susie Tolman

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

What Has Your Chapter Done For You Lately?

During the month of June:

- At least 30 Chapter members volunteered over 313 hours for the good of the community.
- Distributed news and Community events via the chapter Facebook page (MOAA Alamo).
- Members provided well over \$100 worth of snacks for the Warrior & Family Support Center JBSA Ft Sam Houston.
- Continued Golf Tournament planning happening on August 30th.
- Coordinated a volunteer event for Chapter Members to participate in the Blazing Gavels Charity Auction on local KLRN Public Television Station.

Happy **225th** Birthday
to the
US Coast Guard
August 4, 1790

Semper Paratus
(Always Ready)



President's Message

(Continued from Page 1)

veterans and their dependents has been a constant. The early adoption of the Covenant for Military Children has been another achievement as well as reductions in property taxes for disabled veterans.

This is not just something that we can delegate up to MOAA and to our folks in Austin. You can assist in supporting these missions. The easiest support is maintaining your membership. We quote numbers of members represented when talking to the legislators and their staffs. This opens doors and ears.

Military Officer, MOAA's monthly publication, continually updates us on the various legislative initiatives that impact both active duty, veteran, retired and their families. The website also has links to email announcements that keep you updated on issues. Opt in on those updates.

One in particular, the MOAA Legislative Updates, is extremely important. You will get periodic notices of upcoming issues that need your response. It's simple. Click on the tag and you will be directed to a form letter. You can change the letter to better reflect your views or you can

use that provided version. Once you fill in the demographic info, your Congressional representatives will automatically be identified. Click the submit and they will have your input. If asked what chapter you represent, Alamo Chapter does have a MOAA designation of TX16.

Our *Lariat* newsletter is also an important tool in tracking legislative issues. Jim Cunningham, our Texas Council of Chapters State Legislative Vice President and president of the Texas Coalition of Veterans Organizations, is our proponent in Austin. He spent much of the spring in Austin during the legislative session. He will continue to be proactive in Austin as the off sessions are just as important as when the legislature is in session. Jim's articles keep us posted on current and future initiatives.

As you can see, there is always something going on. Membership in MOAA and our Chapter are so important in supporting the advocacy. The Board and staff are constantly reviewing our processes to ensure that we are providing the best for the membership. One that has come under scrutiny for the past year is the value of the printed version of *The Lariat*. So many of us only receive the online version. If they don't have a computer, many others have access to computers through their retirement communities.

Therefore, the decision has been made to eliminate the mailed paper version of *The Lariat* effective January 2020. The costs to print and mail *The Lariat* are continually rising with no end in sight. We will work with any who need a printed version by assisting them in working out opportunities for them to print their copy.

Thank you for your support.

Kitty

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

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Membership Memos

THANK YOU Renewing Members:	WELCOME New Members:	Current Membership Stats
COL Eric Johnson USA (Ret) COL Richard Lantry USA (Ret) Col Steve Thompson USAF (Ret) Col Richard Wheatley USAFR (Ret) LTC Machielle Denmon USA (Ret) Lt Col Loretta Henderson USAF (Ret) Lt Col Dale Johnson USAF (Ret) Lt Col Elizabeth Johnston USAF LTC Edith Weidemann USA (Ret) Catherine Huston	Lt Col Bruce Callahan USAF Lt Col David Shultz USAF (Ret) MAJ Dana Bal USA MAJ Jerry Moon Jr USA CPT Michael Ash USA CPT Michele Bogle USA CPT Geoffrey Carmichael USA LT Kristine Dietrich USN CPT Silvia Orozco USAR Cpt Aseef Rajhan USAF Lt Jonathan Castillo USAF 2Lt Sarah Caouette USAF	Active Duty 199 Surviving Spouse 159 Former Military 21 <u>Retired 683</u> Total 1062

Are You

1. Considering joining a MOAA chapter?
2. Debating whether to renew your chapter membership?
3. Talking to a potential new member?

