

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 40, Number 8

“Five Star ★★★★★ Chapter”

August 2020



President's Message

July 2020 is almost gone and we are still in this surreal world of COVID19 pandemic.

Our world has changed. We are not sure what things will look like when we finally get out of the house and see people. I'm sure that masks will be around for a lot longer that we would like. The news is saying that a vaccine might be available by the end of the year. That is the most optimistic timeline that I've heard.

Until the time comes when life becomes less restrictive, we are learning how to function in our little bubbles. I stay connected through this marvelous tool that I'm using to create this message. My first Zoom was at 8:30. I have another at lunchtime. I'm presenting a resume session this evening. That is followed by a church networking devotional at 8pm.

In the interim I'm connecting with others in planning sessions for future events or with transition counseling sessions. The only times to get out are to runs to HEB, Home Depot or Lowes. Thank goodness that the golf courses are still open. That's my Fridays.

Other days follow this same routine. Zooming or other forms of virtual meeting is the norm for so many. The connections to business, reaching out to friends or virtual worship events have so become the norm.

The Chapter had a marvelous event

in June to keep the connections going to you, the members. Again, a zoom. We had a good following to hear about the City's initiatives for combatting the pandemic.

The July event is tomorrow as I write this. Dr. Ruth Berggren is speaking on the pandemic as well.

August's event will feature Donovan Burton, SAWS VP of Water Resources and Governmental Relations. Since we are in the midst of our normal dry San Antonio summer and under Stage 1 restrictions, this will be applicable to so many of us.

We are constantly looking for ways to continue connecting and serving you, even in a pandemic. My question to you is how you are connecting? Please let us know. We can share your ideas that might be helpful to your fel-

low members.

Best wishes and please be safe.

Kitty

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

MOAA Alamo Chapter
presents
ZOOM Webinar

Thursday August 27th
11am
Featuring



Donovan Burton
Vice President
Water Resources & Govern-
mental Relations
(and a Navy Veteran!)

"Today's water challenges include meeting the growing demand for a growing San Antonio"

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

Meeting ID: 839 5141 1117
Passcode: 310021

ZOOM Host: James Cunningham
210-416-0502

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Thank You!

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

We really appreciate it—and every dollar helps!

LtCol John Bandy USAF (Ret)

LtCol Gene Culp USAF (Ret)

LTC Machielle Denmon-Wood USA (Ret)

LTC Bill Goforth USA (Ret)

LTC Jerry Gonzales USA (Ret)

MG Charles Honore USA (Ret)

Aurelia Korte

COL Richard Lantry USA (Ret)

CDR Paul Martin USN (Ret)

COL Joy Ream USA (Ret)

Mary Sidorsky

CDR Brenda Tobey USN (Ret)

MAJ Thomas Tucker USA (Ret)

COL John Tully USA (Ret)

Col Roger Virost USAF (Ret)

Col Richard Wheatley USAF (Ret)

CAPT William Whiting USN (Ret)

MOAA Alamo Chapter

Vision:

To be the primary advocate for the military community

Mission:

Provide information, support and social engagement to members;

Offer programs and services for the common good of the military community;

Support MOAA at the national, state and local levels with a powerful voice.

Visit www.alamomoaa.org for more info

NEVER STOP SERVING!



WE NEED YOU TO VOLUNTEER

for positions on your Chapter Leadership Team

(Member spouses also welcome!)

Current Needs:

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

Position Descriptions can be found on the chapter website under the resources tab.



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:

Betty Ann Thorpe
7/7/20

COL George Viney USA (Ret)
7/8/20

Estate Planning & Decedent Affairs Checklist

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

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

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

Cora Bayle-Cox
CAPT USN (Ret)

Assistant Personal Affairs Officer

MOAA Alamo Chapter? Who Are We?

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

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

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

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

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

(Currently our programs have been put on hold and business meetings are conducted via Zoom—contact us for details). Leave a message at 210-228-9955 or email us at moaa-ac@sbcglobal.net.

August Zoom Speaker Bio



Donovan Burton
San Antonio Water System
Vice President
Water Resources
& Governmental Relations

Donovan Burton came to San Antonio Water System in 2006 to serve as an Intergovernmental & External Relations Manager, with extensive knowledge in statewide and San Antonio water policy. His experience with the legislative process and state agency rulemaking has helped SAWS manage through historic legislative and executive initiatives.

