

MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



THE



LARIAT

Volume 40, Number 3

“Five Star ★ ★ ★ ★ ★ Chapter”

March 2020



President's Message

It's that time of year when we are in the midst of Spring ROTC and JROTC events. Our scholarship committee under the leadership of Col Pete Hunt has done a fantastic job of managing the application and selection process for four JROTC, two other high school scholarships and a host of ROTC scholarships.

On top of that, we have MOAA medals going to over 130 JROTC units throughout our containment area. Remember that our territory now stretches from Austin to the Rio Grande. Lots of schools to cover.

Last year I had the opportunity to attend the dining outs or award ceremonies for most of the ROTC units. What an honor! Mingling with the cadets and recognizing the winners. It was an opportunity to see the shining faces and glimpse into the future of our military. The potential was unlimited.

Attending the JROTC events is equally inspiring. The event at Texas Military Institute is unique in that it is a

military academy for youth grades 6 through 12. To see these young people in complete uniform participate in the ceremony is moving. The dedication to excellence is evident everywhere. Some are so small that their uniforms are adapted from kid's costumes.

Pete will be sending out the call for folks to help with these award ceremonies. Please consider helping. The requirements are simple. The list of schools allows you to pick one that is close to you or one where you have a connection. The award package has been provided to the schools. We ask that you attend and, if requested by the JROTC detachment coordinator, present the award to the recipient.

Our March meeting will be the annual luncheon where the scholarship recipients will be honored. MajGen David Garza, USMC (Retired) is our guest speaker. This is an event not to be missed. Registration is at our website www.alamomoaa.org. I look forward to seeing you there.

As an added note, 2020 will be the year of the constitutionally mandated census. The impact of the results will be felt throughout the community from representation in federal and state legislatures to the flow of federal funds. Complete yours. Spread the word as to the importance of the count to all. Thank you!

Kitty

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

Save The Date

March 26
Scholarship Awards Luncheon
Ft Sam Golf Club
Speaker:
MajGen David Garza
USMC (Ret)

June 26
Summer Celebration
Dinner Dance
Petroleum Club

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

December 17
Christmas Luncheon
Ft Sam Golf Club

**big
glve**

MARCH 26, 2020
MOAA Alamo Chapter

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The Retired Military Spouses Club Luncheon

Monday, Mar 23rd
Ft. Sam Houston Golf Club

With guest speaker

John Manguso

Former director
of the Ft Sam Houston Museum



RSVP to: 210-822-6559

Or

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by noon Mar 18, 2020



Thank You!

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

We really appreciate it—and every dollar helps!

COL Matthew Brockway USA (Ret)
Col David Brooks USAF (Ret)
COL Darrell Childers USA (Ret)
CDR Jesse De Loach USN (Ret)
LTC Machielle Denmon USA (Ret)
LTC Martha Dingey USA (Ret)
Maj John Franklin III USAF (Ret)
Col Ron Hannan USAF (Ret)
Col Mac McDonald USAF (Ret)
Col Michael Boots Miller USAF (Ret)
COL Barbara Ramsey USA (Ret)
BrigGen Karen Rankin USAF (Ret)
Col Russell Sanders USAF (Ret)
Judith Schindler
Dian Sherrod
CW4 David Slyman USA (Ret)
LTC Ch James Taylor USA (Ret)
Maj Paul Winkler USAF (Ret)
Col David Zeh USAF (Ret)



Chapter Volunteer of The Year

Vaughn Caudill, Colonel (USA Ret) is the Chapter's 2020 Volunteer of the Year.

As Treasurer for the past 10 years, Vaughn has unselfishly volunteered hundreds upon hundreds of hours to the chapter. His behind the scenes guidance and strategic focus has positively impacted the financial management of both the chapter's operations and educational scholarship foundation accounts.

Vaughn will be honored at the annual Volunteer of the Year recognition ceremony along with other individual and organizational nominees on Mon, April 10, 8:00 – 10:00am at the Ft. Sam Houston Military and Family Readiness Center, 2797 Stanley Rd.

Congratulations Vaughn!!



The MOAA Alamo Chapter Educational Foundation is registered as a tax deductible 501 (c) 3 non-profit organization and will be participating in this year's "Big Give in SA" on March 26, 2020.

This event is South Central Texas community's philanthropic event of the year for non-profit organizations.