Here are some of the key benefits to belonging to one of MOAA's more than 400 chapters:

- **Connections:** When you attend chapter meetings, become active on a committee, or take a prominent leadership role, you will forge lasting ties with other MOAA members who have common professional interests and similar association concerns.
- **Community involvement:** Chapter membership provides opportunities to contribute to your community in a variety of ways, from providing scholarships to local students to supporting causes that support wounded warriors, active duty servicemembers and their families, and veterans in-need.
- **Legislative advocacy:** MOAA chapter members play a critical role in advancing legislation at both the city, county and state level. This grassroots advocacy is key to MOAA achieving its legislative goals.

MOAA Alamo Chapter? - Who Are We?

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

The Alamo Chapter is one of the more than 400 local organizations affiliated with national MOAA. We support the national organization through membership recruitment, veterans transition initiatives and legislative support. We are active in our community doing transition activities for JBSA and the military/veteran community; state legislative support via Texas Coalition of Veterans Organizations (TCVO) and the Texas Council of Chapters (TCC).

Health, Benefits & Welfare

VA Independent Living Program:

The VA's Independent Living Program (ILP) is to make sure that each eligible veteran is able, to the maximum extent possible, to live independently and participate in family and community life increasing their potential to return to work. Services of the program may include the following:

- Assistive technology.
- Specialized medical, health, and / or rehabilitation services.
- Services to address any personal and / or family adjustment issues.
- Independent living skills training.
- Connection with community-based support services.
- Evaluation and counseling services to help determine independent living needs and identify goals.
- Coordination of consultations with specialists such as physicians, physical and/or occupational therapists, and rehabilitation engineers.
- Information about and referral to resources which may provide health care services, special technology and equipment, community living sup-

port, disability support and family counseling

- Information and assistance with exploring eligibility for VA home modification benefits including the Specially Adapted Housing (SAH) grant and the Home Improvements and Structural Alterations (HISA) grant.

Ongoing case support to help individuals achieve the independent living goals included in the Individualized Independent Living Plan (IILP).

Eligibility Requirements - Vets whose service-connected disabilities are so severe they are currently unable to pursue an employment goal.

How the Determination is Made - When a Vocational Rehabilitation Counselor (VRC) determines that employment goals are not currently feasible an evaluation of the veteran's independent living needs will be conducted. The VRC and veteran will work together to identify the veteran's needs. Together they will determine services required to address the identified needs. An IILP will be written provid-

ing the services necessary to meet the veteran's identified needs. Referral to specialized rehabilitation facilities and/or for consultation with other rehabilitation professionals may be necessary in the development and implementation of a veteran's ILP.

Source: www.veteransprograms.com

Help with Child Sports Gear:

Did you know that United Heroes League (UHL) outfits military-connected youth with gear and grants for hockey, baseball, basketball, football, golf, lacrosse and soccer? Anyone who has ever outfitted a growing child for one of those sports knows the price tag can be hundreds of dollars per year. Add in ice time or other fees and you're looking at a significant investment that many families simply can't afford. To contact UHL go to their website at www.unitedheroesleague.org.

Source: RAO Bulletin

Dietary Guidelines:

Mandatory Keto Diet May Enhance

(Continued on Page 13)

ORDER FORM - Alamo Chapter Merchandise

Pebble Beach Performance Golf Shirt \$30

Circle order details below - Subject to availability

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

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Exp Date: _____ Billing Zip Code: _____ CVV: _____ Total # Shirt: _____ Total # Coins _____

Total Enclosed: \$ _____



Luncheon Speaker Bio



BrigGen Laura Lenderman

Brig. Gen. Laura L. Lenderman, is Commander, 502nd Air Base Wing and Joint Base San Antonio, Texas, which unifies 11 geographically distinct locations including JBSA-Fort Sam Houston, JBSA-Lackland, JBSA-Randolph and JBSA-Camp Bullis. The 8,000-person 502nd ABW executes 49 installation support functions to enable the largest Joint Base in the Department of Defense consisting of 266 Mission Partners, 80,000 full-time personnel and a local community of more than 250,000 retirees. The 502nd ABW also manages and provides oversight for major projects, facilities and infrastructure worth \$37 billion.

