

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 41, Number 8

“Five Star ★ ★ ★ ★ ★ Chapter”

August 2021



President's Message

Get Involved!

Hello and happy summer. Folks are emerging from “housebound” and are enjoying gatherings. For the past few months, I’ve been chatting about getting involved. One month it was about getting involved with the advocacy mission of the chapter and of MOAA. Yes, the elections are past us. Just pick up a newspaper or clue into a newscip on television or the web and you will see that the legislative process doesn’t stop on election day. These times are especially important that MOAA members collectively work with our elected officials to support the various initiatives that impact the military community. This included the retired, veterans and spouses.

One article spoke to those interested in becoming active in some fashion to support nonprofits as they assist our military community. I’ve talked about the JB SA Warrior and Family Support Center, now managed by the San Antonio USO. I visited the Center a couple of weeks ago. My heart broke. The grounds are overgrown and unkept. Once inside, you’re walking on the slab foundation since the floor has yet to be repaired. They are working on an end-of-summer reopening with the assistance of JB SA engineering resources. In the meantime, they are working on interim plans to support the troops.

I’ve also mentioned Soldiers Angels. I met with Chris Chun, Vice President of Programs for Soldiers Angels and Alamo Chapter member. They have Monthly Food Distributions (MFDs) for the military community. Did you know that a number of junior enlisted are in need of such assistance for their families to meet the basic food needs? This occurs every third Thursday of the month at the Cowboys Dance Hall. You can assist in breaking down and handing out food to over 200 low-income veterans and their families. Each veteran receives at least 75 pounds of food each month. Sign up to help can be accomplished by linking to <https://soldiersangels.org/san-antonio/>.

We also have open staff positions for the Chapter. These are posted on our website at www.alamomoaa.org. A key need is for a treasurer. Our committees also provide opportunities to get involved.

However, what works for you is good for all. A little or a more robust involvement is greatly appreciated by all. It is not cliché that you get more out of it than you give. Come join us for service, for camaraderie and for fun.

Kitty

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

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big
give

Choose

**MOAA Alamo Chapter
on September 23, 2021**

All proceeds go towards next
year’s scholarship
recipients

Notices



Thank You

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

COL John Alvarez USA (Ret)

Col David Cox USAF (Ret)

LTC Thomas Leonard USA (Ret)

COL David Malave USA (Ret)

Lt Gen Steve Polk USAF (Ret)

Lolly Orlowski

Lt Col Tom Shumaker USAF (Ret)

Maj Gen Bruce Smith USAF (Ret)

Col Steve Thompson USAF (Ret)

CPT Thomas Ullman USA (Ret)

Col Richard Wheatley USAF (Ret)

LTC Machielle Wood Denmon USA (Ret)



TAPS

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

Col Patrick Curoe USAF (Ret)
03/24/2020

Kathryn McBride
Spouse of Gen William McBride
USAF (Ret)
06/20/2021

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

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

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

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

Contact the office by email for the zoom link.

Happy 231st Birthday

to the

US Coast Guard

August 4, 1790

Semper Paratus
(Always Ready)



Save The Date

Sept 14, 2021



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

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

Alamo Chapter members who are not ARC residents are also welcome to reserve a seat. Masks will be mandatory until lunch is served and all attendees must be vaccinated. Limited to 100 attendees.

The menu and cost is yet to be determined but soup and salad is likely to be served.

If you are interested in attending, ARC residents should contact the dining room coordinator, and non residents should contact the chapter office by email or phone (moaa-ac@sbcglobal.net or 210-228-9955).

Estate Planning & Decedent Affairs Checklist

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

The MOAA Alamo Chapter is here to provide you with resources regarding estate planning and a 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



July Fourth Patriotic Ceremony

Kathie Estrada and Kitty Meyers presented the Alamo Chapter wreath at the Order of Granaderos Y Damas de Galvez 37th Annual Fourth of July Patriotic Ceremony at Ft. Sam Houston Cemetery.

The Order of Granaderos y Damas de Galvez is the organization that recognizes Spain's support during the American Revolution.

In 1779, Spain formally declared war on Great Britain. Bernardo de Galvez successfully led campaigns along the Gulf Coast. Five British forts were captured, removing the British entirely from the coast of what is now the southeastern United States.



Army Residence
Community

The Rest of Your Life Awaits at the ARC.

Retirement living beyond compare.

Let's talk soon.

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

7400 Crestway | San Antonio, Texas 78239 armyresidence.com



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

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

Membership Memos

THANK YOU Renewing Members

Lt Gen Steve Polk USAF (Ret)
 Maj Gen Byron Hepburn USAF (Ret)
 Maj Gen Bruce Smith USAF (Ret)
 COL John Alvarez USA (Ret)
 COL Chris Chun USA (Ret)
 Col David Cox USAF (Ret)
 COL George Daniel USA (Ret)
 Col Donald Gleason USAF (Ret)
 COL Gary Hyde USA (Ret)
 COL Richard Lantry USA (Ret)
 COL David Malave USA (Ret)
 Col Elizabeth Schuchs-Gopaul USAF (Ret)
 Col Steve Thompson USAF (Ret)
 Col Richard Wheatley USAF (Ret)
 Lt Col Russell Coleman USAF (Ret)
 LTC Thomas Leonard USA (Ret)
 LTC Daniel Mishket USA (Ret)
 Lt Col Tom Shumaker USAF (Ret)
 CDR Dan White USN (Ret)
 Maj John Markovetz USAF (Ret)
 CPT Thomas Ullman USA (Ret)
 Irene Nikolewski

Alamo Chapter (MOAA-AC) Membership Eligibility

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

Chapter Membership Benefits

Considering joining a MOAA chapter?

