

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 39, Number 12

“Five Star ★ ★ ★ ★ ★ Chapter”

December 2019



President's Message

Another year ending! And what a year! Last month's Lariat included the State of the Chapter report. I won't repeat the activities that your Chapter members have accomplished. I just want to say a huge thank you to all.

We have many folks working on creating a variety of opportunities for the Chapter. David Patrick's programs continue to rock. Jim Cunningham continues to travel to Austin to represent us to the State legislature. Kathie Estrada "spreads the word" on our Facebook page. Pete Hunt and his volunteers work with the many ROTC and JROTC units through the scholarship program. Frank and Stephen Rohrbough lead the Golf Committee. And – many more

Please don't be upset if I didn't mention you. We are all over San Antonio and beyond. The MOAA motto of *Never Stop Serving* is evident throughout. For this I thank you. I'm proud and honored to serve you as president. I wish each and everyone a Happy Holiday Season and a Prosperous New Year. I look forward to working with you as we venture into new opportunities in 2020.

Kitty

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

Last One!!

The print version of
The Lariat
will no longer be
produced after
December 2019

We must have your email
address on file for you to
receive the on-line edi-
tion. If we don't,
please email it to
moaa-ac@sbcglobal.net

*Special accommodation will
be made for members with-
out a computer - call (210)
228-9955.*

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Save The Date 2020

February 19
Happy Hour 4-6pm
Petroleum Club

March 26
The Big Give South Texas

June 26
Summer Celebration
Dinner Dance
Petroleum Club

October 16
13th Annual Golf Tournament
River Crossing Golf Club
1pm

December 17
Christmas Luncheon

Happy Holidays

To all our Members and their
families



Election Results

Your chapter Officers for 2020 thru 2021 are as follows:

President

Kathryn "Kitty" Meyers
LtCol USAF (Ret)

President-Elect (open)

VP Programs
David Patrick
Col USAF (Ret)

**VP Membership,
Recruitment & Retention**
Felix Santiago
COL USA (Ret)

VP Legislative Affairs
Jim Cunningham
MAJ USA (Ret)

Secretary
David Patrick
Col USAF (Ret)

Treasurer
Vaughn Caudill
COL USA (Ret)

Thank you to everyone who voted!

Much thanks and appreciation also to the Election Committee:

Pete Schaub (Chair)
(Col, USAF Ret)

Kathie Estrada
(LtCol, USAF Ret)

Stephan Porter
(LTC, USA)

Airport Parking

The San Antonio Airport has changed the required documents military need to show upon exiting for FREE parking. (This was copied from the web-site.)

- Vehicle that has **permanently affixed** license plate with approved DV or specialty
- Driver's License or Military ID card
- Copy of the Vehicle Registration renewal receipt
- Completed Parking Validation Form

For more information, check the web-site www.SanAntonio.gov/SAT/parking/military-parking.

Blue Skies Satellite Chapter Meeting

Gail Joyce will be the speaker at the Blue Skies Satellite Chapter meeting on 10 Feb 2020.

It will be an dinner event in the Road Runner Room of Blue Skies West.

All Blue Skies Residents and Alamo Chapter members are welcome to attend.

Registration will be through the Alamo Chapter. Details on time, menu and registration to follow.

Happy 383rd Birthday to the

National Guard

Dec 13, 1636

Always Ready

Always There



NEVER STOP SERVING!

WE NEED YOU

TO VOLUNTEER

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

Current Needs:

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

2020 Scholarship Program



The Alamo Chapter Scholarship Committee has unveiled our 2020 program, which will award scholarships to JROTC cadets, college ROTC cadets, and a dependent of a military member.

See the application on our web-site www.alamomoaa.org and spread the word to those who may know of eligible students.

Please note, the deadline is 21 Jan 2020 per the application instructions.

Contact our Awards and Scholarships Committee Chairman, Col (ret) Pete Hunt, by email at moaa.ac.award@gmail.com or 210-867-0418 if you have questions.

Good luck to the students, cadets and future MOAA members!

2020 Alamo Chapter Scholarships and Awards!!!

Every year, the Alamo Chapter honors outstanding high school and college students with our wide-ranging scholarships and awards programs. These initiatives support our mission of providing for the common good of our military community while addressing our priority of increasing membership.

The scholarship program supports high school Junior Reserve Officer Training Corps (JROTC) cadets and college-level ROTC cadets in the Alamo Chapter catchment area of South Texas. This year's eligible college ROTC cadets are in their junior year of school and will be commissioned as military officers. Winners are selected by their respective Professor of Aerospace Science (PAS), Professor of Military Science (PMS) and Professor of Naval Science (PNS) based on the Alamo Chapter Scholarship Committee criteria.

For 2020, we will award scholarships to outstanding cadets and midshipmen at the following universities:

- Army ROTC: UT-San Antonio, St Mary's University, Texas A&M Kingsville, Texas A&M Corpus Christi, UT-Rio Grande Valley, Texas State University and UT-Austin
- Air Force ROTC: UT-San Antonio, Texas State University, UT-Austin
- Navy ROTC: UT-Austin

In addition to the ROTC scholarships, the Chapter selects one recipient for the MAJ James and Cheryl Cunningham Alamo Chapter Scholarship, named in honor of our immediate past president and awarded to the outstanding senior high school who is a dependent of an active Chapter member. The scholarship application is open and available on the Chapter website!