Prior to assuming her current position, General Lenderman served as Deputy Director (Military), Strategic Plans, Policy, and Logistics, U.S. Transportation Command, Scott Air Force Base, Illinois. The Strategic Plans, Policy and Logistics Directorate is the Command lead for future initiatives, including strategic, campaign and operational planning, logistical transformation, force programming, policy development and operational traffic management policies and procedures to ensure readiness and capability to meet current, projected and emerging requirements.

General Lenderman graduated from Duke University with an electrical engineering degree in 1993. After attending pilot training at Columbus Air

Force Base, Mississippi, she served several tours flying the KC-135 at Grand Forks AFB, North Dakota, Fairchild AFB, Washington, and Altus AFB, Oklahoma. Her staff assignments include serving as the Chief, Commander's Action Group and Executive Officer to the Commander, Air Mobility Command, Scott AFB, Illinois. and the Analysis Branch Chief, Joint Staff J-8, Washington, D.C. General Lenderman also commanded the 15th Air Mobility Operations Squadron at Travis AFB, California, served as the Vice Commander of the 380th Air Expeditionary Wing in Southwest Asia, and commanded the 375th Air Mobility Wing at Scott AFB, Illinois.

EDUCATION

1993 Bachelor of Science degree, Cum Laude, electrical engineering, Duke University, N.C.

1998 Squadron Officer School, Maxwell AFB, Ala.

2000 Master of Science degree, business administration/organizational management, George Washington University, Washington, D.C.

2006 Master of Science degree, military operational art and science, Air Command and Staff College, Maxwell AFB, Ala.

2007 Master of Science degree, air-power art and science, School of Advanced Air and Space Studies, Maxwell AFB, Ala.

2008 Air War College by correspondence, Maxwell AFB, Ala.

2010 National Security Research Fellow, John F. Kennedy School of Government, Harvard University, Cambridge, Mass.

ASSIGNMENTS

1. March 1994 - March 1995, student, Undergraduate Pilot Training, Columbus AFB, Miss.

2. March 1995 - July 1998, KC-135R Pilot/Aircraft Commander, Grand Forks AFB, N.D.

(Continued on Page 15)

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Links to these companies' websites can be found on our webpage www.alamomoaa.org.

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



Medical Minute

Picnic Safety



Summertime brings outdoor picnics and back Yard Bar-B-Qs. Sometimes food stays outside, warm, too long and becomes contaminated. The following are rules for a safe picnic.

- ♦ **Clean Produce:** Scrub all fruits and vegetables well.
- ♦ **Chill well:** Store perishable foods at 40 degrees or lower if it will be a long picnic.
- ♦ **Bring two coolers.** One with lower temperature for beverages as it will be opened often. The other cooler for food as it will remain closed more often. Keep coolers out of bright sunlight.
- ♦ **Shield sweets:** Desserts or fruits with a natural sugars may attract bugs. Keep them covered.
- ♦ **Repack promptly:** Discard any perishable foods that were left out more than two hours or one hour in high heat. If there is still ice in your cooler when you get home quickly transfer food to the refrigerator. If in doubt - toss it out.
- ♦ **Plan for hand washing:** If there is no public restroom or area in the picnic area to wash, bring a gallon of water, paper towels and soap. Although hand sanitizers are good, they are not as effective as soap and water especially if the hands are really dirty.
- ♦ **Protect yourself:** If you are going to be in direct sunlight use a broad based sunscreen – at least 30 SPF – apply regularly. Wear long sleeves to protect against insects or apply an insect repellent.

Have a safe and happy summer.