Debating whether to renew your chapter membership?

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 state and national level. This grass-roots advocacy is key to MOAA achieving its legislative goals.

Membership Stats

Active Duty 264
 Surviving Spouse 164
 Former Military 71
Retired 847
Total 1346

WELCOME New Members

CAPT Carl Stewart USN (Ret)
 Lt Col Ivan Edwards USAFR
 CDR Stephen Haussmann USN (Ret)
 Lt Col John Hennessey USMC (Ret)
 CDR Jerry Torres USNR
 CPT Dalia Perez USAR (Fmr)
 Capt David Plylar USAF (Fmr)
 CW4 John Himes USA (Ret)
 Mara Eck
 Judy Powers
 Carlos Sanchez

Alamo Chapter Mission & Vision Statement

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

Mission:

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

Visit www.alamomoaa.org for more info



13th Annual MOAA-AC Golf Tournament

Military Officers Association of America - Alamo Chapter

Benefiting



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

Friday, November 5, 2021

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

\$150 per player (limit 120 players)

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

Womens & Mens Divisions!

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

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



SPONSORSHIP OPPORTUNITIES

Title Sponsor \$10,000

Tournament named in your honor, Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 8 players.

Platinum Sponsor \$5,000

Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 6 players.

Gold Sponsor \$2,500

Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 4 players.

Silver Sponsor \$1,500

Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 2 players.

Hole In One Sponsor \$1,000

Hospitality Cart Sponsor \$750

Hole Sponsor \$325

Closest To The Pin \$325

Longest Drive \$325

Warrior Player Sponsor \$150

Monetary donation in any amount \$ _____

CONTACT INFORMATION

Tournament Co Chairs: Frank & Stephen Rohrbough

Frank: 703-868-8006 Stephen: 210-262-7026

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

(For 4 person teams or individual players)

Player 1 Name: _____

Email: _____

Player 2 Name: _____

Email: _____

Player 3 Name: _____

Email: _____

Player 4 Name: _____

Email: _____

Participation implies agreement to use photos in any PR materials

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

Company/Sponsor Name:

Email: _____

Tel: _____

Credit Card #: _____

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

CVV: _____ **Tel:** _____

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

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

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

Make checks payable to: MOAA-AC and mail to: P.O. Box 340497, Ft. Sam Houston, TX 78234. If you prefer, you may also register and/or donate by credit card on our website: www.alamomoaa.org. Call Trish at 210-228-9955 for questions on tournament registration, or to pay/donate by phone with your credit card (Mon-Thurs 1-4pm). (Rev 041521)



Alamo Chapter

The Military Officers Association of America

Alamo Chapter (MOAA-AC)

is conducting its

13th Annual Golf Tournament on November 5, 2021

at the Quarry Golf Course in San Antonio.



The tournament raises funds for . . .

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

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

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

Here are the ways you can help:

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

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

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

Thank you.

Frank Rohrbough

Frank Rohrbough
Co-Chair, Golf Committee



Medical Minute

Help for Bad Breath

Bad breath, or halitosis, often stems from bacteria feeding on food particles in the mouth. Following are some ways to prevent it.

Brushing: You can often fend it off by just brushing your teeth after eating. Brush your teeth at least twice a day. If brushing isn't convenient, consider using mouth wash, or use sugarless gum to remove food particles. Also, brush your dentures before soaking at night and before putting them back in our mouth.

Clean your tongue: Odor causing bacteria thrive on the surface of your tongue, particularly at the back. Mucus from post nasal drip can also feed odor-causing bacteria. Using a tongue brush or gargling with mouth wash may help.

Floss daily: This removes food particles from between your teeth.

Hydrate: Drinking plenty of water or chewing sugarless gum produces saliva that will wash away food particles that feed bad breath.

Adjust your diet: Avoid foods such as onions and garlic. Eating a lot of sugary foods is also linked with bad breath.

Replace Your Toothbrush: Regularly replace your toothbrush, changing it when it becomes frayed or every three to four months. Choose a soft-bristled toothbrush.

Dental Check Up: Schedule regular dental checkups, generally twice a year to have your teeth or dentures examined and cleaned.

If bad breath doesn't respond to these changes it may be related to a condition known as dry mouth which can be caused by certain medications or issues with your sinuses, throat, lungs or stomach. If you suspect this, speak with your doctor.