All money raised through MOAA's participation goes to supporting scholarships for JROTC and ROTC cadets throughout the greater San Antonio area and South Texas. We also provide funding assistance to the Ft Sam Houston Warrior and Family Support Center.

So how do you donate to such a worthwhile event? Easy, just go to "thebiggivesa.org", go the bottom of the page and click on "view all participating" and find Alamo Chapter MOAA. Then donate the amount you can give to our worthy causes.

Thank you in advance for your support!

In honor of

National Vietnam War Veterans Observance Day

March 29, 2020



2020 Scholarship & Awards Committee Gaining Momentum!



2020 MOAA -Alamo Scholarship and Awards Committee members complete the assembly of 132 awards packages for high school JROTC and college ROTC cadets.
(L-R): Jay Maust, Lovett Anyachebelu, Peter Hunt, Karen Currie, Jim Cunningham, Bob Pollock, Vaughn Caudill, Felix Santiago. Not pictured: Mark Cheadle.

The MOAA Alamo Chapter Scholarship and Awards Committee is in full swing for 2020! Our January meeting (aka “work party”) centered on the assembly of the awards packages for our high school JROTC and college ROTC units across south Texas.

The winning cadets, nominated by their units, are in good academic standing and have demonstrated high moral character, loyalty to their school, unit and country, and exceptional potential for military service.

Each of the 132 packages consisted of a MOAA medal and MOAA certificate. A special thanks to committee member Bob Pollock, who automated the printing of address labels and coordinated with the US Postal Service to mail all 132 packages - (hope you weren't behind him in line)!


We encourage all Chapter members to attend the annual Scholarship Awards Luncheon on March 26th at the Ft Sam Golf Club, where we will host the winning cadets and their families, along with our exciting guest speaker, MajGen (USMC, Ret) David Garza.

See RSVP slip on back page or register on line at www.alamomoaa.org. Hope to see you there and as always, THANK YOU FOR YOUR SUPPORT!

Pete Hunt

Pete Hunt, Col (USAF, Ret)
Chairperson
Scholarship and Awards Committee

Membership Memos

THANK YOU Renewing Members:	WELCOME New Members:	NEVER STOP SERVING! WE NEED <u>YOU</u> 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 Cmte Members 5) Community Outreach Members 6) Historian 7) Active Duty Liaison 8) Editor
BrigGen Karen Rankin USAF (Ret) COL Wayne Boyd USA (Ret) COL Matthew Brockway USA (Ret) Col David Brooks USAF (Ret) CAPT Thomas Cahill USN (Ret) COL Darrell Childers USA (Ret) Col Brian Davis USAF (Ret) Col David Enos USAF (Ret) Col Ron Hannan USAF (Ret) Col Donna Holcombe USAF (Ret) Col Betty Knuth USAF (Ret) Col Leslie Long USAF (Ret) Col Mac McDonald USAF (Ret) Col Michael Boots Miller USAF (Ret) COL Vladimir Pospisil USA (Ret) COL Barbara Price USA (Ret) COL Barbara Ramsey USA (Ret) Col Russell Sanders USAF (Ret) Col Edward Sheeran USAF (Ret) Col Lisa Skopal USAF (Ret) Col Dale Vande Hey USAF (Ret) COL John Weir USA (Ret) Col David Zeh USAF (Ret) LTC Robert Ashley USA (Ret) LTC Martha Dingey USA (Ret) LTC Charles Nowlin USA (Ret) LtCol Joe Regan USA (Ret) LTC Ch James Taylor USA (Ret) Maj Eric Fenton USAF (Ret) Maj John Franklin III USAF (Ret) Maj Joyce Habina USAF (Ret) MAJ Segundo Melendez USA (Ret) MAJ Josh Welch USA (Ret) Maj Paul Winkler USAF (Ret) Capt Bill White USMC (Ret) 1LT Jacob Brown USA CW4 David Slyman USA (Ret) Carol Anne Cain Celeste Cook Janet Rund Judith Schindler Dian Sherrod Margot Stryker Betty Ann Thorpe	COL Jerry Davis USA (Ret) COL William Del Vecchio USA (Ret) COL Jeffrey French USA (Ret) Col Marc Van Wert USAF CAPT Fred Vogt USN (Ret) LTC Donald Bartlett USA LTC Shannon Cole USA LtCol David Dorger USAF (Ret) LTC James Klar USA (Ret) LTC Ivan McPherson USA (Ret) LTC Celestene Robb USA LtCol Wayne Shaw USAF LTC Richard Velazquez USA (Ret) MAJ Paola Benson USA MAJ Thomas Bruce USA LCDR Ada Dee USN Maj Marisa Hester USAF LCDR Jason Jackson USN (Ret) MAJ Demetrius Walton USA CPT Martin Aquino USA CPT Yuri Armstrong USA CPT Nicki Butcher USA Capt Esther Chatman USAF CPT Juhyun Cho USA CPT Michael Connors USA CPT Beatriz George USA CPT Brandon Jackson USA CPT Paul Kim USA CPT Darren Marcum USAF CPT Richard McBride USA (Ret) CPT Joseph Miller USA CPT William Offutt USA CPT Mary Villanueva USA Lt Brendan Dunn USCG 1LT Jennifer Alvarez USA 1LT Yvette Tyson USA 1LT Tory Zollinger USA CW3 Crystal Austin-Wong USA CW2 Courtnee Downs USA WO1 Amber Harcrow USA WO1 Mirielle Ngominlend USA Jean Heard Nancy Joseph Marilyn O'Hair	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 Leadership Meeting on the first Thursday of each month at 10am at the chapter office on JBSA Ft Sam Houston. Current Membership Stats Active Duty 287 Surviving Spouse 166 Former Military 25 <u>Retired 687</u> Total 1165