Source: Mayo Clinic Health Letter, June 2019

Col Irene Collier (Ret)



Solitaires



Heartburn

Summertime brings more picnics and outings where you eat more acid producing foods. You often get heartburn. But when you're reaching for over-the-counter acid reducers a couple of times a week for about six months, then it's time to see the doctor.

Antacids may be good for minimal heartburn, but frequent use may indicate a more serious problem.

People take antacids because they help with heartburn, diarrhea and indigestion to decrease acidity in the stomach. These take more time to work but last much longer. Indigestion is often caused by gastroesophageal reflux disease (GERD). Sometimes they are used to treat ulcer inflammation in the esophagus, the stomach or the beginning of the small intestine. They generally don't help to relieve pain in the lower abdomen, diarrhea or constipation.

There are two main types of antacids. The first group includes antacids that contain calcium carbonate such as Tums, soda bicarbonate like Alka Seltzer, magnesium trisilicate like Gaviscon or aluminum hydroxide like Maalox. They all work by neutralizing acid in the stomach and can work quickly to relieve heartburn. The second group includes H2blockers such as Pepcid and Proton block inhibitors known as PPI's or such as Prilosec which work.

When antacids are used improperly, they may lead to undertreating symptoms or missing some serious condition such as esophagitis (called stricture) which can make it difficult to swallow. Less common they can develop into Barrett's esophagus, a precancerous condition. People with upper abdominal pain could have a stomach ulcer, gallstones, a pancreas problem or rarely stomach cancer. Rarely chest pain could be related to a heart problem.

Normally antacids would not interact with other drugs you may be taking. However, if your antacids contain a large amount of calcium, sodium magnesium, or aluminum it may affect your kidneys, function or cause stone formation. Some antacids cause diarrhea or constipation

Treatment: Your doctor will probably discuss diet and lifestyle changes. With diet, avoid fried foods, chocolate, tomatoes and lemons. Lifestyle changes to be considered are losing weight and limiting alcohol. There are special pillows you can order which keeps your head slightly elevated. Another recommendation is to have your large meal (usually dinner) at noon. This would help by gradually decreasing your dependence on antacids. This will ensure that your stomach is not overloaded at bedtime.

Source: Harvard Women's Health Watch April 2019

Col Irene Collier (Ret)

Scratch Off Games supporting Texas Veterans!



777
Game No. 2151
Ticket Price: \$2



Amazing 8s
Game No. 2146
Ticket Price: \$2



\$30,000 Jackpot
Game No. 2133
Ticket Price: \$2



Triple Play
Game No. 2139
Ticket Price: \$2



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

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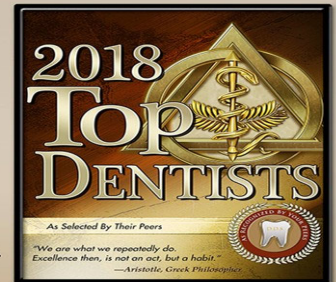
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legacydentalsa@gmail.com

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San Antonio, TX 78230

2018 TOP DENTISTS
IN
SAN ANTONIO
As Listed in San Antonio Magazine

Thousands of dental practitioners were asked to vote for dentists to which they would refer patients in need of dental care. The survey asked to take into account education, experience and patient results. Based upon those survey results, here are 2018's Top Dentists. These dentists do not and cannot pay to be included on this list.



GENERAL DENTISTRY

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

Alamo Chapter

Vision:

To be the primary advocate for the military community.

Mission:

- ◇ To be a major source of information, support and social engagement for the membership;
- ◇ To provide programs and services for the common good of our military community;
- ◇ To be a powerful voice supporting MOAA at the local, state and national levels.

Visit our website at

www.alamomoaa.org for more info.