Source: Mayo Clinic Health Letter

Irene Collier (Col, Ret)



Solitaires



Home Remedies for Summer Ailments

It's midsummer and we are well into the swing of things with outdoor adventures, seaside vacations, sports, gardening, and so much more. But waiting around the corner of every beach trip, hiking adventure, or round of golf are pesky summer ailments waiting to thwart our summer fun. Whether it's poison ivy, insect bites, sunburn, or bee stings there are home remedies to help decrease your discomfort and increase your healing time. Not only are these treatments more natural options, they can typically be found around the house and help you avoid a trip to the drug store.

One of the most common summer ailments is sunburn. Of course, preventing sunburn by applying adequate sunscreen (SPF 20 or higher) throughout the day, wearing protective clothing, and staying out of the sun during the peak hours of 10 am to 2 pm would be the ideal choice, but mistakes happen. Whether we forget the sunscreen or are attempting to get that tropical tan, sunburn can strike quickly. Regardless of the treatment, a sunburn will take time to heal. Reducing the pain and inflammation can help that process along, and treatment should begin immediately. Aloe vera has long been a go-to treatment for sunburn. If you have access to an aloe vera cactus plant, take a fleshy leaf, split it open and put its gel on the reddened area. Repeat this as soon as it appears to be absorbed and continue until the redness subsides. Going to the beach and don't want to haul an entire plant with you? No problem! You can simply clip off a few leaves and throw them in a plastic bag – or just buy a jar of aloe vera gel to throw in your bag. Other treatments include cool compresses

applied directly to the burn, witch hazel, or freshly brewed - and then cooled – tea applied with a cloth. Taking a cool bath with one cup of apple cider vinegar, or oatmeal, or two cups of baking soda can provide relief. Anti-inflammatory medications such as ibuprofen can also help. Whichever treatment you choose, ensure you are drinking plenty of water to replace what your body is using as it tries to heal the burn. Lastly, if blisters develop do not try to break them as it could cause an infection.

Got an itch? Insect bites, stings and poison ivy are another troublesome summertime ailment. The rain this year has produced armies of mosquitos here in South Texas while the ground has exploded with fire ant mounds. While insect repellent can certainly help protect against mosquitoes and ticks, it won't prevent all insect bites or stings. When bites and stings occur, pain is usually the immediate issue, but itchiness sets in soon after. First, wash the affected area with soap and water. Then apply tea tree oil, baking soda, Epsom salt, baking soda, or aloe vera directly to the bite. Applying ice or a cold pack will also provide relief.

For a poison ivy rash: apply a cold compress; use oatmeal, baking soda, or Epsom salts as a paste or in a bath; apply a cotton towel soaked in apple cider vinegar to the area; blend a raw potato and apply the paste to the area; or apply Dawn dish soap for several minutes before rinsing with cold water. These treatments, as well as several others, can help relieve the intense itching and speed the healing process.

Swimming is a favorite summer activity, but when water gets in the ear, an outer ear infection called "swimmer's ear" can result. One
(Continued on Page 14)

The Dollar Bill - What is on the Back and What it Stands for!

The origins of the symbolism on the back of the U.S. one-dollar bill is a mixture of fact and folklore. On the rear of the one-dollar bill, you will see two circles. Together, they comprise the Great Seal of the United States. The First Continental Congress requested that Benjamin Franklin and a group of men design a seal. It took them four years to accomplish this task and another two years to get it approved.

If you look at the left-hand circle, you will see a pyramid. Notice the face is lighted, and the western side is dark. This country was just beginning. We had not begun to explore the west or decided what we could do for western civilization. The pyramid is uncapped, again signifying that we were not even close to being finished. Inside the capstone you have the all-seeing eye, an ancient symbol for divinity. It was Franklin's belief that one man couldn't do it alone, but a group of men, with the help of God could do anything. The Latin above the pyramid, ANNUI COEPTIS, means, "God has favored our undertaking." The Latin below the pyramid, NOVUS ORDO SECLORUM, means, 'a new order has begun.' At the base of the pyramid is the roman numeral for 1776 (MDCCLXXVI).

If you look at the right-hand circle, and check it carefully, you will learn that it is on every national cemetery in the United States. It is also on the Parade of Flags Walkway at the Bushnell, Florida National Cemetery, and is the centerpiece of most hero's monuments. Slightly modified, it is the seal of the President of the United States, and it is always visible whenever he speaks, yet very few people know what the symbols mean. The bald eagle was selected as a symbol for victory for two reasons: First, he is not afraid of a storm; he is strong, and he is smart enough to soar above it. Secondly, he wears no material crown. We had just broken from the king of England. Also, notice the shield is unsupported. This country can now stand on its own. At the top of that shield you have a white bar signifying congress, a unifying factor. We were coming together as one nation. In the eagle's beak you will read, 'E PLURIBUS UNUM' meaning, 'one from many.'