Along with the scholarship program, the Chapter represents MOAA at nearly 130 JROTC and ROTC awards ceremonies, most of which are held from March through May. Prior to the programs, we send each unit a MOAA medal and certificate for the winning cadet. For the ceremony itself, we solicit Chapter members to present the awards in person at each event, along with representatives of many other veteran's service organizations.

In order to fund our scholarships and awards, we rely upon fundraising and donations, since Chapter dues or other operational funds are not utilized for these programs. We have three separate funding streams for the scholarship program, the first of which is our annual golf tournament. Our golf committee does a marvelous job in producing a great event for us. Second, we accept donations throughout the year for the scholarship fund and recently established Alamo Chapter Educational Fund, a 501(c)3 foundation accessible on the Chapter website at www.alamomoaa.org/donate. All donations are tax deductible! Finally, we have partnered again this year with San Antonio's annual "Big Give" online charitable event (www.thebigivesa.org). This event will occur in March 2020, so please be prepared for this event as well. We will be blasting emails and Facebook notices to you to sign in on the "Big Give" website and donate to the Chapter's Foundation. All monies raised go to the scholarships.

All members are invited to our Annual Scholarship Luncheon on March 26, 2020 at the Ft Sam Houston Golf Course. Come on out to recognize our scholarship winners.

Anyone interested in supporting the awards ceremonies at your local high school (or college alma mater), should contact our Scholarship and Awards Committee Chairman, Col (ret) Pete Hunt at: moaa.ac.awards@gmail.com or 210-867-0418.

As always, THANK YOU FOR YOUR SUPPORT!

Kathryn "Kitty" Meyers
Chapter President

Membership Memos

THANK YOU Renewing Members:	WELCOME New Members:	
MajGen Duane Young USAF (Ret) Col Philip Andrews USAF (Ret) Col Edward Garland USAF (Ret) LTC Derek Gaudlitz USA (Ret) COL Bradley Freeman USA (Ret) Col Dean Hartman USAF COL Marvin Loera USA (Ret) Col Joseph Morgan USAF (Ret) COL Jim Phelps USA (Ret) LtCol Alfred Ramsey USAF (Ret) COL Sylvia Sanchez USA (Ret) Maj Thomas Vanderhoof USAF (Ret) Capt Richard Blake USAF (Ret) LT George Frecsko USN (Frmr) Millie Garrison Barbara Jokela Peggy Marchbanks Aurora Martinez Ritchie Seymour Pat Shecter	RADM Mariann Stratton USN n (Ret) BG Rodney Wolfe USA (Ret) Col Steve Bailey USAF Col Joyce Bishop USAF (Ret) COL Dave Carothers USA (Ret) Col Bruce Creller Sr USAF (Ret) Col William Del Vecchio USA (Ret) CAPT Dick Elgin USN (Ret) Col Kristine Hackett USAF Col John Hanna USAF (Ret) COL Jill Henderson USA Col Lewis Jamison USAF (Ret) COL Jeff Jerome USA (Ret) COL Randall Twitchell USA (Ret) Col Sheelah Walker USAF Col Greg Whitaker USAF LtCol Ronald Blackburn USAF (Ret) LTC Jim Brockington USA LtCol James Brown III USAF (Ret) LTC Laudino Castillo USA LtCol Rahsul Freemabn USAF LTC Ryan Grippin USA LTC George Hartung USAF (Ret) LtCol Willie Heard USAF (Ret) CDR Mario Herrera USN (Ret) LtCol Forest Little USAF (Ret) LTC Paul Masters USA LTC Shannan McCann USA LTC Jeremiah McCartney USA (Ret) LTC Ben Moberley USA (Ret) LtCol David Richmond USAF (Ret) LtCol Chris Shandersky USAF LTC Enrique Smith-Forbes USA LTC Anthony Stephens USA (Ret) LtCol Richard Toth USAF (Ret)	LTC Joe Usrey USA (Ret) LTC Jerry VanVector USA LTC Frederick White USA LtCol Norman Wright USAF CPT Sabrina Allen USA (Ret) Capt Sharon Carr USAF (Frmr) CPT Douglas Mack USA CPT Andrew Madden USAR CPT Kenneth Owen USA (Ret) CPT Stephen Paniati USA CPT Miguel Sanchez USAR LCDR Dan Chilton USN MAJ Laura Cook-Johnson USA LCDR Daniel Garcia USN MAJ James Finn III USA (Ret) MAJ Sachiyo Kawaguchi USA Maj Marvin Kerr USAF (Ret) Maj Chris Price USAF MAJ Mabel Salas USA Maj Eric Tatum USAF (Ret) LCDR Stacey Yon USN 1LT Shelbi Doehling USA Lt Jack Wakefield USMC (Frmr) 2Lt Maria Corio USAF 2Lt Anthony Iondi USAF 2Lt Gabrielle Payne USAF 2LT Jason Profitt USA 2LT Wilhelmina Tan USAR CW4 David Hiniker USA CWO-4 Arnulfo Paz USMC (Ret) CW3 Lisa Heath CW3 Ryan Holt USA CW3 Anthony Johnson USA CWO-3 Juan Romero USNR CW2 Paul Garcia USA WO1 Robert Cadena USA (Ret) Marty Bock USA Donna Zabicke USA
Current Membership Stats Active Duty 283 Surviving Spouse 162 Former Military 25 <u>Retired 705</u> Total 1175		

It's Almost Tax Time Again!