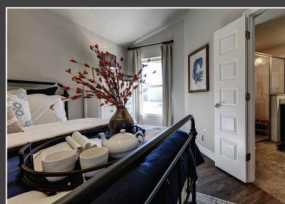
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“5-STAR” CHAPTER OF EXCELLENCE

August 2019

Dear MOAA Alamo Chapter Member:

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

Our Chapter mission is to:

- *Be a major source of information, support and social engagement for the membership*
- *Be a powerful voice supporting MOAA at the local, state and national levels; and*
- *Provide programs and services for the common good of our military community.*

Like any other volunteer based nonprofit organization it takes resources – people and operating capital -- to accomplish our mission and provide our approximately 1100 members the programs and services they deserve. We operate on a very lean annual operating budget of approximately \$41,000 and have the reputation for being fiscally responsible under tight cost controls. **Income from membership dues covers less than 30% of our operating expenses** so we must rely on non-dues revenue, i.e., advertising, corporate sponsorships and **individual donations** to help us keep our lights on and the doors open each year!

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

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

Respectfully,

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



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



Donation to Alamo Chapter Operations

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12th Annual MOAA-AC Golf Tournament

Military Officers Association of America - Alamo Chapter

Benefiting

JBSA Ft Sam Houston Warrior and Family Support Center & Alamo Chapter Educational Foundation

Friday, August 30, 2019

River Crossing Golf Club, 500 River Way, Spring Branch, Tx
\$140 per player (limit 120 players - sign up early!)

Womens & Mens Divisions!

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

See back of flyer for more info

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Monetary donation in any amount \$ _____



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MOAA Alamo Chapter

CONTACT INFORMATION

Tournament Co Chairs: Frank & Stephen Rohrbough
Frank: 703-868-8006 Stephen: 210-262-7026

MOAA Office: 210-228-9955 Email: moaa-ac@sbcglobal.net

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

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

(Use for 4 person teams or individual players)

Player 1 Name: _____

Shirt Size: _____

Email: _____

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Email: _____

Super Ticket \$40 per person: Includes 2 Mulligans, 2 Beverages, Raffle Drawings, Scratch Off Game, Closest to Pin Contest, Putting Contest, Hole in One Contest, Drawing for Shoot out for \$100,000 - 50/50 split.

Participation implies agreement to use photos in any PR materials

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Credit Card Name: _____

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

CVV: _____ **Tel:** _____

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

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

Transitioning Tips

I have a story to tell. It began about four years ago. A small group of us sat around a table in Serafina de los Santos office. Serafina is the executive director of the 502nd Force Support Group for Joint Base San Antonio. Joining her were Jose Ontiveros of the Career Services Program, Chuck Bunch of the USO, Angenetta Lambert of Onward to Opportunity and me as the Transition Officer of Alamo MOAA. We met weekly to discuss transition opportunities for the folks leaving military service, either through retirement or separation.

Fast forward to this past Tuesday. We met at the Wounded Warrior Project offices. There were about 40 in the room. The group included a variety of government, military, employers, nonprofits and veteran organizations all with the same goal as the original five. How can we help those transitioning! Now the group itself has grown to over 80 on the email list.

The focus is not on just the transitioning military but also on providing resources for veterans, military spouses and dependents.

The government folks included representatives of the City of San Antonio, Bexar County, the Texas Workforce Commission and the Texas Veterans Commission.

There were representatives of Congressmen Castro and Roy in attendance as well. All three Military and Family Resource Centers sent reps. Wells Fargo was there and Rackspace was on the phone. Scotty from UTSA was also on the phone. Liz Larson from Goodwill was there wearing two other hats as chair of the Military Spouse Employment Empowerment Zone and as a member of the Military Spouse Professional Network. This is just a snapshot of the collection of folks. The meeting gave Wounded Warrior Project the opportunity to showcase their mission and operations.

A marvelous event. A previous field trip was to Bunker Labs, an incubator for veteran entrepreneurs.

Do you get the picture? San Antonio is recognized nationally for its success in creating an innovative support system for the transitioning military community – note the inclusive term of community.