Above the eagle, you have the thirteen stars, representing the thirteen original colonies, and any clouds of misunderstanding rolling away. Again, we were coming together as one. Notice what the eagle holds in his talons. He holds an olive branch and arrows. This country wants peace, but we will never be afraid to fight to preserve peace. The eagle always wants to face the olive branch, but in time of war, his gaze turns toward the arrows. They say that the number 13 is an unlucky number. This is almost a worldwide belief. You will usually never see a room numbered 13, or any hotels or motels with a 13th floor, but think about this:

- 13 original colonies,
- 13 signers of the Declaration of Independence,
- 13 stripes on our flag,
- 13 steps on the Pyramid,
- 13 letters in 'Annuet Coeptis,'
- 13 letters in 'E Pluribus Unum,'
- 13 stars above the Eagle,
- 13 bars on that shield,
- 13 leaves on the olive branch,
- 13 fruits,
- 13 arrows.



And finally, if you notice the arrangement of the 13 stars in the right-hand circle you will see that they are arranged as a Star of David. This was allegedly ordered by George Washington who, when he asked Hayim Solomon, a wealthy Philadelphia Jew, what he would like as a personal reward for his services to the Continental Army, Solomon said he wanted nothing for himself but that he would like something for his people. The Star of David was the result. Few people know that it was Solomon who saved the Army through his financial contributions but died a pauper.

Source: Snopes | David Mikkelson | April 18, 2021

Health, Benefits & Welfare

Clothing To Monitoring Troops' Health

A fiber with digital capabilities has been developed by researchers at the Army's Institute for Soldier Nanotechnologies at the Massachusetts Institute of Technology, with Army funding. A programmable fiber that can sense, store and analyze data could be stitched into soldiers' uniforms in the future and be used to monitor their movements, vital signs and exposure to toxins, Army researchers say. "This groundbreaking research ... could revolutionize soldier uniforms," James Burgess, program manager of the U.S. Army Combat Capabilities Development Command, said in a statement released 14 JUN.

"We could outfit our soldiers with uniforms that could generate power ... all of this could be done with very little increase in weight carried by the soldier." The thin, flexible material can pass through a needle, be sewn into fabrics, and washed multiple times before it breaks down, the Army said. Sewing the fiber into clothing worn by soldiers could give Army commanders a better sense of the effects the environment on their troops. Wearables containing the fiber could be used to indicate a soldier's exposure to toxins, including on deployments where they have been in contact with contaminants from burn pits.

When it was sewn into the armpit of a shirt, the fiber collected 270 minutes of surface body temperature data from the person wearing the shirt and analyzed how the data corresponded to different physical activities, the statement said. The fiber was able to determine with 96% accuracy what activity the person wearing the shirt was taking part in, it said. The fiber also has the potential to alert soldiers in real-time to health changes like a respiratory decline, an irregular heartbeat or changes to heart rate data during training exercises, the Army said. The fiber is currently controlled by a small external device. The next step will be to design a chip to serve as a microcontroller that can be connected within the fiber itself. "When we can do that, we can call it a fiber computer," MIT doctoral student Gabriel Loke, one of the authors of a study published in Nature Communications that looked at how the fiber was developed, said in the statement.

Source: Stars and Stripes

Military Pay Raise 2022

House appropriators on 29 June backed a 2.7 percent pay raise for all troops next year and agreed to White House plans to trim military end strength under their defense spending plan for fiscal 2022. The \$706 billion proposal (which does not include military construction funds) is still months away from becoming law, but shows solidarity between House Democratic leaders and the administration on funding levels for fiscal 2022. It's also a strong indication that despite the potential fights ahead, the military pay raise is unlikely to be a sticking point in the funding debates.

Source: Military Times

TRICARE Dental Program Wellness Program Benefits

If you or a TDP enrolled family member has been diagnosed with a chronic condition, the TRICARE Dental Program (TDP) Wellness Program is available to provide additional dental benefits at no cost to you. Getting the proper treatment and maintenance for gum disease will have a positive effect on your overall wellness as scientists continue to uncover connections between certain chronic conditions and gum disease.

TDP Wellness Program is for people with the following chronic medical conditions:

- Cerebral Vascular Disease (stroke)
- Coronary Artery Disease (heart)
- Diabetes
- Lupus
- Oral Cancer
- Organ Transplant
- Rheumatoid Arthritis
- Pregnancy (additional, third cleaning in a consecutive 12-month period, only)

Improved TRICARE Benefits Service Coverage:

- Periodontal maintenance – an additional service per year: 100% (Standard frequency limitations apply)
- Scaling and root planning: 100% (Standard frequency limitations apply)
- Periodontal surgery – four procedures related to gingival flap or osseous surgeries: 100%

Source: <https://www.uccitdp.com> | June 2021

Concurrent Receipt Update

A working group of dedicated advocates from The Military Coalition – a consortium of organizations (of which MOAA is a co-chair) representing a combined 5.5 million members – is making progress on concurrent receipt legislation and needs your help with a summer surge.

Maj. Richard Star, USAR, namesake of the Major Richard Star Act (H.R. 1282/S.344), lost his fight with cancer in February of this year. Before the pandemic hit in 2020, he was tenacious – even with terminal lung cancer, he would struggle down the halls of congressional office buildings, stopping to catch his breath, to make it to the next office to advocate for concurrent receipt.

Military and veterans groups have vowed to continue his work, and have seen some success in recent weeks: The bills recently reached milestones in both chambers, with support from 51 senators and 105 House members, and growing. There are still many lawmakers who would support this legislation if they heard from constituents.