Will you give more to the IRS or make a tax deductible donation to MOAA-AC?

Can you believe it is almost income tax time again with the IRS lurking just around the corner?

Like any other volunteer based nonprofit organization it takes resources – people and operating capital -- to accomplish our mission and provide our approximately 1,100 members the programs and services they deserve. We operate on a very lean annual operating budget of approximately \$35,000 and have the reputation for being fiscally responsible under tight cost controls. Membership dues cover less than 30% of our expenses so we must rely on non-dues revenue, i.e., advertising, corporate sponsorships and **individual donations** to help us keep our lights on and the doors open each year!

Additionally, the amount we award in Scholarships in any given year is based on the amount received through our fund raising efforts the previous year. In 2019 we were able to give 7 x \$1,000 to local ROTC College Students and 9 x \$500 to local JROTC cadets.

So . . . I am asking you to please consider making a donation either to our Chapter Operations or to our Scholarship Fund. Why give more to the IRS when you can make a tax deductible contribution to your Alamo Chapter? The Alamo Chapter Educational Foundation is a registered 501(c) 3 Non Profit. Tax ID 82-16355222. Your contributions do make a difference!

Just complete and mail the form below

or

donate on our website at <http://www.alamomoaa.org/donate.cfm>.

Again, thank you for your membership. You continue to be a valued asset to our country, to our military community and to the MOAA organization. Through your financial generosity, we look forward to continuing to provide you “5-star” service in the coming years.

Respectfully,

Kathryn “Kitty” Meyers, LtCol USAF (Ret)
President

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\$ _____ Scholarship Fund

\$ _____ Operations

Please mail to: MOAA-AC, P.O. Box 340497, Ft. Sam Houston, TX 78234



THANK YOU

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

LtCol Ginny Alloway USAF (Ret)

COL Anuli Anyachebelu USA
(Ret)

COL Bruce Brant USA (Ret)

COL Arthur Bryant USA (Ret)

Aurelia Korte

MAJ Rachel Danielson USA (Ret)

June Deason

Col Mark Delaney USAF (Ret)

LTC Machielle Denmon USA (Ret)

COL Kathryn Deuster USA (Ret)

Col Jack Downey USAF (Ret)

Maj John Franklin III USAF (Ret)

LT George Frecsko USN (Frmr)

Col Edward Garland USAF (Ret)

Linda Gayer

COL Arthur Jackson USA (Ret)

COL Marvin Loera USA (Ret)

Col Hannah Margolis USAF (Ret)

Aurora Martinez

Col Bob McConnell USAF (Ret)

COL Thomas McGuire USA (Ret)

Col Joseph Morgan USAF (Ret)

Col Allan Perry USAF (Ret)

LtCol Alfred Ramsey USAF (Ret)

LtCil Bill Render USAF 9Ret)

Col Jim Roberts USAF (Ret)

Col Steve Senia USAF (Ret)

CW4 Robert Shea USA (Ret)

LtCol Randy Smith USAF (Ret)

BG Thomas Smith USA (Ret)

LtCol Ralph Stearman USAF (Ret)

MAJ Scott Tighe USAR

Col Thomas Tredici USAF (Ret)

COL John Tully USA (Ret)

Maj Richard Verner USAF (Ret)

MAJ Josh Welch USA (Ret)

CWO-4 John West USN (Ret)

Col Jai Yang USAF (Ret)

Col Vickie Young USAF (Ret)

Gold Star Fellowship

Program for Relatives of Service Members Who Died in Service



Rep. Trent Kelly (R-MS) meets with Gold Star family members, Kylie Owen (left) and Jane Horton

Although Capitol Hill has fellowship programs for wounded warriors and veterans, there's never been a fellowship program for Gold Star family members. Until now.

The U.S. House of Representatives passed a resolution late last month to establish a Congressional Gold Star Family Fellowship Program for relatives of service members who died in service to the U.S. The year-long, paid fellowship program will allow Gold Star family members to work in a member of Congress' district or Capitol Hill office.

While programs exist like the Wounded Warrior Program, a two-year fellowship designed to bring more veterans to Capitol Hill, Gold Star wife Jane Horton said she worked with Rep. Trent Kelly (R-MS) to make the Gold Star Family Fellowship Program a reality because no program was established for them.

"They already have a program in place for wounded warriors, for service members, but there's never been anything for my community for us to be able to serve or give back," Horton told Military Times. Horton, whose husband Spc. Christopher Horton, 26, was killed in Afghanistan in 2011, first met Kelly in December 2018 at the Army-Navy game. The vision for the program was birthed weeks later when Horton and Kelly met in January 2019 to brainstorm Gold Star family policy ideas.