In 2011, Burton became the Chief of Staff for SAWS President/CEO Robert Puente and directed the Board functions, led strategic initiatives from the CEO's office including setting up

SAWS first Continuous Improvement and Innovation Department. Burton now is the Vice President of the Water Resources and Governmental Relations group where he is responsible for developing, managing and maintaining an abundant water supply for one of the nation's largest municipally-owned water utilities, in a fast-growing region in Texas. Donovan's group also leads the Aquifer Protection, water quality and stormwater functions for SAWS as well as several city-wide regulatory compliance efforts. Additionally, Burton continues to lead the Regional, State and Federal Governmental Relations and policy efforts for the entity.

Prior to coming to SAWS, Burton worked for a local Texas State Representative through five legislative sessions, where he served as the legislative committee director with primary responsibility over military and homeland security issues.

Burton received a bachelor's degree in Government from The University of Texas at Austin. He served overseas in the U.S. Navy from 1989 to 1993.

**Happy 230th
Birthday
to the
US Coast Guard!**



August 4, 1790

Semper Paratus
(Always Ready)

**Now and Always
We'll be There.**



90228

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

Membership Memos

THANK YOU Renewing Members:

LTG Richard Graves USA (Ret)
 MG Charles Honore USA (Ret)
 Col Graham Aitken USAF (Ret)
 COL Francis Burns USA (Ret)
 Col David Cox USAF (Ret)
 COL Stanford Hickman USA (Ret)
 COL Richard Lantry USA (Ret)
 Col Wright Nodine, Jr USAF (Ret)
 COL Joy Ream USA (Ret)
 Col Jeffrey Sorrell USAF
 COL John Tully USA (Ret)
 COL Louis Vogler USA (Ret)
 Col Richard Wheatley USAF (Ret)
 LTC George Bradley USA (Ret)
 LtCol Alan Chalfont USAF (Ret)
 LTC Machielle Denmon-Wood USA (Ret)
 LtCol Loretta Henderson USAF (Ret)
 LtCol Dale Johnson USAF (Ret)
 LTC Roland Keller USA (Ret)
 LTC Thomas Leonard USA (Ret)
 CDR Paul Martin USN (Ret)
 LTC Dan Mishket USA (Ret)
 LTC Joseph O'Leary USA (Ret)
 LtCol Tom Shumaker USAF (Ret)
 LTC Todd Speer USA (Ret)
 CDR Brenda Tobey USN (Ret)
 LtCol Charles Wennermark USAF (Ret)
 Capt Mario Oliveira USAF (Ret)
 Aurelia Korte
 Mary Sidorsky
 Mabel Truman

30-second "Elevator Pitch" To Promote Membership

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

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

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

Open the conversation with something like:

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

- We are a volunteer nonprofit organization for commissioned officers (and surviving spouses) that has approximately 1100 members and is over 50 year old – located at Ft. Sam.
 - We advocate and lobby for the entire military community – all ranks -- to influence legislators in Washington and in Austin to sustain yours & my earned entitlements, i.e. pay raises, medical benefits, commissary privileges, education benefits, etc.
 - We make ourselves heard through the strength of our membership numbers. This is why it is important for all eligible officers to belong.
- In addition, we run the chapter operations and promote camaraderie through our monthly social events.
- Here is an application providing membership in both MOAA and the Alamo Chapter. (See Page 12)

- You owe it to yourself (and family) to support the organization that supports you and I ask that you please join. Thanks.

If you get push back consider saying:

- It is a no hassle membership – no sales calls, no sales emails and no pressure to be actively involved.
- We are just looking to you to help strengthen our numbers.
- You will receive legislative updates, the national MOAA *Military Officers* magazine, and our chapter newsletter *The Lariat* by email to keep you informed.
- Again, you owe it to yourself (and family) to be part of an organization that protects your rights, entitlements and benefits.

Have them sign up online at alamomoaa.org, or email us at moaa-ac@sbcbglobal.net or call the office at 210.228.9955.

Current Membership Stats

Active Duty 226
 Surviving Spouse 162
 Former Military 24
Retired 648
Total 1060

Health, Benefits & Welfare

Free Transportation - Rides 4 TX Heroes

"Rides 4 TX Heroes", a free transportation program for Veterans, their spouses, widows/widowers of spouses, and Dependents in the Alamo Region.

As transportation can be a challenging barrier for many in accessing benefits and services in the Alamo region, AACOG has collaborated with the Texas Veterans Commission to provide free rides to Veterans and their immediate family members.

The program is available throughout the 13-county AACOG Region, including Atascosa, Bandera, Bexar, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, McMullen, Medina, and Wilson Counties. The rides can be used for a variety of purposes – grocery shopping, medical appointments, prescription pick-ups, visiting government offices, job interviews, education, and other essential transportation needs. Five to seven days' notice is normally required to schedule rides once the Veteran has registered for the program.