(Continued on Page 15)

MEET OUR CORPORATE PARTNERS

<p>Abby Consulting <i>Website Design</i> http://www.abbyconsulting.com/ 210-490-6513</p>	<p>Analytical Solutions For Data Marvin Dillard marvin@asfdata.com 859-433-1486</p>	<p>Sponsors and advertisers are vital for the success of any nonprofit and our Chapter is no exception. <i>Please support those that support us!</i></p> <p>Their support provides us with the resources to fulfill our mission. We are working hard to build long-term relationships with several sponsors and businesses throughout the San Antonio area for both the Chapter operations and our Educational Foundation. The Foundation provides the support for the JROTC and ROTC scholarships distributed to deserving cadets annually.</p> <p>We need your help to “pay it forward”. Please consider using these companies whenever possible. Let them know you saw their name in MOAA Alamo Chapter’s monthly newsletter, <i>The Lariat</i>, and make sure you thank them for their support. This lets them know their sponsorship is paying off advertising with MOAA Alamo Chapter. This will help ensure a long-term partnership with them and the Chapter.</p> <p>Additionally, if you know of any business interested in sponsoring or advertising in the monthly <i>Lariat</i>, please let me know. We have different levels of sponsorship and different advertising options that can be tailored to each business.</p> <p>A marketing package has been developed that describes the various plans. I would be happy to meet and help them develop options that will benefit their needs.</p> <p style="text-align: right;"><i>Lisa Skopal</i> Lisa Skopal Advertising Coordinator</p> <p><i>For more information visit our website www.AlamoMoaa.org and look for the Media Kit under the About Us tab or email Lisa Skopal</i></p> <p style="text-align: right;"><i>lskopal@ymail.com</i></p>
<p>Army Residence Community <i>Retirement Living</i> https://armyresidence.com/ 210-646-5300</p>	<p>Beldon Roofing Company <i>Trusted Since 1946</i> https://www.beldon.com/ 833-5-BELDON</p>	
<p>Blue Skies of Texas <i>Retirement Community In the tradition of Air Force Village</i> https://www.blueskiesoftexas.org/ 866-553-5389</p>	<p>CTWP Digital Solutions <i>Printers, Copiers, Fax Machines & Office Equipment</i> https://www.ctwp.com/ 210-590-2897</p>	
<p>The Green Technology Group <i>IT Solutions Company</i> <i>Leave “IT” to us!</i> http://www.tgtgllc.com 202-285-4748</p>	<p>The Louver Shop of San Antonio <i>Shutters, Blinds & Shades</i> https://www.louvershop.com 830-370-8669</p>	
<p>M. D. Ellis Refrigeration LLC <i>Heating & Air Conditioning</i> https://www.facebook.com/M-D-Ellis-Refrigeration-LLC-589273391215105/ 210-265-1978</p>	<p>Medical Services International <i>Providing Healthcare Consulting Services</i> 210-497-0263</p>	
<p>Security Service Federal Credit Union <i>Full-service Financial Cooperative</i> https://www.ssfcu.org/ 888-415-7878</p>	<p>Transition Management Solutions, LLC <i>Non-profit Consulting</i> <i>David Patrick - Partner</i> http://www.tms-texas.com/ 210-259-9867</p>	
<p>USAA <i>Financial Services Company</i> https://www.usaa.com/ 800-531-8722</p>	<p style="text-align: center;"><i>Insert Your Business Here!</i></p>	

Transitioning Tips

Job Fair Jitters

Fall always brings a flurry of job fairs. We've experienced the virtual fair during the pandemic. The economy is finally reopening and recharging. Opportunities abound. The best way to venture into the field is through your preparation. Here are some tips in navigating the maze and how to best market yourself to potential employers.

- A job fair is a great place to network to the attending employers and with fellow job fair attendees. Practice your 30-second introduction – remember the importance of first impressions.
- Attend workshops on such topics as resumes, mock interviews and social media use to prep for the job fair. Check with the Texas Veterans Commission for the schedule of classes leading to the Red White and You. Centurian Military Alliance also has a workshop scheduled for San Antonio in October.
- Some job fairs also provide a professional photographer for that LinkedIn profile. Take advantage. LinkedIn is a valuable tool for job seekers and prospective employers.
- Do your homework prior to the event. Find out which employers will be attending by checking the job fair's website. Review the list and research the employers that interest you. Check their website, google the company, or find it on sites like glassdoor.com. You can now narrow down the list and organize your activities at the job fair. The goal is to maximize your time.
- A crucial step is to update your resume. Contact Goodwill Veterans Resource Center or the TVC representative at your nearest Workforce Center. There are folks there to help. You can also contact me for help. You don't need a resume printed on fancy paper. Keep it focused and organized on the type of job that you want. And – max of two pages. Have it available on your smart phone on the day of the event. An easy email at that point.
- Submitting your resume at a job fair. A number of employers no longer accept resumes due to the regulations now in place regarding resumes and applications. The recruiter will tell you to apply online. This allows them to track applicants and meet federal tracking requirements. The thing that I recommend is to check out Vistaprint or other source for a simple business card. You can then present the card and get one of their cards. You then have the opportunity to follow up after you have applied online.
- Based upon your research, build some questions to ask the recruiter. Focus your questions on the skills that they are looking for, what the company culture was like, and the ideal candidate. Don't get into questions regarding salary or benefits. Also – and a big also- don't ask questions that can be found on the website.
- A final preparation is what to wear. The best advice is to wear business attire. That means a suit for men and a suit or dress with jacket for women. Shined dark leather shoes are the best. Women: Fancy heels are great on the dance floor. Your feet will say thank you at the end of the day if you save those for later and wear a moderate heel. Concrete floors for any length of time will test all. Be prepared for plenty of walking and standing.
- Remember that you need to be conservative for most employers. Be professional. Be organized. Keep papers, resumes, etc. in a portfolio or briefcase. And one final note: Don't smell of cigarette smoke or heavy perfume.