Now it is your opportunity to reach out to these resources to assist you in developing your next career plans. San Antonio has such a variety of resources collectively working to assist you. These can be educational, volunteer or employment. Taking advantage of these is up to you. Connect with us. The opportunities await.

Kitty

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

MOVING?

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☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse of Eligible Officer

☐ Graduation Year (Cadet/Midshipmen) _____

Email Address** _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

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

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

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MOAA LOCAL ALAMO CHAPTER ENROLLMENT

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

☐ YES! Renew my Alamo Chapter Membership

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 \$20

(Monthly newsletter "The Lariat" sent by email)

Health, Benefits & Welfare

(Continued from Page 5)

Military Performance. The controversial ketogenic or “keto” diet may be the future of the military, some defense officials say. Service members, and Navy SEALs especially, may have to forgo beer and burritos for skinny cocktails and avocado salad (forget the tortilla chips) if a proposal from Special Operations Command gains momentum. While a nutritionally enhanced future could eventually be put into effect for all branches, the SEALs and other underwater diving specialists might be the first groups targeted for the change in nutritional guidelines.

Lisa Sanders, the director of science and technology at U.S. Special Operations Command, presented an Ohio State University study that recommends the nutritional change based on the keto diet, which is high in fat and low in carbohydrates. The diet works to deprive the body of glucose needed for energy and forces it to burn stored fats instead. The study was conducted on the university’s Army ROTC cadet population. “One of the effects of truly being in ketosis is that it changes the way your body handles oxygen deprivation, so you can actually stay underwater at depths for longer periods of

time and not go into oxygen seizures,” Sanders said at the Special Operations Forces Industry Conference last month.

Discussion of new dietary guidelines for service members comes at a time of growing concern about obesity in the military and its potential threat to readiness. The possibly controversial change for the military is not without problems, not the least of which are questions about whether the military has the legal and ethical authority to control and monitor a service member’s diet 24/7. Service members are familiar with physical training in boot camp and their routine Physical Fitness Tests, but are they ready for daily dietary ketosis testing?

For the keto nutritional plan to be successful, it has to be followed strictly, and that includes after-hours and weekends. Even a service member on leave would possibly face a restricted diet because it simply takes too long for the body to readjust and function in the ketosis stage after a weekend of dietary backsliding and binging on pizza, burritos, and beers. The keto diet requires the body to be in a constant state of ketosis. Daily urine or blood tests using strips are necessary to measure glucose or ketone levels.

For the diet to be implemented laterally across the military, produce choices

and meat quality at military dining facilities across the world would have to change significantly, not to mention the high-carb and sugar content of MRE’s.

The popular pepperoni pizza MRE would be a thing of the past. Although one benefit of formulating a new high-fat ration is that it would be lighter weight to carry. “You can carry even more calories because fats weigh less, which is an advantage,” said Kinesiologist Jeff Volek, a professor at Ohio State University’s Department of Human Sciences and author of the study. On military bases, the dietary change could result in future dining facilities serving Ezekiel bread, zucchini “pasta spirals” to replace pasta, mashed cauliflower as a substitute for potatoes and rice, and avocado-heavy salad bars replacing soft-serve ice cream machines and dessert bars.

In addition to the regulatory and privacy questions about the proposed dietary change, there are also economic questions. Not only would DFACS and the military have to change, military households would have to follow suit as the diet requires higher quantities and quality of vegetables, fats, and proteins throughout the day. If a keto meal plan became the required diet of the military’s future,

(Continued on Page 15)



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Events Calendar

AUGUST



- 4 Coastguard Birthday
- 6 Solitaire's Luncheon 11am
- 7 Purple Heart Day
- 7 Combined Staff & Board Meeting 10am Chapter Office
- 12 Golf Planning Meeting 2pm Chapter Office
- 14 Victory in Japan Day
- 18 Solitaire's Sunday Brunch 11 am Randolph Parr Club
- 22 Chapter Luncheon 11am RBFCU HQ Live Oak
- 26 Golf Planning Meeting 2pm Chapter Office
- 30 12th Annual Golf Tournament 1pm River Crossing Golf Club, Spring Branch.