Kelly, who has served with the Mississippi National Guard for more than 30 years and is currently a (Continued on Page 10)

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

Edema

What is edema and what causes it? Edema refers to the buildup of fluid outside the circulatory system. Swelling results when gravity causes this extra fluid to settle in the feet ankles and legs.

Being overweight and sitting or standing for an hour or two can cause edema as can varicose veins, and consuming too much salt. A loosened suture on your hand can cause blood to accumulate under your skin and cover your whole hand.

Elevation usually helps. For edema in the feet and ankles, gentle massage toward the eat can often reduce fluid. Sunlight is another old remedy though slow.

In more serious cases like liver disease, kidney disease and heart failure diuretics are used. Cutting sodium also helps, but not too much as the body needs sodium to function. Even medications can also cause water retention such as calcium channel blockers, some antidepressants and corticosteroids.

If swelling occurs in just one leg problems with veins in just that one particular leg such as a blood clot or varicose veins may be to blame. Treatment of just the one medical condition is important and will help prevent edema. Wearing elastic stockings also helps.

To relieve or eliminate swelling, elevate your legs above your heart for 10 to 15 minutes every hour, or stand and walk around whether at work, traveling, or in a plane. Watch your salt intake.

Other remedies have also been observed. One example was Champlain in the Clark expedition on a mission to find a northwest passageway to the Pacific. In Wisconsin they engaged in a battle with unfriendly Indians. Champlain got a poison arrow in one calf. His leg was so swollen they

(Continued on Page 10)



Solitaires



Norwegian Christmas Tradition

The Norwegian Christmas is based on traditions with elements of old pagan and Jewish origins. Many new traditions are added annually. Oslo starts decorating for Christmas each November. The Christmas lights are hung, and decorations start appearing the first weekend of Advent. Houses are decorated both inside and outside with garlands, wreaths, angels and tinsel. Christmas is a family gathering time.

During Advent, companies and organizations parties called "julbind" fill the calendar.

December 23 is little Christmas Eve. Families have their own traditions, decorating trees, making the gingerbread houses, and eating RIS-ENGYVSLØT – a hot rice pudding served with sugar cinnamon and butter. An almond is hidden in the pudding. If your serving contains the almond, you get the marzipan pig adorning the pudding.

The main events of Christmas start from Christmas Eve through the first of January. Christmas Eve is when the whole family gathers for dinner and the opening of gifts. Family stories are told and retold.

The cities celebrate with the closing of main street during the week between Christmas and New Year. Vendors feature last minute gifts in their shops. Concerts are held and many sports activities are scheduled. It is the time for socializing.

Christmas traditions feature the food and drinks as in many other cultures. The most popular meat for Christmas Eve dinner is pork belly and pork ribs. Many Norwegians enjoy a malt beer with their meal. The traditional Christmas beverage is Juleøl, a dark, rich and strong beer. They also have Glogg similar to a German drink. They have a peppercake, a gingerbread like dessert, is an overall holiday favorite. Marzipan figurines decorate many desserts. Chocolate and

nuts are popular accompaniments. If there is a bowl of leftover rice pudding, it's topped with whipped cream and a red sauce and left for the barn gnome as a dessert.

The most famous musician is Edvard Greig. His Song of Norway is known worldwide. Oslo's beautiful cathedral built for Greig is a feature of the main street and is hewn out of rock mountain. Most of his compositions were for piano and organ. He obviously loved Norway as all of his music was about its charms. Greig was born 15 June 1843 and died 4 September 1907.

It is hard to imagine these stoic peace-loving people are descendants of the vicious Vikings who plundered and pillaged Europe and England from the 8th to 10th centuries.

I recently cruised along the shores of Norway up to the Arctic. There were not many villages along the way. I loved meeting the people. Most of Norway's population is south along the peninsula. At the end of the main drag in Oslo is a museum where they built a replica of the original Viking sailing ship. Vikings were outstanding sailors and navigators. Artifacts of their travels are found in Montana and Oklahoma, leaving word for others who might follow them.

Source: Wikipedia and personal travel

Col Irene Collier (Ret)



If you would like to help shape and move the chapter forward please feel free to join us at our next regular monthly Chapter Leadership Meeting on the first Thursday of each month at 10am at the chapter office on JBSA Ft Sam Houston .

(Note - January's meeting has been moved to the 9th.)



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

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

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



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Alamo Chapter

Vision:

To be the primary advocate for the military community.

Mission:

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

Visit our website at
www.alamomoaa.org for more info.