Now's your opportunity to shine. Best of luck.

Kitty

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



Soldiers' Angels Provides Monthly Food Assistance For San Antonio Veterans

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

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

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

www.soldiersangels.org/San-Antonio

This event occurs on the third Thursday of every month:

The dates for future drives are as follows:

August 19, September 16, October 21, November 18, December 16.

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

To register for future events or inquire about sponsoring, email: Steven at szuniga@soldiersangels.org

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



MOAA NATIONAL ENROLLMENT

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

Name _____

Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse of Eligible Officer

☐ Graduation Year (Cadet/Midshipmen) _____

Email Address** _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

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

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

Date of Birth _____

Spouse Name _____

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

**Email address required for BASIC Membership



Method of Payment

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

Card number _____

Expiration date _____ CVV _____ Signature _____

Zip code where Billing Statement is mailed: _____

MOAA LOCAL ALAMO CHAPTER ENROLLMENT

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

☐ YES! Renew my Alamo Chapter Membership

Name _____

Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse/Surviving Spouse of Eligible Officer

Address _____

City _____ State _____ Zip _____

Email Address _____

(Email address required for Electronic Membership)

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

Phone Number _____

Date of Birth _____

Spouse Name _____

Spouse Email Address _____

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

One-Year Membership \$25

(Monthly newsletter "The Lariat" sent by email)

Send to: MOAA-Alamo Chapter, P.O. Box 340497, Ft. Sam Houston, TX 78234; or email to moaa-ac@sbcglobal.net; or signup **online** at www.alamomoaa.org.

DoD Renews COVID Vaccination Push as Delta Variant Spreads

Military health officials are warning beneficiaries of the rise in transmission of the Delta variant of the COVID-19 virus, saying the best way to avoid potential threats from the mutation is to join the ranks of the fully vaccinated.

The variant spreads easier and faster than other strains, according to information provided by both the Defense Health Agency (DHA) and the VA, and results in a higher rate of hospitalizations and deaths. News reports blame the variant for an uptick in cases in some areas, including some states seeing cases double in early July. Increased transmission rates are more prevalent in areas with low vaccine rates.

Multiple studies have shown individuals who've been fully vaccinated obtain significant protection from falling ill or requiring hospitalization after becoming exposed to the variant. One study put the Pfizer vaccine at 88% effective against symptomatic disease from the variant and 96% effective against hospitalization.

However, DoD and VA health officials stress a patient receiving a multi-shot vaccine won't be fully protected until two weeks after receiving their second shot. Veterans, spouses, and caregivers who are unable to get their second shot from their original provider can get one via the VA.

How to Get a Shot - Many localities continue to offer free vaccinations at various locations. A search engine provided by the Centers for Disease Control and Prevention (CDC) at CDC.gov will help you find resources via your state health department. Or call CDC at 800-232-4636. You can also search Vaccines.gov for locations in or near your ZIP code. Wonderland Mall in San Antonio offers walk in availability M-F 11am to 7pm, or to schedule an appt go online to WeCanDoItSA.com.

TRICARE beneficiaries can also find locations and appointment information nationwide at tricare.mil, and VA beneficiaries can contact their local facility or visit VA.gov for step-by-step instructions.

Source: Kevin Lilley, MOAA (National)

WANTED!

Active Duty or Retired Job Seekers

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

dwpatrick01@gmail.com

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

Kitty Meyers LtCol USAF (Ret)

Chapter Transition Liaison Officer at

kamconsulthr@gmail.com



NEVER STOP SERVING!

WE NEED YOU TO VOLUNTEER

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

Current Needs:

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

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

www.alamomoaa.org

Luncheon Speaker Bio



NICOLAS MUSI, MD

Professor of Medicine in the Divisions of Diabetes and Geriatrics, Department of Medicine, University of Texas Health Science Center at San Antonio (UTHSCSA). Dr. Musi serves as director of the San Antonio Claude D. Pepper Older Americans Independence Center (since 2015), Director, Barshop Institute for Longevity and Aging Studies (since 2013) and director of the San Antonio Geriatric Research, Education and Clinical Center (GRECC) of the South Texas Veterans Health Care System (since 2010).