For questions or to register for the program, please visit www.txveteransnetwork.com, or call our toll-free number 888-SA4 VETS (888 724 8387). For more information, visit <http://aacog.com/495/Veteran-Programs>

The Rides 4 TX Heroes program goal is to provide military members, veterans and family members with transportation and other supportive services assistance through TX Veterans Network (formerly TXServes San Antonio). We are eager and available to accept Veteran applicants! The Rides 4 TX Heroes program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance, which provides grants to organizations

serving veterans and their families.

The AACOG Rides 4 TX Heroes program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving Texas Veterans and their families. For more information, go to www.tvc.texas.gov.

COVID-19 Military Awards:

Service members who built hospitals, ran Covid-19 test sites or participated in other missions tied to the ongoing global pandemic are now authorized to receive military awards for those operations. Defense Department officials in early July approved the Armed Forces Service Medal and Humanitarian Service Medal for troops who took part in Covid-19-related missions, officials announced on Wednesday. The medals are approved for both active-duty and Reserve troops -- including members of the National Guard -- who were tasked with responding to the coronavirus crisis. The eligibility window applies to anyone whose mission started on 31 JAN or later. There is no set end date, as pandemic-related missions continue.



Troops won't be eligible to receive both awards for same activities, deployment or period of service, according to a memo outlining the rules signed by Under Secretary of Defense for Personnel and Readiness Matthew

Donovan. Tens of thousands of U.S. troops have been called on to respond to the coronavirus pandemic. Some have served on hospital ships dispatched to cities hard hit by the virus early on, while others were activated on state orders to support drive-through Covid-19 test sites and help process unemployment claims. National Guard officials said in April that it had nearly 45,000 soldiers operating in every state across the country. Donovan wrote in his memo that each military service will approve awards for their branches. Those whose missions didn't fall under federal orders will be approved by the National Guard, the memo adds.

The Armed Forces Service Medal was created to recognize troops who participate in operations deemed to be a significant activity by the Joint Chiefs of Staff and who encounter no hostile or foreign armed opposition. The Humanitarian Service Medal recognizes those who participate in significant military operations of a humanitarian nature. The Defense Department is waiving some of the criteria typically required to receive the Armed Forces Service Medal for Covid-19 missions.

The award will be authorized for those who completed 30 consecutive or nonconsecutive days of qualifying service, and troops don't need to have deployed to be eligible if they were reassigned from normal duties for coronavirus-related missions. Anyone who contracted Covid-19 while assigned to one of those missions is also eligible for the award, even if they didn't meet the 30-day requirement. "Due to the health risk posed by Covid-19, award of the Armed Forces Service Medal is authorized for one day of qualifying service if that

(Continued on Page 6)

Health Benefits & Welfare

(Continued from Page 5)

service resulted in the member contracting the virus," Donovan's memo states.

Source: Military.com

VA Debt Relief Extended

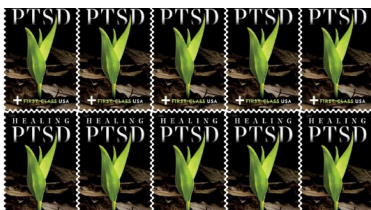
The U.S. Department of Veterans Affairs (VA) on 9 JUL announced its commitment to extend debt relief to Veterans adversely impacted by COVID-19 to the end of 2020 by suspending certain debt collection actions.

The department recognizes Veterans and beneficiaries are still being greatly impacted by the coronavirus prompting the extension of financial relief. "Veterans and their families should be focused on their health and safety during the pandemic," said VA Secretary Robert Wilkie. "VA is taking action to give those with pending debts greater flexibility during these challenging times." VA is suspending all actions on Veteran debts under the jurisdiction of the U.S. Treasury Department. This includes the suspension of collection action or extending repayment terms on preexisting VA debts, whichever the Veteran prefers.

For benefit debts, Veterans should contact the VA Debt Management Center at 1-800-827-0648. For health care debts, Veterans should contact the Health Resource Center at 1-866-400-1238 or <https://www.pay.gov> for payments.

Source: VA News Release

PTSD Stamps Sales Have raised \$717,000+ for Funding



The Healing PTSD stamp, issued by the United States Postal Service last

year, is having a big impact on the mental health of veterans. The Department of Veterans Affairs announced on 26 JUN that the VA National Center for PTSD will be able to fund additional research due to the sale of more than 7 million of the stamps from December of 2019 to May of this year. According to a release, stamps sales have raised more than \$717,000, which has now been disbursed to the VA. The USPS's new fundraising stamp is dedicated to healing PTS. "Thanks to the millions of Americans who purchased the Healing PTSD stamp, VA will continue to study, create awareness, educate and develop policies which better the lives of veterans with PTSD," said VA Secretary Robert Wilkie. "The stamp not only raises awareness about PTSD but will provide funding for needed research and education about trauma and PTSD treatment."