NEW AMEDD Museum Exhibits Bring History Alive



Two new exhibits about the contributions of World War II medics at the US Army Medical Department Museum at Joint Base San Antonio-Fort Sam Houston are bringing a realistic view of war stories to museum visitors.

Each of the new exhibits are dioramas of scenes during World War II in which mannequins representing AMEDD medics are treating and transporting wounded mannequin service members: a street corner in a French town during the Battle of Normandy in 1944 of a wounded Army dispatch rider and an injured Soldier laying on an improvised stretcher bolted to the frame of an Army jeep during the Battle of the Bulge in January 1945. In both exhibits, each of the wounded mannequins are painted with fake blood, making their injuries seem real.

AMEDD Museum Director George Wunderlich said the dioramic exhibits are a new concept for the museum's gallery. "It's a departure from what we've done in the past as a museum, but it is something we want to do a lot more of," Wunderlich said. "So much of our work here has been artifacts and cases and one of the things we're trying to do is to bring those immersion experiences in."

The diorama of the wounded dispatch rider is placed at the start of the museum gallery, where a timeline mural once was. The scene depicts a street corner in Carentan, France, on June 13, 1944, in which the dispatch rider, leaning against a stucco wall, has a compound fracture on his left leg, resting it on an object on a brick sidewalk.

The dispatch rider is being treated by an AMEDD medic giving him a morphine injection. Included in the scene is a 1942 Army motorcycle the dispatcher was riding when he was wounded while taking orders to the battlefield.

Carentan was the site of a battle after the D-Day Normandy invasion between Allied and German forces, who were defending the town. The scene includes stucco and brick walls with re-created bullet holes and light blue shutters on the brick wall. An interpretative panel is placed on the brick wall.

The diorama was put together with the help of museum staff members and volunteer Maj. Tyler Reed. Anne-Marie Berglund, a museum volunteer, grew up in Normandy during World War II and gave her input on how the scene could be realistic to the time period of the 1940s. Berglund also donated the milk container and lace white curtains that are attached to the shutters. Both of those items were in use in Normandy during the battle.

Wunderlich said the motorcycle was donated by the family of an AMEDD medic who served in Korea and bought, restored and rode the motorcycle in parades.

(Continued on Page 6)

AMEDD Museum

(Continued from Page 5)

Angel Kelley, AMEDD Center of History and Heritage museum specialist, said putting the motorcycle diorama together was a learning experience for her and the museum staff. Her primary focus on the exhibit was creating the wound of the compound fracture on the dispatch rider.

Kelley said creating the fake blood, made of layered acrylic paint and latex, was a two-day trial and error. She said she gathered information on how to make fake wounds by watching YouTube videos of people in cosplay who made fake wounds for their costumes.

She said the purpose of putting together the diorama, especially the making of the compound fracture wound, is to make the exhibit as realistic as possible.