Health, Benefits & Welfare

Veterans Health Library:

Veterans have access to a 24/7 online health library that provides information and education about treatments and conditions offered by VA. The [Veterans Health Library](#) (VHL) has over 1,500 health sheets and 150 videos in both English and Spanish. It gives Veterans access to health information to help them make informed decisions on their care. VA clinicians are also aware of the VHL. The medical content in the library aligns with Department of Defense and VA clinical guidelines. Becky Hartt Minor, a health educator and program manager for the VHL, said the program has grown. "The VHL is nearly eight years old, and we average nearly a million page views a year," she said. "We know Veterans want a source for medical information that is relevant and provides easy to read information on health conditions ranging from PTSD and Mental Health to Chronic Pain and Heart Disease." What Veterans are saying about the Veterans Health Library

- "I was preparing for cardiac surgery and wanted more information. Something to supplement what my provider and nurse practitioner had already given me. I stopped by the VA facility library, got on the computer and got into the VHL. It was easy to find the trusted health information I needed."
- "Within seconds, I was able to view several cardiovascular videos, download a few online guides, and print out several educational pamphlets. I was amazed with the quantity and quality of the information I found on my heart condition and pending procedure."

The VHL both is mobile friendly and offers links to other VA resources. It can be also be accessed on the [MyHealtheVet](#) web site where Veterans use secure messaging to communicate with their VA care providers and order their prescriptions for home de-

livery. Unlike other health web sites, the Veterans Health Library is free of advertisements and pop up ads. Visit veteranshealthlibrary.va.gov today to stay well and well-informed.

Source: Vantage Point Hill | 11/26/19

Veteran Benefit Finder:

The Veteran Benefit Finder – and corresponding Center for a New American Security (CNAS) report "State-Level Benefits for Veterans," is a **new online tool catalogue** that displays benefits offered by each state across the U.S. According to CNAS, a total of 1,814 unique benefits exist across the 50 states and the District of Columbia, but there is significant variation across states in terms of available benefits, who is eligible to access them, and their value.

For more information or to locate benefits that may pertain to you, visit the Veteran Benefit Finder website at

<https://www.cnas.org/publications/reports/state-veteran-benefit-finder>

Source: VFW Action Corps Weekly | November 27, 2019

Unusual Phobias

Phobias are much more than just being afraid of something. Almost all people feel afraid at some point, depending on their exposure to certain things or threatening situations. People with phobias, on the other hand, have a marked fear or anxiety about a specific object or situation that can lead to clinically significant distress. They can have an impairment in their ability to function in daily life, including socially or at work. Certain phobias are more common than others, including ones related to airplanes, elevators, or spiders; others are less so. Following are some more of the more unusual ones:

Chaetophobia: Fear of hair -- People with this fear might hate running their fingers through their own or other people's locks, or even be immobilized by

a clump of hair on the floor.

Octophobia: Fear of the number eight -- Experts think this could be rooted in superstition, being afraid of the incapable—flip the number on its side and it looks like an infinity sign. This unusual phobia could translate to fear of the symbol for eight, or objects in groups of eight.

Symmetrophobia: Fear of symmetry -- A perfect circle is not the friend of someone with this fear. They might think of symmetry as perfection or extreme beauty that they aren't worthy of being around. People with asymmetriphobia, on the other hand, have the fear of asymmetrical things.

Kathisophobia: Fear of sitting down

Aurophobia: Fear of gold -- People with this fear could have panic attacks with nausea, sweating, or an irregular heartbeat when they see someone else wearing the metal.

Nostophobia: Fear of returning home -- These people might have experienced abuse there. Or, they may fear that others will view their return as a failure. Sadly, returning home may truly up negativity and family discord. A study published in a 2018 issue of the journal Social Science & Medicine states that children who return home may alter a parent's quality of life. This is probably because parents became used to independence after their children left. Therefore, when children enter the picture again, it can upset the dynamic.

Caligynephobia: Fear of beautiful women -- Also known as venustraphobia, this fear goes way beyond nervousness or intimidation around someone pretty. Those with a phobia might feel chest pain, get numbness in the extremities, or faint when around a woman they consider attractive.

Nomophobia: Fear of not having a mobile phone -- Going without their phone causes some people extreme anxiety.

Kinemortophobia: Fear of zombies -- Combining two not uncommon anxieties—the fear of death and the taboo on

(Continued on Page 15)

Edema

(Continued from Page 7)

thought he was going to die as so they left him with a group of friendly Indians. When they returned a year later they were amazed to find him well, hale and hardy. “What happened?” they asked. “The Indians applied mud.” A likely story - myth or legend? Many decades later some scientists who had heard the story decided to investigate. They found the friendly Indians and asked them about it. They led him to a river bank and showed him the mud. They took some and brought it back to the lab. When they examined it they found it contained Penicillin. So some of the old remedies used by our ancestors were effective even if we did not know why.

Col Irene Collier (Ret)

Gold Star Fellowship

(Continued from Page 6)

brigadier general, took swift action and introduced the resolution into the House in February. The measure, known as the The Sergeant First Class Sean Cooley and Specialist Christopher Horton Congressional Gold Star

Family Fellowship Program Act, was named after Horton’s late husband and after Sgt. 1st Class Sean Cooley, 35, a member of the Mississippi National Guard who served with Kelly and died in Iraq in 2005.

“I think one thing that’s really been left out again, after all these years of war, is that a lot of families want to serve in their loved ones’ place and continue to carry on the torch after their loved one’s been killed,” Horton said.