For more information about PTSD, refer to <https://www.ptsd.va.gov>.

Source: ConnectingVets.com

Veteran Entrepreneur Program

The Veteran Entrepreneur Program (VEP), established in 2013 and in accordance with Texas Code Sec. 434.022. (2)(c), provides veteran entrepreneurs and veteran small businesses the tools they need to start or grow their businesses. The Texas Veterans Commission's team of consultants, who are veterans, business owners, and MBA graduates, are dedicated to your success and our program advisor ensures that our tools and processes help us deliver timely, quality services to veterans, family members, and survivors. Services provided by the Veteran Entrepreneur Program:

1. Consultative services to help you from business start-up to exit:

- Business Plans
- Financing Your Business
- Marketing Research

- Marketing Strategies
- Government Contracting
- Exit Strategies
- And, more!

2. Business Partner Referral services allow VEP to connect veteran entrepreneurs to numerous specialists in all aspects of business. Additionally, referrals to 3rd party lenders ensure non-traditional options for financing.

3. Outreach and educational services to veteran entrepreneurs and small business owners occur in collaboration with VEP business resource partners: the Small Business Administration (SBA), Service Corps of Retired Executives (SCORE, a 501(c)(3) nonprofit organization and a resource partner of the SBA), the Small Business Development Center (SBDC), the Veteran Business Outreach Center (VBOC), and others dedicated to the business success of veterans and their families.

Since program inception the VEP has assisted over 17,000 veterans with their dreams of business ownership. Why shouldn't you be next?

For General Inquiries email us at vcp@tvc.texas.gov

VA Handbook

All new enrollees in the VA health care system receive a personalized Veterans Health Benefits Handbook, generally two weeks after enrollment has been confirmed. For information about the Handbook or to request a replacement, contact call 1-877-222-8387.





Medical Minute

How To Soothe Hemorrhoids

Incarceration/Stay At Home Advisories and the lack of exercise is making people gain weight and have digestive problems. This topic has been surfacing recently so here is an article on it.

Hemorrhoids are swollen blood vessels on the outer rectum and anus. Women are more likely than men to develop them probably because of pregnancies.

Not all hemorrhoids cause problems. Many are unaware that they even have them. However when hemorrhoids become inflamed they can make bowel movements –and even sitting-- quite painful. Here are a few measures to prevent and treat hemorrhoid flares.

Dietary fiber: Recommendations are for 25 grams of fiber per day for women 50 and younger and 22 grams per day for women over 50.

- Wheat bran, and high fiber cereals are good sources of insoluble fiber
- Oat bran, nuts, seeds and legumes provide soluble fiber. Many fruits and vegetables have both.
- Fiber Supplements – Metamucil, Benefiber, Citrucel and others can help.

Mineral Oil: Mineral oil draws water into the stool and helps to pass it more easily through the rectum. Try mixing a tablespoon of mineral oil with applesauce or yogurt. Take it a couple of hours before or after a meal. Don't take it for more than 10 days.

Habits: Also, altering your bathroom habits may also help.

- Try to get to a bathroom as soon as possible after you feel the urge as it will help prevent constipation.
- Prolonged sitting and straining may promote new hemorrhoids and aggravate existing ones.

(Continued on Page 13)



Solitaires



Puppy Love

Who is your best friend? A group of scientists suggest having a canine companion is associated with several health benefits including cardiovascular.

The man-dog relationship goes back to prehistoric times. Wolves came around man's early settlements for the smell of food and curiosity. Slowly man befriended some of the wolves and domesticated them. Man recruited them as protection against other animals, used them in sheep or goat herding, and then for hunting. Archeologists discovered a special dog cemetery outside of what once was a village on the Orkney Islands in northeast Scotland dating to BC time. People from other villages brought their pets there for burial. Stone grave markers identified their home villages.

Russian Cossacks used dogs to carry military equipment and ammunition to troops on the battlefield. The use of dogs in support of wars has continued throughout history. Records from the Viet Nam War show that 466 dogs gave their lives in combat and are buried there.

Dogs greatest use has been as pets and babysitters in households. They are protective, loyal, and obedient especially around small children. A baby can pull a dog's ears, tail, and fur along with other acts of abuse. The dog tolerates. A few minutes later you will find both and child cuddling and napping. The dog's paws are laid protectively over the child. They are especially good at protecting small children.