"Obviously, we don't want to make anything too gory, we don't want to scare anyone way but at the same time it's the Army and it's a war," Kelley said. "In the AMEDD, what we do is treat people who are injured and so this is an unfortunate reality for what we do."

The mannequin on the improvised stretcher carrier bolted to the frame of the jeep has a shoulder injury, which was also painted and put on with layered acrylic paint and latex, and a patient tag.

Wunderlich said during World War II there were many instances where ambulances could not get through in certain places, making the jeep the only way to transport the wounded. To do this, Wunderlich said

medics would have to make improvised stretcher carriers. The jeep exhibit also includes a mannequin driver.

Surrounding the jeep diorama are walls of interpretative panels and displays of personal stories of medics and nurses who served in World War II, including prisoners of war and AMEDD Medal of Honor recipients, covering both the European and Pacific theaters of the war.

In addition, the exhibit includes displays and stories about AMEDD medical specialists including dentists, veterinary corps, physical therapists, occupational therapists and respiratory therapists who were part of the war effort.

Wunderlich said since the jeep is attuned to the story of the medic, the tools and medical equipment used by medics and paintings of medics in action have been placed in the area of the exhibit.

Wunderlich recalls one instance in which the jeep exhibit elicited a response from a World War II veteran who relayed his story of being evacuated on a jeep as a wounded service member.

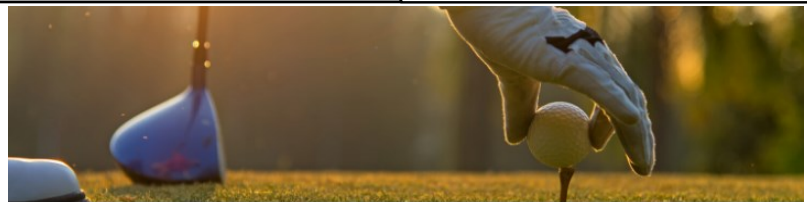
"He came around the corner and he just froze," Wunderlich said. "He just

stopped and looked at it and said, 'Wow, that's exactly what it looked like. For him it brought back memories of his service.'

"To his family and to the other people who were listening to him at that point, they got a story they wouldn't otherwise have been able to get," Wunderlich added. "That meant that this exhibit not only did its job of education but it was realistic enough that for someone who was there, they could see themselves again and I think that's the real test of these immersion exhibits."

Going forward, Wunderlich said the museum's long-term goal is to have an immersion exhibit component in each major time period of AMEDD's history covered in the museum.

(Continued on Page 15)



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Medical Minute

Physiatrist

A psychiatrist is a medical practitioner who specializes in treatment and prevention of mental illness.

A physiatrist is a medical practitioner who treats physical impairments or disabilities that affect muscles tendons, or bones, ligaments or joints, brain, spinal cord or nerves.

Conditions that a physiatrist might treat include arthritis, carpal syndrome, back injury, osteoporosis, tendon pain, stress fractures, a recent stroke, Parkinson's disease and multiple sclerosis.

Physiatrists work in various settings including hospitals, private practice, and rehab facilities, often on teams with other health care professionals such as neurologists, orthopedic surgeons, occupational therapists, and physical therapists.

Physiatrists focus primarily on restoring or enhancing physical function and quality of life while that could arise from complications, reducing pain and preventing complications that could arise from a person's injury or disability. A physiatrist may provide or prescribe a wide range of treatments including medication, exercise or injections (including steroid injections), assistive devices such as knee braces or orthotics and osteopathic manipulations for someone who recently had a stroke.

Physiatrists do not perform surgery. A physiatrist may have a subspecialty like a Sports doctor. A physiatrist might prescribe an exercise program to be done with a physical therapist. Your primary care doctor may refer you to a physiatrist depending on your diagnosis.

Source: U C Berkeley Wellness Letter

Irene Collier (Ret)



Solitaires



10,000 Steps

Do you really need to take 10,000 steps for better health? A recent study (May 2019) found that you could reap health benefits by taking half that number daily.

Researchers found that an older woman taking half that number (4,400 steps per day) was associated with a lower 41% of dying during the study period when compared with women who walked 2,500 steps per day or less. It didn't seem to make any difference if they did power walking or just around the house.