She also highlighted how less than 18 percent of members of the 116th Congress are veterans, and stressed the significance of having the “living legacies” of fallen service members work in Congressional offices. “A small piece of that too is realizing the cost of freedom, and that people actually do die when we send them to war,” Horton said.

Although Kelly expects members of the program will pursue their interests while working in the office, Kelly

said he is keeping an eye out for someone interested in working on policies that influence Gold Star families. “For me, I would want somebody up here working on policy that helps improve the lives of other Gold Star families, where they take their experiences and things that they’ve not been allowed to do, or that they felt like they were neglected in, and allow them to turn that into policy decisions,” Kelly, who serves on the House Armed Services Committee, told Military Times.

Once the program is completed, participants can either leverage their experience into a full-time job in Washington, D.C., or return to their previous profession with new experience and contacts. Ultimately, Kelly wants members of the program to push for positive changes for Gold Star families. “I hope that they will influence and make the lives better of those Gold Star survivors who follow them,” Kelly said. “That’s my goal.”

Kelly’s office said that the House Chief Administration Officer (CAO) will accept requests from offices interested in having a Gold Star fellow in their office, and will subsequently hash out logistics regarding guidelines for how much the fellows will be paid, and how many there will be altogether. Those eligible — either spouses, children, or siblings of a service member who was killed while in the line of duty — will submit applications to the CAO before undergoing interviews with various offices interested in having a Gold Star fellow. The CAO is expected to release specific guidelines in a few weeks, Kelly’s office said.

Kelly said he meets with Gold Star groups and families every year in preparation for the annual National Defense Authorization Act, and vowed to continue fighting on behalf of those who lost loved ones in service to this country. “I don’t know specifically what we’ll do, but we’ll get a working group together and try to figure out what we can do to better help our Gold Star families,” Kelly said.

Source: MilitaryTimes | Diana Stancy Correll | November 25, 2019

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

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

Transitioning Tips

Volunteering as Part of Transitioning

You're new to the community and don't know many folks. You aren't familiar with the business community. Even if you are leaving the military in the same locale of your last assignment, you could be in this situation. You've spent your time within the confines of the base or post (USAF or Army) and haven't interacted that much with the civilian employment community.

The new TAP has you start the transition process up to two years out. Now is the time to start thinking about what you will do and how you can "research" your community and what it has to offer. You need to build your network.

Here's one way to start that process of exploring your interests and get to know the community. Volunteering is a way to learn about the community and is very successful way of crossing

the bridge from military to civilian. The contacts and friendships that you can make volunteering can help you build a network that can lead to employment.

Networking will be a critical piece of your transition journey. Connecting with a group that has a common interest eases the tension and stress that arises when meeting folks in a new setting. There is automatically a common thread of conversation that will allow you to talk and create new friends.

Many organizations are looking for volunteers. Checking out San Antonio United Way's website

unitedwaysatx.org

is a great way of locating opportunities. Many nonprofits list their open volunteer positions on this site. Viewing this list and then researching the nonprofit's website will provide insight into the organization, its mission and the volunteer opportunities.

Being rather self-serving, there are

also volunteer opportunities within the Alamo Chapter of MOAA. The Chapter is another way of connecting. We are active in the JBSA Transition Alliance, counseling and connecting with the San Antonio community. We are always looking for other opportunities to connect. You can help us in this.

Without hopefully being too simplistic about it, volunteering gives an opportunity to meet new people and explore your community while having fun. You'll feel the value of giving. The reward is intrinsic and can also lead to the extrinsic – a new job! Best of luck and happy holidays.

Kitty

Kathryn "Kitty" Meyers
LtCol USAF (Ret)

SPHR, SHRM-SCP
Chapter Transition Liaison Officer

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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.moaa.org/email for details.

Date of Birth _____

Spouse Name _____

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

**Email address required for BASIC Membership



Method of Payment

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

Card number _____

Expiration date _____ CVV _____ Signature _____

Zip code where Billing Statement is mailed: _____

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.

MOAA LOCAL ALAMO CHAPTER ENROLLMENT

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

☐ YES! Renew my Alamo Chapter Membership

Name _____

Branch of Service _____ Rank _____

☐ Retired ☐ Active ☐ Former

☐ Reserve ☐ National Guard

☐ Spouse/Surviving Spouse of Eligible Officer

Address _____

City _____ State _____ Zip _____

Email Address _____

(Email address required for Electronic Membership)

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

Phone Number _____

Date of Birth _____

Spouse Name _____

Spouse Email Address _____

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

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

Luncheon Speaker Bio - Mike Gilliam



Mike Gilliam
CEO of the San Antonio Lighthouse
for the Blind

Michael N. Gilliam is the chief executive officer for the San Antonio Lighthouse for the Blind, responsible for all operations. Mike began his employment with the Lighthouse just over nine years ago after having spent three years on the Board of Directors. During his tenure, the SALB has received the following award:

- Express News' "Best Place to Work in San Antonio"
- San Antonio Business Journal's "Best Place to Work in San Antonio"
- Texas Monthly Magazine's Best Place to Work in Texas"