Dogs seem to increase longevity for their owners. Dog owners are 40% less likely to die than non-dog owners and 31% less likely to die of a heart attack or other cardiovascular conditions. Hospitals bring in therapy dogs to patients with heart failure and high blood pressure. Even within 12 minutes with a therapy dog, hormone

levels and certain measures of cardiac pressure decrease among the patients. Dogs may also have similar effect on the body's intestinal bacterial population. These microbiome changes may help heart health. An effect like that is seen when healthy probiotics as found in yogurt and other fermented foods are consumed.

Dogs fulfill the gap we seem to need for social interaction. As faithful companions, they make us feel less lonely and anxious. You spend more time outdoors and get exercise when walking a dog. You also get to meet your neighbors. The activity and the interactions lower cholesterol improves the heart rate, and manages blood pressure. Dogs are especially good at improving mood and depression. When you feel blue, your dog seems to sense it. He crawls up to your feet with those soulful eyes as it says, "What have I done wrong?" You feel better. Dogs have about a 400-word vocabulary so seem to understand what you are saying.

Don't get a dog if you can't afford it. They do cost money with grooming, medicines, and vet care. But then you compare the cost with the benefits. Choose the right dog for your lifestyle. Each breed has its own characteristics. Even that rescue mutt, that mixed breed can be your best friend.

Many dogs are abandoned each year. If you must move and can't take the dog with you, don't just abandon it. It will go wild and join a pack of dogs. It could get killed or starve. Give it to someone else or put it in a shelter.

If you're looking for a wonderful dog, check out your local shelter. There is a rescue there just waiting for you.

*Source:
Harvard Women's Health Watch May 2020
Harvard Heart Letter June 2020*

Irene Collier (Ret)

The Purple Heart

The award known as the Purple Heart has a history that reaches back to the waning days of the American Revolution. The Continental Congress had forbidden General George Washington from granting commissions and promotions in rank to recognize merit. Yet Washington wanted to honor merit, particularly among the enlisted soldiers. On August 7, 1782, his general orders established the Badge of Military Merit:



This award was open only to enlisted men and granted them the distinction of being permitted to pass all guards and sentinels as could commissioned-officers. The names of the recipients were to have been kept in a "Book of Merit" (which has never been recovered).

At the present time there are three known recipients of the Badge of Military Merit: Sergeant Elijah Churchill, 2nd Continental Dragoons; Sergeant William Brown, 5th Connecticut Continental Line Infantry and Sergeant Daniel Bissel, 2nd Connecticut Continental Line Infantry.

Washington stated that the award was to be a permanent one, but once the Revolution ended, the Badge of Merit was all but forgotten until the 20th century.

General John J. "Blackjack" Pershing suggested a need for an award for mer-

it in 1918, but it was not until 1932 that the Purple Heart was created in recognition of Washington's ideals and for the bicentennial of his birth. General Order #3 announced the establishment of the award:

On May 28, 1932, 137 World War I veterans were conferred their Purple Hearts at Temple Hill, in New Windsor, NY. Temple Hill was the site of the New Windsor Cantonment, which was the final encampment of the Continental Army in the winter of 1782-1783. Today, the National Purple Heart continues the tradition begun here in 1932, of honoring those who have earned the Purple Heart.

The Purple Heart has undergone many changes with respect to the criteria for being awarded. At first, the Purple Heart was exclusively awarded to Army and Army Air Corps personnel and could not be awarded posthumously to the next of kin. In 1942, President Franklin Roosevelt signed an executive order allowing the Navy to award the Purple Heart to Sailors, Marines, and Coast Guard personnel. Also in that year, the Purple Heart was made available for posthumous award to any member of the military killed on or after December 6, 1941.

Originally the Purple Heart was awarded for merit. Being wounded was considered to be one type of merit. With the creation of the Legion of Merit in 1942, the award of the Purple Heart for merit became unnecessary and was therefore discontinued. Currently, the Purple Heart, per regulation is awarded in the name of the President of the United States to any member of the Armed Forces of the United States who, while serving under competent authority in any capacity with one of the U.S. Armed Services after April 5, 1917 has been wounded, killed, or has died after being wounded.



Although not a soldier, a U.S. president has been awarded the Purple Heart. Elected as the thirty-fifth president in 1960, John F. "Jack" Kennedy was awarded the Purple Heart after being seriously injured when the patrol torpedo boat he was commanding, PT-109, was sliced in half and sunk by a Japanese destroyer near the Solomon Islands on 2 August 1944. Kennedy was badly hurt in the collision, as were two other sailors; two more were lost. Despite his injuries, then Lieutenant (Junior Grade) Kennedy "unhesitatingly braved the difficulties and hazards of darkness to direct rescue operations, swimming many hours to secure aid and food after he had succeeded in getting his crew to shore" on a nearby island.