In 1965 a Japanese business, Ymasa Clock and Instrument Company, sold a pedometer called a Manpo-kei which means 10,000 steps meter in Japanese. The company may have chosen the name because the number 10,000, when written in Japanese, looks like a woman walking. Although that number has been circulated widely as being the optimum number of steps that should be attained daily, there is no scientific evidence to back it up.

The researchers wanted a closer look so they interviewed 6,741 women. The average age of the women was 60. They talked with family, friends, looked at postal records, and confirmed deaths using death certificates on the National Death Index. They found that deaths were the highest among sedentary women in the study but were lowest among women who reached at least 4,400 steps per day. Taking 4,000 steps per day should be doable for most women.

The inactive women in the study took about 2,700 steps per day. These findings show that even a small increase of 2,000 steps per day could add to at least 6,000 steps a day.

Examples of how you can easily increase your steps is in housework, parking at the distal end of the parking lot so that you will have to walk, gardening, doing running steps in place while listening to the radio or television or washing dishes; ballroom dancing; joining a walking club, getting a partner to walk with you, walking or playing with the grandchildren, and walking instead of driving short distances.

The benefits with improved health are well worth it and will also increase your social contacts.

Source: Harvard Women's Health Watch, Nov 2019

Irene Collier (Ret)

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Speaker Bio - MajGen David C. Garza USMC (Ret)



Major General Garza was born in Los Fresnos, Texas and began his career in the United States Air Force in 1969 as a Heavy Equipment Engineer.

In 1970 after his military occupational skill training he deployed to the Republic of South Vietnam for a 19 month tour of duty. In September 1971 he returned to the United States and in 1973 he closed out his Air Force career with an Honorable Discharge at the rank of Sergeant.

Following his discharge from the Air Force he attended Texas A&M University and in 1977 graduated with a Bachelor of Science Degree. In 1978 he returned to military service in the United States Marine Corps as a Second Lieutenant of Infantry.

In 1999 he earned a Masters Degree in National Security and Strategic Studies from the Naval War College in Newport Rhode Island. In an exciting and rewarding 34-year journey including combat tours in Desert Shield/Desert Storm and twice in Afghanistan plus a tour in Latin America, Major General Garza served in world-wide assignments as a Commander, Director, and Staff Officer.

His most important personal awards are his Combat Action Ribbons and The Order of Saint Maurice in the rank of Primicerius presented to him by the National Infantry Association for his selfless service, integrity, and professional competence to the infantryman and the nation.

He retired from active service after 38 years and is now President and CEO of Lead Your Ship LLC, a Leadership Consulting LLC providing leadership fundamentals to high school and college students and enabling wounded warrior events and transitioning veterans. He lives in New Braunfels, Texas with his wife Carrie and their Golden Retriever Alex.

1978: Commissioned as a 2nd Lieutenant of Infantry in the United States Marine Corps.

1978-1979: Infantry Platoon Commander, A Company, 1st Battalion, 7th Marine Regiment, Camp Pendleton, California.

1980: Executive Officer and Company Commander, A Company, School of Infantry, Camp Pendleton, California.

1981: Deployed to Okinawa, Japan as the Battalion Assistant Operations Officer for Headquarters and Service Battalion, 3rd Force Service Support Group and subsequently deployed to the Republic of Korea as the Assistant Operations Officer, Combat Service Support Detachment 32 for Exercise Team Spirit 82.

1983-1986: Operations Officer and Executive Officer for Recruiting Station San Diego, California.

1986: Student, Armor Officer Advance Course, Fort Knox, Kentucky.

1986: Company Commander, A Company, 1st Light Armored Vehicle Battalion, Camp Pendleton, California.

1987-1990: Inspector-Instructor, A Company and Assistant Battalion Inspector Instructor for the activation of 4th Light Armored Vehicle Battalion, Camp Pendleton, California.

1990: Brigade Assistant Operations Officer, 7th Marine Expeditionary Brigade (MEB), Marine Corps Air Ground Combat Center, 29 Palms, California.

(Continued on Page 15)



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

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The Chapter - Out & About

Chapter Legislative Chair, Jim Cunningham being presented with MOAA's prestigious Steve Strobbridge Award for his yeoman efforts in the Texas legislature at the December Texas Council of Chapters meeting hosted by the Blue Skies Satellite Chapter. The guest speaker was Texas State Senator Jose Menendez.