- AARP's "Best Place to Work for People Over 50"
- UTSA's "Most Ethical Company in San Antonio"
- Roy Maas' "Outstanding Large Business in San Antonio"
- National Industries for the Blind's "Fastest Growing Lighthouse in the Nation"
- Texas Diversity Council's "San Antonio Diversity Company of the Year"
- Non-Profit Resource Center's "Top 50 Non-Profits in the Nation"

Prior to being appointed to his current position, Mr. Gilliam was employed by SW Bell/SBC/AT&T for 31 years during which he served as senior vice president – regulatory, vice president in charge of SBC's Year 2000 Project worldwide and president- Arkansas & Oklahoma operations. Mike, a fourth generation San Antonian, began his career with Southwestern Bell Telephone as an installer in 1971 in St. Louis. He progressed through various network operations, engineering, and planning assignments in Texas through 1987 before accepting a

position at Bell Labs in New Jersey. From that point, Mr. Gilliam has had responsibilities for SBC's cable television operations in London, England, Maryland and Virginia, as well as corporate technology strategies and new product development.

He has held multiple leadership positions on the boards of the Lighthouse, as well as National Industries for the Blind and the National Association for the Employment of People Who Are Blind. Mike has been recognized as "*San Antonio's Outstanding Non-Profit Leader in 2013*" and most recently as "*The President's Committee's 2013 National Outstanding Non-Profit Leader of the Year*".

Mr. Gilliam is a graduate of the University of Arkansas at Fayetteville with a degree in civil engineering and completed the Advanced Executive Development Program at Cornell University in 1987. He and his wife, Marlos, have two daughters and are currently building their retirement home in San Antonio.



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Whatever your branch of service, if you are a retired officer, the Army Residence Community welcomes you to the freedom and excitement of life in one of America's most unique and military-friendly cities. Here is a total retirement community that surrounds you with patriots like yourself and – if assisted living, memory care, or long-term care is ever needed – with caregivers who understand and honor what you've given your country.

While the ARC independent living community is designed specifically for retired officers and spouses, the ARC Health Care Center welcomes all veterans through private pay for assisted living/memory care/long-term care.

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Events Calendar

DECEMBER

5 Annual Chapter Planning Meeting 9:30am-Noon
6-7 Texas Council of Chapter Mtg Blue Skies of Texas
7 Pearl Harbor Remembrance Day
7 Solitaire's Christmas Pot Luck
12 Christmas Luncheon 11:30am Ft Sam Golf Club
 with speaker Mike Gilliam, Pres/CEO of Light-house for the Blind and featuring the Alamo Heights Youth Choir
13 National Guard Birthday
25 Christmas Day

JANUARY 2020

1 New Year's Day
7 Solitaire's Luncheon 11am
9 Staff Meeting Chapter Office 10am
19 Solitaire's Sunday Brunch 11am Randolph Parr Club 11am
20 Martin Luther King Jr Day
23 Chapter Luncheon 11am Ft Sam Golf Club

FEBRUARY

4 Solitaire's Luncheon 11am
6 Staff Meeting 10am Chapter Office
10 Blue Skies Satellite Dinner Mtg
12 Lincoln's Birthday
17 President's Day
19 Happy Hour 4-6pm Petroleum Club Spkr MajGen Juan Ayala USMC (Ret)
23 Solitaire's Sunday Brunch 11 am Randolph Parr Club
25 VGSAA Mtg 1:30pm

MARCH

3 Solitaire's Luncheon 11am Ft Sam Golf Club
5 Staff Meeting 10am Chapter Office
8 Daylight Savings Time begins
22 Solitaire's Sunday Brunch 11 am Randolph Parr Club
26 Scholarship Awards Luncheon 11am Ft Sam Golf Club
26 The Big Give South Texas
29 National Vietnam War Veterans Day
31 VGSAA Mtg 1:30pm

Have You Heard?

My high school assignment was to ask a veteran about World War II. Since my father had served in the Philippines during the war, I chose him. After a few basic questions, I very gingerly asked, "Did you ever kill anyone?" Dad got quiet. Then, in a soft voice, he said, "Probably. I was the cook."

When I lost my rifle, the Army charged me \$85. That's why in the Navy, the captain goes down with the ship.

During basic training at Fort Leavenworth, our sergeant asked if anyone had "artistic" abilities. Having been an architectural draftsman in civilian life, I raised my hand. Then the sergeant announced that everyone would get a three-day pass ... except me. I would stay behind and neatly print each soldier's name onto his Army-issued underwear.

The steaming jungles of Vietnam were not my husband's first choice of places to spend his 21st birthday. However, the mood was brightened when he received a birthday cake from his sister. It was carefully encased in a Tupperware container and came with this note: "Dick, when you're finished, can you mail back my container?"

The military has a long, proud tradition of pranking recruits. Here are some favorites from rallypoint.com:

Instructed a private in the mess hall to look for left-handed spatulas

Sent a recruit to medical-supplies office in search of fallopian tubes

Had a new guy conduct a "boom test" on a howitzer by yelling "Boom!" down the tube in order to "calibrate" it

Ordered a private to bring back a five-gallon can of dehydrated water (in fact, the sergeant just wanted an empty water can)

My 90-year-old dad was giving a talk at our local library about his World War II experiences. During the question-and-answer period, he was asked, "How did you know the war was over?" He replied, "When they stopped shooting at me."