National Purple Heart Day 2020. Purple Heart Day is observed on **August 7** each year and is a time for Americans to pause to remember and honor the brave men and women who were either wounded on the battlefield or paid the ultimate sacrifice with their lives.

COVID-19 Testing: What TRICARE Covers

You may have questions about COVID-19 testing. Two kinds of tests are used to determine SARS-CoV-2 (the virus that causes COVID-19) infection: diagnostic (viral) and antibody testing. It's important you know the difference between the tests, how to get tested, and what TRICARE covers.

TRICARE covers diagnostic and/or antibody testing that's medically necessary. To be medically necessary means it is appropriate, reasonable, and adequate for your condition, and meets TRICARE policy, which follows the Centers for Disease Control and Prevention (CDC) guidance.

"A variety of COVID-19 diagnostic testing options are available to the public," said Dr. Danita Hunter, director of the TRICARE Health Plan at the Defense Health Agency. "Before you get tested, learn more about COVID-19 testing and what TRICARE covers on TRICARE.mil."

Diagnostic Test

A diagnostic (viral) test tells you if you have a current SARS-CoV-2 infection. The CDC reports that not everyone needs to get tested for COVID-19 and that testing differs by location. You should get tested if you're experiencing COVID-19 symptoms and when it's recommended by a health care provider. The test must be one approved, cleared, or authorized by the Food and Drug Administration (FDA). Your provider will use a screening process to determine whether you need to be tested following the CDC guidelines.

Your local military hospital or clinic may be able to give you a test. You can also go to your state or local health department's website for the latest information on testing in your area.

Some areas offer free diagnostic testing. You may get a free test, but know that the testing agency may still bill TRICARE. In this case, TRICARE will deny that claim. When this hap-

pens, the testing agency will pay the bill. You'll get an explanation of benefits showing the denied claim. This doesn't mean you must pay the bill.

TRICARE will waive copayments and cost-shares for approved SARS-CoV-2 diagnostic testing and office visits related to the testing. If you paid any copayments for testing related to COVID-19 and the resulting office visit with a network or non-network provider, you may file a claim for reimbursement. If you need treatment and/or prescriptions due to SARS-CoV-2 infection, then your copayments and cost-shares will still apply depending on your health plan. Active duty service members and active duty family members enrolled in TRICARE Prime don't have cost-shares.

If you live overseas and have cost-shares, you may be eligible for a waiver of your cost-share. A percentage of the total cost of a covered health care service that you pay for certain SARS-CoV-2 diagnostic testing. The test must be approved, cleared, or authorized by FDA, or approved by the host nation to test for COVID-19.

If you have TRICARE For Life and Medicare, follow Medicare's guidance on coverage for testing and hospitalizations.

If you get tested, be sure to contact your doctor to document the results in your records. See the TRICARE Coronavirus FAQs to learn more.

Antibody Test

An antibody test might tell you if you had a past infection. According to the CDC, it can take up to three weeks after infection for your body to make SARS-CoV-2 antibodies.

TRICARE may cover a SARS-CoV-2 antibody test approved, cleared, or authorized by the FDA. Or, if you're overseas, approved by the host nation. The test must be ordered by a TRICARE-authorized provider. An authorized provider is any individual,

institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. DS, and it has to be medically necessary, appropriate, and safe. This means that TRICARE won't cover antibody blood tests to satisfy your curiosity, to see if you're safe to return to work, for research purposes, or for public health outreach. See the TRICARE Coronavirus FAQs to learn more.

If you have already recovered from COVID-19, you may be able to join the fight to help others with the virus. The Department of Defense (DoD) aims to collect more than 10,000 units of convalescent plasma this summer to help sick active duty service members.

Stay Informed and Stay Safe

The best way to approach testing is to contact your medical provider or TRICARE contractor before you get a test done, especially if you have questions about what the benefit covers.

Even if you believe you already had COVID-19, you should still take precautions to avoid infection. Some precautions include wearing a cloth face covering, staying 6 feet apart, and washing your hands frequently.



Continue to follow the guidance from the CDC, the DoD, and your local officials. Read about TRICARE and COVID-19, and take command of your health.

OUR CORPORATE PARTNERS

Please support those that support us!