Pictured L-R are: Jose Menendez, Alamo Chapter Education Foundation Board Chair Bob Certain, Legislative Chair Jim Cunningham and then Texas Council of Chapters President Larry Petrash.



Gail is pictured above with Blue Skies satellite coordinators Jim Conner and his wife Dottie, and pictured right with Army Residence Community satellite coordinators Joe Morgan and his wife Janet.

Gail Joyce, National Board member, spoke to Blue Skies Satellite Members on 10 Feb and Army Residence Community Satellite members on 11 Feb about Survivor Benefits and issues for couples planning for the future medical/financial challenges they may face with the loss of a spouse.



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

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

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

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

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

Lisa Skopal

Lisa Skopal
Advertising Coordinator

lskopal@ymail.com

Transitioning Tips

Becoming Your Own Boss – The Entrepreneur in You!

This is a repeat article from years past. It's a topic that I haven't addressed lately. For those of you who might be at the decision crossroads and are contemplating being the employer and not the employee.

To many this is a daunting endeavor. There is really no safety cushion when one ventures out on their own to develop and deploy their own ideas into a successful enterprise. However, some thrive on the challenge.

To be clear, let's first define the term. Here is Wikipedia's definition (<https://en.wikipedia.org/wiki/Entrepreneurship>) "Rather than working as an employee, an entrepreneur runs a small business and assumes all the risk and reward of given business venture, idea or good or service offered for sale. The key words here are risk and reward – but we'll get to those later.

First, let's look at the characteristics of an entrepreneur. These come from a posting on Monster.com (www.monster.com/career-advice/article/entrepreneurship-traits).

- ♦ Motivation. Entrepreneurs are enthusiastic, optimistic and future-oriented...
- ♦ Creativity and Persuasiveness...
- ♦ Versatility...
- ♦ Superb Business Skills...
- ♦ Risk Tolerance...
- ♦ Drive...
- ♦ Vision...
- ♦ Flexibility and Open-Mindedness.

It's amazing how, once the conversation is initiated, how many military folks have these characteristics. It takes a conversation such as this to realize that these may be latent, however they exist. As with many, these words needed a translation from military to civilian.

So, what are the skills for a successful entrepreneur. Again, an internet search revealed the following from

Forbes (www.forbes.co/sites/aileron/.../the-top-skills-every-entrepreneur-needs/).

- ♦ Resiliency...
- ♦ Focus...
- ♦ Invest for the long term...
- ♦ Find and manage people...
- ♦ Sell...
- ♦ Learn...
- ♦ Self-reflection...
- ♦ Self-reliance: While there is a lot of help for the entrepreneur, in the end, they need to be resourceful enough to depend upon themselves.

Whether your idea is tech related or in real estate or another endeavor, there are resources in San Antonio to help you get organized.

SA Launch is a City of San Antonio resource for entrepreneurs that's located at the Central Library. For the techie, there is Geekdom. For funding and other support for all sorts of ideas, check out the LiftFund.

(Continued on Page 13)

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☐ 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)

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

Transition Tips

(Continued from Page 11)

The University of Texas at San Antonio's Small Business Development Center provides a wealth of services and resources. And – this is the short list. I'm sure that other locations have similar resources as well.

Where your path leads is up to you. There is a wealth of opportunities. Look for your passion. Introspect for the strengths of your skills. Find the resources to develop those latent or undeveloped skills.

Best of luck. And – most of all –
HAVE FUN!

Kitty

Kathryn "Kitty" Meyers
LtCol USAF (Ret)

SPHR, SHRM-SCP

Chapter Transition Liaison Officer



Army Residence
Community

WELCOME TO THE ARC.

RETIREMENT LIVING FOR ALL BRANCHES OF THE ARMED FORCES.

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.

So call **800-890-2305** or go to **armyresidence.com** for more information.