Health, Benefits & Welfare

(Continued from Page 9)

cannibalism—kinemortohobiacs have a real phobia of the fictional creatures that are generally found only in horror movies (or nightmares).

Somniphobia: Fear of sleep -- This is one phobia that can be particularly disruptive. Sleep is associated with many health benefits. For example, the Mayo Clinic notes that lack of sleep increases your risk of developing colds. Even worse, a lack of adequate sleep on a long-term basis is associated with a greater risk of obesity, heart disease, and diabetes.

Neophobia: Fear of new things and experiences -- People with this fear feel anxious about new life experiences. For example, a departure from their cereal-eating breakfast routine may be bothersome. Another fearful feeling may involve meeting friends at a different coffee shop instead of the usual corner cafe. New experiences, no matter how large or small, can create serious fear and anxiety.

Kakorrhaphiophobia: Fear of failure

Linonophobia: Fear of string

Aulophobia: Fear of flutes -- Anyone with this phobia will want to steer clear of certain bands.

Ostracophobia: Fear of shellfish

Source: <https://www.thehealthy.com/mental-health/strange-phobias> | Marissa Laliberte | October 2019

Overseas Holiday Mail

The U.S. Postal Service has announced recommended mailing deadlines to get those goodies overseas in time for Christmas. To get them there in time for Hanukkah, which starts on Dec. 22 this year, subtract three days from the deadlines. The deadlines for various methods of shipping are the same for most APO/FPO/DPO (Air/Army Post Office/Fleet Post Office/diplomatic post office) ZIP codes. The exception is mail going to ZIP code 093, which covers overseas contingency areas.

1. USPS Retail Ground mail (the slowest way to go, formerly known as Standard Post): Nov. 6.

2. Space Available Mail (SAM): Nov. 27.

3. Parcel Airlift Mail (PAL): Dec. 4.

4. First-Class and Priority Mail (letters, cards and packages): Dec. 11, except for ZIP 093, which is Dec. 9.

5. Priority Mail Express Military Services: Dec. 18. This service is not available for ZIP 093.

Plan to use the U.S. Postal Service's Priority Mail Flat Rate boxes. The boxes themselves are free; you can stuff whatever you can fit into them, and they cost one flat fee to ship your goodies, regardless of weight.

There's a \$1.50 discount per box for those going to APO/FPO/DPO addresses. For example, the largest box military discounted price is \$18.45. The boxes come in various shapes and sizes. The boxes are available at post offices, and at www.usps.com.

The Postal Service has also created a "military care kit," which consists of the items most often requested by military families. It's free, and can be ordered by calling 800-610-8734. The kit has contains two Priority Mail APO/FPO/DPO flat rate boxes; four Priority Mail medium flat rate boxes; Priority Mail tape; Priority Mail address labels; Customs forms.

Source: MilitaryTimes



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Editorial Policy

The Lariat is the newsletter of the Military Officers Association of America—Alamo Chapter. It is published once each month to inform the membership of issues and activities of interest to all.

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

MOAA and its affiliated chapters and councils are non partisan.

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

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www.alamomoaa.org

MOAA Alamo Chapter





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THE LARIAT

National Award Winning Newsletter

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Thursday December 12, 2019

Christmas Luncheon

Speaker: Mike Gilliam
President/CEO Lighthouse for the Blind
&

Alamo Heights Adult Youth Choir

Ft Sam Golf Club
1050 Harry Wurzbach, San Antonio TX 78209
Meet & Greet begins 11am - Lunch served 11:30am

Menu

- A) Sliced Roast Beef B) Roast Turkey
with mushroom gravy with dressing & gravy
Fresh Mixed Greens Salad, Wild Rice
Glazed Baby Carrots, Dinner Rolls
Pecan Pie, iced tea, coffee, water

**Cost per person Pay In Advance \$22; Pay At the Door \$24
Enclosed: \$ _____**

RSVP by 4pm Monday 9 Dec
Reservations not cancelled by noon Tuesday 10th will be billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest(s): _____

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



Thursday January 23, 2020

Chapter Luncheon

Mark Larson
Executive Director City Education Partners

Ft Sam Golf Club
1050 Harry Wurzbach, San Antonio TX 78209

Meet & Greet begins 11am - Lunch served 11:30am

Menu

- A) Ham Steak with Pineapple Ring B) Chicken Mornay
House Salad, Baked Potato, Candied Yams, Long Green Beans & Carrots, Dinner Rolls
Sherbert Ice cream, Iced tea, coffee, water

**Cost per person Pay In Advance \$22; Pay At the Door \$24
Enclosed: \$ _____**

RSVP by 4pm Monday 20 Jan
Reservations not cancelled by noon Tuesday 21st will be forfeited/billed
Non member Officers & guests are welcome with paid reservations

Name _____

Guest(s): _____

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