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

Abby Consulting <i>Website Design</i> http://www.abbyconsulting.com/ 210-490-6513	Army Residence Community <i>Retirement Living</i> https://armyresidence.com/ 210-646-5300
Beldon Roofing Company <i>Trusted Since 1946</i> https://www.beldon.com/ 833-5-BELDON	Blue Skies of Texas <i>Retirement Community In the tradition of Air Force Village</i> https://www.blueskiesoftexas.org/ 866-553-5389
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Corporate Partners:

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

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

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

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

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

Lisa Skopal

Lisa Skopal
Advertising Coordinator

lskopal@ymail.com

Transitioning Tips

Taking the Initiative

A decision has been made. You've turned in your separation paperwork, either for the end of military commitment or retirement. A huge congratulations on a job well done. The next big question is what's next. How are you going to navigate the maze of information, events, and advice which is now coming your way?

My first suggestion is to look inward. You need to determine your priorities. What do you want? Education? A new career? What are your family's requirements? These are just a few of the considerations. BUT ... this is a great place to start. You need to do what makes you happy and satisfies your needs.

You say that this will come with time? Not if you don't make it a priority. So many folks transition out without a defined path that includes their own personal mission and their values. Recognizing those crucial pieces of your identity and applying them to the overall strategic plan of

your transition can lead to years of satisfaction that can manifest itself in so many ways. Not considering these can lead to job hopping and all sorts of other consequences. The axiom that successful execution comes from a strong strategic plan is true even in a career transition.

So, take the initiative. You are the driver. In the past week, I've come across two separate instances of the lack of initiative from job seekers. The first asked to discuss his resume. I provided some materials and suggested a time for a phone chat. He responded with the email that he wanted me to rewrite his resume. You've heard me state this before. YOU need to write your resume. You tell your story the best. If I wrote the resume, then I tell my story with your history. That won't sell to a recruiter.

The second occurred during a meeting this morning – Zoom of course. A member of the JBSA Alliance stated that she had a resume for a spouse nurse looking for part time work. The request was that anyone from the net-

work who knew of nursing opportunities to check back with this contact. Another on the call replied that he had just checked with Indeed.com and that 15 pages of part time nurse opportunities in the San Antonio area were listed. Nurse opportunities abound in this pandemic world.

The point being - in each of these cases, the job seeker needs to take the initiative. Be aggressive in the job search. Know what you want for your future. Develop your strategy. Design the transition tools to reflect your brand and that strategy. Use all the resources available to enhance your efforts and network, network, network. Own the process.

It's your life. Take charge and create your dreams.

Kitty

Kathryn "Kitty" Meyers
LtCol USAF (Ret)

SPHR, SHRM-SCP
Chapter Transition Liaison Officer

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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.

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

☐ YES! Renew my Alamo Chapter Membership

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Phone Number _____

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

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

WANTED!

Active Duty or Retired Job Seekers

If you would like to be added to the regular email blast that lists job opportunities in **San Antonio and Texas** please contact David Patrick, the Career Transition Coordinator - Texas
dwpatrick01@gmail.com

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

Kitty Meyers LtCol USAF (Ret)
Chapter Transition Liaison Officer at
kamconsulthr@gmail.com

Medical Minute

(Continued from Page 7)

- Try elevating your feet as you sit on the toilet. This changes the position of the rectum and allows stool to pass more easily.

If you do get an inflammation flare the following approaches may help:

- Over the counter products such as Preparation H, Tucks or products containing witch hazel.
- Sitz Baths: Soak the inflamed area 10 to 15 minutes two or three times a day.
- Diosmin (Daflon): A herbal supplement designed to shrink hemorrhoids
- Prescription drugs: Doctor prescribed anti-inflammatory drugs or numbing medications,
- Surgery: Surgical removal of the hemorrhoid or rubber band ligation are most common.

Source: Harvard Women's Health Watch

Irene Collier (Ret)