NOVEMBER



- 3 Daylight Savings Time Ends
- 5 Solitaire's Luncheon 11am
- 7 Staff Meeting Chapter Office 10am
- 7 Red White & You Job Fair
- 10 Marine Corps Birthday
- 11 Veterans Day
- 14 VAC Mtg 11am
- 17 Solitaire's Sunday Brunch 11 am Randolph Parr Club
- 21 Annual Business Meeting Luncheon 11am Ft Sam Golf Club
- 26 VGSAA Mtg 1:30p
- 28 Thanksgiving

SEPTEMBER



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

DECEMBER



- 5 Annual Chapter Planning Meeting 9:30am-Noon
- 7 Pearl Harbor Remembrance Day
- 7 Solitaire's Christmas Pot Luck
- 12 Christmas Luncheon 11:30am Ft Sam Golf Club
- 13 National Guard Birthday

Ongoing Events: Members provide items for the Treats For Troops program delivering cookies, snacks, phone/gift cards and/or personal care items to the residents of the Warrior & Family Support Center JBSA Ft Sam Houston. Call Susie Tolman for details (210) 654-0351

OCTOBER



- 1 Solitaire's Luncheon 11am
- 3 Staff Meeting 10am Chapter Office
- 12 Columbus Day
- 13 US Navy Birthday
- 20 Solitaire's Sunday Brunch 11am Randolph Parr
- 24 Chapter Luncheon 11am Blue Skies of Texas

Fort Sam Houston Thrift Shop

Wednesdays 9:30am - 2:30pm

The thrift Shop at Fort Sam Houston is a non profit operated by the Spouses' Club of the Fort Sam Houston Area.

Monies from the sales go back to the military community in the form of scholarships and grants.

Come visit the store which is loaded with clothing including military uniforms, shoes, housewares, toys, books, furniture, jewelry and other treasures.

Anyone with post access may make purchases at the Thrift Store located in Bldg 123 behind 2330 Stanley Rd.

Speaker Bio

(Continued from Page 6)

3. July 1998 - August 2000, student, Air Force Intern Program, the Pentagon, Arlington, Va.
4. September 2000 - August 2003, KC-135R Instructor Pilot, Fairchild AFB, Wash.
5. August 2003 - July 2005, KC-135R Instructor/Evaluator Pilot, Altus AFB, Okla.
6. August 2005 - June 2006, student, Air Command and Staff College, Maxwell AFB, Ala.
7. July 2006 - June 2007, student, School of Advanced Air and Space Studies, Maxwell AFB, Ala.
8. June 2007 - June 2009, Commander, 15th Air Mobility Operations Squadron, Travis AFB, Calif.
9. June 2009 - June 2010, National Security Research Fellow, John F. Kennedy School of Government, Harvard University, Cambridge, Mass.
10. June 2010 - July 2012, Chief, Commander's Action Group and Executive Officer to the Commander, Air Mobility Command, Scott AFB, Ill.
11. July 2012 - August 2013, Vice Commander, 380th Air Expeditionary Wing, Southwest Asia
12. August 2013 - August 2015, Chief, Analysis Branch, Program and Budget Analysis Division, Joint Staff J-8, Washington, D.C.
13. August 2015 - August 2017, Commander, 375th Air Mobility Wing, Scott AFB, Ill.
14. August 2017 - June 2018, Deputy Director-Military, Strategic Plans, Policy, and Logistics, U.S. Transportation Command, Scott AFB, Ill.
15. June 2018 - present, Commander, 502nd Air Base Wing and Joint Base San Antonio, Texas

FLIGHT INFORMATION

Rating: command pilot
Flight Hours: more than 3,000
Aircraft Flown: KC-135R/T, KC-10 and C-17A