He has dedicated his research career to studying mechanisms and pathways that regulate cellular metabolic processes in health, disease (obesity, type 2 diabetes) and during the aging process. During his early work, he conducted groundbreaking research that established the role that AMPK plays on muscle biology and mechanism of metformin's action. As his interests and areas of work have expanded, his lab has been investigating mechanisms underlying the metabolic abnormalities seen in various insulin-resistant states, including obesity, diabetes and aging. Many of Dr. Musi's studies on this topic center on investigating inflammatory pathways linked to metabolic disease and the biology of aging with focus on NFB and TLR4.

In 2007, he received a Paul B. Beeson Career Development Award in Aging Research, co-sponsored by the National Institute on Aging (NIA) and the American Federation for Aging Research (AFAR). Since then, Dr. Musi has been continuously funded through R01 grants from NIA and NIDDK, and awards from the American Diabetes Association (ADA) and AFAR. In 2015, he was awarded a Pepper Center from NIA designed to catalyze aging- and metabolism-focused translational research. In 2016, my group (in collaboration with UT Medical Branch) received designation as an Adult Clinical Center for the NIH-funded Molecular Transducers of Physical Activity Consortium.

Other Service: Served as a member and Chair for the Clinical and Integrative Obesity and Diabetes (CIDO) study section of the Center for Scientific Review of NIH, and numerous other review panels of the NIH and VA. He also serves as grant reviewer for the AFAR and the ADA, as well as numerous funding agencies overseas (UK, Australia, Italy, Singapore, Taiwan, and Mexico). He is on the editorial board of Diabetes and reviews papers for numerous journals including NEJM, Annals of Internal Medicine, Cell Metabolism, JBC, Aging Cell, among others.

Solitaires

(Continued from Page 7)

effective treatment for this is to mix 50% white vinegar and 50% rubbing alcohol in a bowl, then use a dropper to place 2-3 drops of the solution into the infected ear. Allow the solution to remain in the ear canal for five minutes by lying on your side with the infected ear up. After five minutes, tilt your head to allow the solution to drain out. This should be repeated two to three times a day.

While you're enjoying your summer, try to take as many preventative measures as you can to avoid issues like sunburn and insect bites. But when trouble strikes, you'll be well prepared for battle if you keep some of the common home remedy items on hand. So, during your next run to the grocery store, grab some baking soda, Epsom salt, apple cider vinegar, aloe vera, oatmeal, and ice packs, and you'll be set to keep the summer fun going for many more weeks.

Source: Mayo Clinic Health Letter

https://www.medicinenet.com/natural_home_remedies_for_sunburn_treatment/article.htm

<https://survivalife.com/home-remedies-for-poison-ivy/>

<https://www.livealittlelonger.com/home-remedies-for-insect-bites/>

Irene Collier (Col, Ret)

San Antonio's Premier Life Plan Community—
Blue Skies of Texas where we are Heritage
Rich and Tradition Strong.

Visit our newly renovated
cottages and apartment homes.
Call 800-790-3954
or Visit:
BlueSkiesofTexas.org

Nestled on over 600 acres of scenic hill
country views, this exceptional community
has been a staple in the heart of San Antonio
for over 50 years.

Independent Living | Assisted Living | Skilled Nursing | Memory Care | Therapy & Rehabilitation

Health, Benefits & Welfare

(Continued from Page 9)

With turmoil over delayed budgets and work on the National Defense Authorization Act, it is impactful to email and call your elected officials asking them to support the Star Act. You can call your lawmaker via MOAA's toll-free Capitol Switchboard at 1-866-272-6622. When you reach out to your lawmaker or their staff, remember these points about the Star Act, and why the incremental approach it represents is so important to make progress. By gaining co-sponsors, we increase awareness and commitment to resolving this inequity for those who were retired early due to combat or combat-related injuries or illnesses.

- Two payments, two purposes: Retired pay is for vested years of service paid by DoD, while disability compensation is for lifelong injury paid by the VA. To reduce retirement pay because of a disability is an injustice.
- An unfair law: Title 10 requires a reduction, referred to as an offset, in retirement pay for every dollar of disability received. This cost-saving measure is borne on the back of retirees.
- Incremental improvements: The VA awards disability in 10% increments. Those who are awarded 50% disability and above who reached 20 years of service were granted concurrent receipt of DoD retired pay and VA disability in 2004.
- More work to do: Left behind after that 2004 change are those 20-year retirees with a 40% disability rating and below, and those who were medically retired under Chapter 61 with less than 20 years of service.

Lawmakers' main concern with the Star Act is cost. H.R. 1282/S.344 would correct concurrent receipt for the 42,000-plus combat-injured servicemembers under Chapter 61 at an estimated at \$6.9 billion over 10 years. Along with paving the way for further concurrent receipt legislation, this figure is much smaller than those attached to other proposals/groups:

- It would cost \$33 billion over 10 years to grant concurrent receipt for 40% disabled and below and those under Chapter 61, per Congressional Budget Office (CBO) estimates.
- It would cost \$20 billion over 10 years to grant concurrent receipt for just 40% disabled and below (without helping Chapter 61 retirees), per the CBO.
- The total number of Chapter 61 medical retirees has grown to over 575,000 during GWOT and does not have a cost estimate.