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2020 Census	Humor Me!
<p>The 2020 Census will provide a snapshot of our nation—who we are, where we live, and so much more.</p> <p>The results of this once-a-decade count determine the number of seats each state has in the House of Representatives. They are also used to draw congressional and state legislative districts.</p> <p>Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.</p> <p>The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP.</p> <p>Each year, Census data informs federal funding for more than 100 programs, including school lunches, highway construction, and education.</p> <p>Redistricting</p> <p>The U.S. Constitution mandates that the country count its population once every 10 years. The results are used to adjust or redraw electoral districts, based on where populations have increased or decreased.</p> <p>State legislatures or independent bipartisan commissions are responsible for</p>	<p>redrawing congressional districts. The U.S. Census Bureau provides states with population counts for this purpose.</p> <p>Federal Funding</p> <p>The results of the 2020 Census will inform decisions about allocating hundreds of billions of dollars in federal funding to communities across the country—for hospitals, fire departments, school lunch programs, and other critical programs and services.</p> <p>Business Decisions</p> <p>The 2020 Census will be valuable to businesses, as the results will provide a rich set of data on the communities they serve, including population trends and growth projections.</p> <p>Business owners rely on census results to make decisions, such as where to open new stores, restaurants, factories, or offices, where to expand operations, where to recruit employees, and which products and services to offer.</p> <p>If you haven't already done so please complete your census today—and encourage your family and friends to do so too!</p> <p>Ways to complete the census:</p> <p>On-line: www.my2020census.gov</p> <p>By phone: 1-844-330-2020 6am-1am CST</p>
	<p>Word Play</p> <p>Evidence has been found that William Tell and his family were avid bowlers. However, all the Swiss league records were unfortunately destroyed in a fire, and we'll never know for whom the Tells bowled.</p> <p style="text-align: center;">**</p> <p>King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said, 'I'll give you 100,000 dinars for it.' 'But I paid a million dinars for it,' the King protested. 'Don't you know who I am? I am the king!' Croesus replied,</p> <p style="text-align: center;">'When you wish to pawn a Star, makes no difference who you are.'</p> <p style="text-align: center;">**</p> <p>A man rushed into a busy doctor's office and shouted 'Doctor! I think I'm shrinking!!' The doctor calmly responded, 'Now, settle down. You'll just have to be a little patient.'</p> <p style="text-align: center;">**</p> <p>A marine biologist developed a race of genetically engineered dolphins that could live forever if they were fed a steady diet of seagulls. One day, his supply of the birds ran out so he had to go out and trap some more. On the way back, he spied two lions asleep on the road. Afraid to wake them, he gingerly stepped over them. Immediately, he was arrested and charged with transporting gulls across sedate lions for immortal porpoises.</p> <p style="text-align: center;">**</p> <p>Back in the 1800s the Tates Watch Company of Massachusetts wanted to produce other products and, since they already made the cases for watches, they used them to produce compasses. The new compasses were so bad that people often ended up in Canada or Mexico rather than California. This, of course, is the origin of the expression, 'He who has a Tates is lost!'</p> <p style="text-align: center;">**</p> <p>(Continued on Page 15)</p>

Humor Me!

(Continued from Page 14)

A thief broke into the local police station and stole all the toilets and urinals, leaving no clues. A spokesperson was quoted as saying, 'We have absolutely nothing to go on.'

**

An Indian chief was feeling very sick, so he summoned the medicine man. After a brief examination, the medicine man took out a long, thin strip of elk rawhide and gave it to the chief, telling him to ! bite off, chew, and swallow one inch of the leather every day. After a month, the medicine man returned to see how the chief was feeling. The chief shrugged and said, 'The thong is ended, but the malady lingers on.'

**

A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official who apologized profusely saying, 'I must have taken Leif off my census.'

**

There were three Indian squaws. One slept on a deer skin, one slept on an elk skin, and the third slept on a hippopotamus skin. All three became pregnant, and the first two each had a baby boy. The one who slept on the hippopotamus skin had twin boys. This goes to prove that the squaw of the hippopotamus is equal to the sons of the squaws of the other two hides.

**

A skeptical anthropologist was cataloging South American folk remedies with the assistance of a tribal brujo who indicated that the leaves of a particular fern were a sure cure for any case of constipation. When the anthropologist expressed his doubts, the brujo looked him in the eye and said, 'Let me tell you, with fronds like these, who needs enemas?'

**

Why I Like Retirement

- Number of days in a week: 6 Saturdays, 1 Sunday

- Bedtime: Three hours after falling asleep on the couch.
- Biggest gripe: There is not enough time to get everything done.
- Benefit of being called a senior: The term comes with a 10% discount.
- What is considered formal attire: Tied shoes.
- Why do retirees count pennies: They are the only ones who have the time.
- Common term for someone who enjoys work and refuses to retire: NUTS!
- Reason retirees are so slow to clean out the basement, attic or garage: They know that as soon as they do, one of their adult kids will want to store stuff there.
- What retirees call a long lunch: Normal.
- Best way to describe retirement: The never ending Coffee Break.
- Biggest advantage of going back to school: If you cut classes, no one calls your parents.
- What do retirees do all week: Monday through Friday, NOTHING. Saturday & Sunday they rest.
- Why doing nothing is hard work: You never know when you're done

**

Finally the fourth ape!
He is the sum of the first
three: He sees nobody, hears
nobody and speaks to nobody.



**



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