Army Residence Community | 7400 Crestway | San Antonio, Texas 78239

Great residences | Great food | Great neighbors | Great activities | Great community





Events Calendar

MARCH

- 3 Solitaire's Luncheon 11am Ft Sam Golf Club
- 5 Staff Meeting 10am Chapter Office
- 8 Daylight Savings Time begins
- 12 Board Meeting 10am
- 15 Solitaire's Sunday Brunch 11 am Randolph Parr O Club
- 26 Scholarship Awards Luncheon 11am Ft Sam Golf Club with MajGen David Garza USMC (Ret)
- 26 The Big Give - South Texas On Line Donations
- 29 National Vietnam War Veterans Day
- 31 JBSA FSH Women's History Month Event

APRIL

- 2 Staff Meeting 10am Chapter Office
- 7 Solitaire's Luncheon
- 10 Good Friday
- 12 Easter Sunday
- 15 JBSA Volunteer of The Year Award Ceremony 1-3pm Bldg 2797
- 19 Solitaire's Sunday Brunch 11 am Randolph Parr Club
- 23 Chapter Luncheon 11am Ft Sam Golf Club
- 28 VGSAA Mtg 1:30pm

MAY

- 5 Solitaire's Luncheon 11am
- 7 Staff Meeting 10am Chapter Office
- 8 Victory Day in Europe
- 8 Military Spouse Appreciation Day
- 9 VAC Mtg 9am
- 10 Mother's Day
- 16 Armed Forces Day
- 17 Solitaire's Sunday Brunch 11am Randolph Parr Club
- 25 Memorial Day
- 26 VGSAA Mtg 1:30pm
- 28 Chapter Luncheon 11am Army Residence Community with Dr Lee Hoover, Suicide Prevention Psychologist at Veterans Health Care System

JUNE

- 2 Solitaire's Luncheon 11am
- 4 Staff Meeting 10am Chapter Office
- 6 D Day
- 12 Women Veterans' Day
- 11 Board Meeting 10am
- 14 Flag Day & US Army Birthday
- 21 Father's Day
- 21 Solitaire's Sunday Brunch 11 am Randolph Parr Club
- 25 Summer Celebration 6:30pm Petroleum Club
- 30 VGSAA Mtg 1:30pm

JULY

No Chapter meeting or luncheon



Consolidate Debt
with an RBCU Mastercard® Credit Card
0% Introductory APRs on Balance Transfers and Cash Advances*
\$0 Balance Transfer Fee • No Annual Fee
Apply today at rbfcu.org



Membership eligibility is required. Credit cards are subject to credit approval. Rates and terms subject to change. *The 0% Annual Percentage Rate (APR) is a promotional rate for only balance transfers and cash advances made during the first 90 days your account is open. Purchases are not included. We will not charge you any interest on purchases if you pay your ENTIRE balance, including balance transfers and cash advances, by the due date each month. If the ENTIRE balance is not paid, then interest will be charged on any purchases, but not on the balance transfers and/or cash advances made during the first 90 days of the account opening. Promotional rate balances will remain at 0% APR for twelve months starting from the date of the initial balance transfer or cash advance request. Beginning with the thirteenth month, any remaining balance will be repaid to an APR of 9.200% to 18.000% for a Premier Rate credit card or 11.400% to 18.000% for a CashBack Rewards credit card based on your creditworthiness and other factors.

Bio - MajGen Garza

(Continued from Page 8)

1990-1991: Deployed with the 7th MEB Advance Party in support of Operation Desert Shield and Desert Storm. While in Saudi Arabia, he served as the XVIII Airborne Corps Liaison Officer, I Marine Expeditionary Force (MEF) Action Officer in the MEF Combat Operations Center and as Officer in Charge for the MEF Commanding General's Light Armored Vehicle Forward Command Post.

1991-1992: Deployed to Quarry Heights, Panama as the Aide de Camp (ADC) to the Commander, United States Southern Command. 1993: Student, Marine Corps Command and Staff College, Quantico, Virginia.

1994-1997: Joint Counter Drug Planner and Officer in Charge, Joint Operations Center and Crisis Action Center, Joint Task Force Six (JTF-6) Fort Bliss, Texas.

1997-1999: Battalion Commander, 3d Light Armored Reconnaissance Battalion (Wolfpack), Marine Corps Air Ground Combat Center, 29 Palms, California.

1999: Student, Top Level School, Naval War College, Newport, Rhode Island and graduated with a Masters Degree in National Security and Strategic Studies.

2000-2002: Plans Chief for the Plans, Policies, and Operations (PP&O) Directorate, Headquarters, United States Marine Corps, Pentagon, Washington, DC.

2002-2004: Regimental Commander, 6th Marine Regiment, Camp Lejeune, North Carolina.