PUBLICATIONS

"The Rise of Air Mobility and Its Generals," Air University Press, January

2008

MAJOR AWARDS AND DECORATIONS

Defense Superior Service Medal
Legion of Merit
Bronze Star
Defense Meritorious Service Medal
Meritorious Service Medal with three oak leaf clusters
Aerial Achievement Medal with five oak leaf clusters
Air Force Commendation Medal with oak leaf cluster
Air Force Achievement Medal with oak leaf cluster

EFFECTIVE DATE OF PROMOTION

Second Lieutenant Sept. 21, 1993
First Lieutenant Sept. 21, 1995
Captain Sept. 21, 1997
Major Feb. 1, 2004
Lieutenant Colonel Sept. 1, 2007
Colonel Sept. 1, 2011
Brigadier General Aug. 1, 2018

Health, Benefits & Welfare

(Continued from Page 13)

some say military budgets, salaries and allowances may also have to rise to meet the economic demands required to follow the dietary guidelines on duty and off. But Volek, author of the study, disagrees.

"The ketogenic diet is high in fat, which is less costly," Volek said. The majority of the diet is based on fat, and fat calories can be very cheap. "Meats, eggs, fish, chicken, cheese, butter, seeds, nuts, and non-starchy vegetables are the basis of the diet. Fat is the key or primary nutrient." If the plan is adopted, it remains to be seen if the Skinnygirl margarita and the low-glycemic sugar-free vodka-tonic favored by the Bravo TV's Real Housewives becomes the new cocktails of choice for infantrymen and SEALS.

Source: *MilitaryTimes*



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Personal Affairs Assist CAPT Cora Bayle Cox
PR-SOCIAL MEDIA LtCol Kathie Estrada
LEGAL COUNSEL Jacobson Law Firm
SOLITAIRES (Open)
SUPPORT Lt George Frecsko
EDITOR (Open)
CHAPLAIN LTC James Taylor
PX/VAC Rep Jim Cunningham
SA TRANSITION MAJ Sean Passmore
TX TRANSITION Col David Patrick
WEB MASTER Col Bill Hudson
HISTORIAN (Open)
VOLUNTEER COORD. Col Pete Schaub
ADVERTISING Col Lisa Skopal
BLUE SKIES REP LtCol Jim Conner
CHAPTER AFFAIRS Col Irene Collier

CONTRACTOR:

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

MOAA and its affiliated chapters and councils are non partisan.

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

MOAA-AC P.O. Box 340497, San Antonio, TX 78234

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www.alamomoaa.org



MOAA Alamo Chapter



MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER

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

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THE LARIAT

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Thursday August 22, 2019

Chapter Luncheon

Brig Gen Laura Lenderman
Commander 502nd Air Base Wing
and Joint Base San Antonio

Randolph-Brooks Federal Credit Union Headquarters
1 Randolph-Brooks Pkwy, Live Oak, TX 78233

Meet & Greet begins 11am - Lunch served 11:30am
Tours available of RBFCU Campus at 1pm

Lunch

Box Lunch with iced tea, coffee, water, etc.

Cost per person Pay In Advance \$12 ; Pay At the Door \$15
Enclosed: \$ _____

RSVP by 4pm Monday 19 Aug

Reservations not cancelled by noon Tuesday 20th will be billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest(s): _____

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

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PORT SAN ANTONIO Wednesday September 18, 2019



Happy Hour 4-6pm Petroleum Club

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

Come meet Will Garrett
VP & Director of Cybersecurity Development
Port San Antonio.

One complimentary drink ticket (beer, wine soda, coffee or iced tea) and plentiful Happy Hour snack food buffet. Pay-as-you-go bar available.
\$13 pre-registration or \$15 at the door

Enclosed: _____

RSVP by 4pm Monday 16 Sept
Reservations not cancelled by noon Tuesday 17th will be forfeited/billed
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.

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