In the year that will see our withdrawal from Afghanistan, it is important to reflect on sacrifice and cost. Our nation's longest war is still ongoing and is expensive, exceeding \$2 trillion. The cost of the war in Iraq is approaching that figure, as brigade combat team rotations there continue. Supporting those injured in a combat zone should be considered part of the cost of war. MOAA and The Military Coalition will continue to advocate for concurrent receipt for all retirees. Addressing those injured in a combat zone is a good step forward to reaching the concurrent receipt objective; ask your lawmakers to support the Major Richard Star Act today.

Online at takeaction.moaa.org MOAA has made this easy for you to do by using one of the 3 preformatted editable messages (as appropriate) they have provided to forward to your legislator.

Source: *The MOAA Newsletter* | Mark Belinsky | June 2021

US Postal Service

The Postal Service, in addition to pursuing service changes that would slow 40% of first class mail, is pursuing a new service standard that would slow delivery of about a third of small, lightweight packages from a three-day service standard to a four or five-day standard.

The USPS filed with the Postal Rate Commission a very large postage rate increase. The request is for the rates to go into effect on August 29, 2021. The overall average price increase is 6.8%. The rate for a First Class Mail Letter (1 oz.) for postage purchased at the Post Office will increase 3 cents to \$0.58 from \$0.55. Each additional ounce for First Class Mail will cost \$0.20.

Insulin

Walmart will offer a less expensive private label version of analog insulin for diabetes patients who struggle to afford their medication. ReliOn NovoLog will become available at Walmart pharmacies late June and at Sam's Club pharmacies in mid-July. A vial of ReliOn NovoLog will cost \$72.88, and a package of prefilled pens will cost \$85.88.

Thought of the Week

"If you think you are too small to make a difference, try sleeping with a mosquito."

— Dalai Lama

Planned Giving

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

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

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

Did you know that 60 to 70 percent of all Americans die without a valid will? Family members are left to imagine their loved ones' wishes, belongings may be distributed improperly, and assets are allocated according to

state laws. Even if you have a will now may be the perfect time to review your estate planning documents. You can also update your planning documents to include a favorite organization such as the Alamo Chapter.

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

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

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

Col Vaughn Caudill



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PR-SOCIAL MEDIA	LtCol Kathie Estrada
LEGAL COUNSEL	Jacobson Law Firm
SOLITAIRES	(Open)
SUPPORT	Lt George Frecko
EDITOR	LtCol Juliet Chelkowski
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ARC REP	Col Joe & Janet Morgan
CHAPTER AFFAIRS	Col Irene Collier
ACTIVE DUTY LIAISON	LT Rachel Johnson
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Editorial Policy

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

MOAA and its affiliated chapters and councils are strictly non partisan.

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

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

blanket drive

HOSPITALS ARE COLD.
DEPLOYMENTS ARE LONG.

A blanket may seem like a simple gift— but think how much warmth and comfort your favorite blanket provides for you when you are cold or lonely.

Let's share that cozy feeling with veterans and deployed service members!

Soldiers' Angels is collecting NEW blankets of any kind (store-bought, handmade, no-sew, etc.) to distribute to veterans in VA Hospitals and ship to deployed service members.

Twin size is preferred. Be sure to include a personal note of thanks tied or attached to each blanket!

Email InKind@soldiersangels.org for an address to ship your blankets.

SoldiersAngels.org/BlanketDrive





MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER

THIS IS A PRIVATE ORGANIZATION. IT IS NOT A PART
OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS
COMPONENTS AND IT HAS NO GOVERNMENTAL
STATUS

THE LARIAT

National Award Winning Newsletter

MOAA-AC
P.O. Box 340497
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FOR INFORMATION REGARDING
OUR BY-LAWS, STRATEGIC PLAN,
EVENTS CALENDAR, MEETING
MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR
WEBSITE:

WWW.ALAMOMOAA.ORG

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2320 Stanley Rd, Bldg 140
Ft Sam Houston, TX 78234



Thursday August 26, 2021

***In Person*
Chapter Luncheon**

Speaker: Nicolas Musi, MD

Director, Barshop Institute for Longevity and Aging
Studies

Petroleum Club

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

Meet & Greet begins 11am - Lunch served 11:30am
Limited to 50 people

Buffet

Huge salad selection with 2-3 entrees and all the trimmings

Cost per person: Pay In Advance \$26; Pay At the Door \$30

Enclosed: \$ _____

RSVP by 4pm Monday 23 August

Reservations not cancelled by noon Tuesday 24th will be forfeited/billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest(s): _____

Call (210) 228-9955 to make/pay 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



Wednesday September 22, 2021

***In Person*
Happy Hour
4-6pm**

**Come meet Donna Campbell
Texas State Senator District 25**

Petroleum Club

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

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

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

Enclosed: _____

RSVP by Noon Monday 20 September

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

Name _____

Guest(s): _____

Call (210) 228-9955 to make your reservation or send check made paya-
ble 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 re-
serve and pay on-line at www.alamomoaa.org.