2004 (Feb to July): Commander, Regional Command East, Afghanistan in support of Operation Enduring Freedom (OEF) serving under CJTF-180 and CJTF-76 with responsibility over 15 Provinces, 6 Infantry Battalions (2 USMC and 4 USA), 8 Provincial Reconstructions Teams (PRTs), and 2 Afghan National Army Battalions.

2004-2007: Director, Marine Air Ground Staff Training Program, (MSTP), Quantico, Virginia.

2007: Director responsible for organizing the Marine Corps 2025 Strategic Vision Group.

2007-2008: Deputy Commanding General, United States Marine Central Command, (US MARCENT), Tampa, Florida.

2008-2010: Chief of Staff, United States Southern Command, (SOUTHCOM), Miami, Florida.

2010-2011: Director for Joint Operations, International Joint Command, Kabul, Afghanistan.

2011-2012: Inspector General of the Marine Corps.

1 Oct 2012: Retired from active service after 38 years and is now President/CEO of Lead Your Ship, a Leadership Consulting LLC.

Major General Garza's personal Awards include the Distinguished Service Medal, Legion of Merit (3d award), and Bronze Star (2d award), Combat Action Ribbon, and The Order of Saint Maurice in the rank of Primicerius.

AMEDD Museum

(Continued from Page 6)

The AMEDD Museum, located at the corner of Harry Wurzbach and Stanley Roads at JBSA-Fort Sam Houston, is free and open to both Department of Defense cardholders and the public from 10 a.m. to 4 p.m. Monday-Saturday.

Museum information is at <http://amedd.museum.amedd.army.mil/index.html>. To contact the museum, call 210-221-6358.

*By David Kinder
502nd Air Base Wing
Public Affairs*

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01-24-2020



VOLUNTEER STAFF:

PRESIDENT	LtCol Kitty Meyers kamconsulthr@gmail.com
PROGRAMS	Col David Patrick dwpatt01@gmail.com
MEMBERSHIP	COL Felix Santiago felixsantiago01@gmail.com
LEGISLATIVE AFFAIRS	MAJ James Cunningham jimbo48@sbcglobal.net
SECRETARY	(Open)
TREASURER	Col Vaughn Caudill vaughn.caudill@gmail.com
SCHOLARSHIPS	Col Peter Hunt moaa.ac.awards@gmail.com
PERSONAL AFFAIRS	Col Stu Myers
Personal Affairs Assist	CAPT Cora Bayle Cox
PR-SOCIAL MEDIA	LtCol Kathie Estrada
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VOLUNTEER COORD.	Col Pete Schaub
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Editorial Policy

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

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

MOAA and its affiliated chapters and councils are non partisan.

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

MOAA-AC P.O. Box 340497 Ft Sam Houston, TX 78234

(210) 228-9955 moaa-ac@sbcglobal.net

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MOAA Alamo Chapter





THE LARIAT

National Award Winning Newsletter

MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER

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OUR BY-LAWS, STRATEGIC PLAN,
EVENTS CALENDAR, MEETING
MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR
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WWW.ALAMOMOAA.ORG

P.O. Box 340497
Ft Sam Houston, TX 78234-0497

Phone: 210-228-9955
Email: moaa-ac@sbcglobal.net
www.alamomoaa.org

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



Thursday March 26, 2020

Scholarship Awards Luncheon

Speaker:

MajGen David Garza USMC (Ret)

Ft Sam Golf Club 1050 Harry Wurzbach, San Antonio TX

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

Menu

A) Meatloaf with Mushroom Sauce B) Baked Chicken
Fresh Mixed Greens, Twice Baked Potato, Long Green Beans & Carrots, Dinner Rolls
Carrot Cake, Iced tea, coffee, water

Cost per person: \$22 pre-registration or \$24 at the door
Enclosed: \$ _____

RSVP by 4pm Monday 23 Mar
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

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Thursday April 23, 2020

Chapter Luncheon

Speaker: Dr Cris Eugster
Chief Operating Officer, CPS Energy

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

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

South of The Border Buffet

Beef & Chicken Fajitas, Cheese Enchiladas with Chili Sauce, Borracho Beans, Green Beans Ranchero, Spanish Rice, Tossed Salad, Guacamole, Tortillas, Cornbread, Chips & Salsa

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

RSVP by 4pm Monday 20 April
Reservations not cancelled by noon Tuesday 21st 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
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