

MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER



THE



LARIAT

Volume 39, Number 9

“Five Star ★★★★★ Chapter”

September 2019



President's Message

The Alamo Chapter is like many other nonprofit organizations. We have a diverse membership and are always looking for ways to reach each of you. We are also balancing the resources to ensure that we are prudent in our expenses. Hence the move to social media and other electronic means to tell our story.

Social media is so broad. There are so many choices to use to communicate. The fantastic thing about it is that it is instantaneous, can stimulate communication and reaches all followers. So, here's the plug for our Facebook page. Check out the group Alamo MOAA on www.facebook.com. Join the group and follow the activities of the chapter. Kathie Estrada has done a super job of setting up the group. We need followers to really make it robust.

As mentioned in the August Lariat, we will stop paper production of the

Lariat as of January 2020. The number of folks requesting the paper version has declined to the point where it is not cost effective to continue. This is the way of many print publications be they profit or non-profit. We are working to find ways to assist during this transition. Please do not hesitate to contact us with your concerns. The big ask is that you keep us updated with your current email address. The Lariat will continue via a monthly email blast!

One additional point this month is that it's time for the semi-annual election of officers. Remember that the Chapter is run by volunteers. We are always looking for folks to help us with the various tasks that keep the Chapter running. If you are interested in volunteering or are interested in running for one of the elected positions, Pete Schaub is the one to contact. He is the chair of this year's elections committee. Please email him at george_p_schaub@yahoo.com. Positions up for election can be found listed on Page 3.

Thanks again to everyone who volunteers. Alamo MOAA has again been recognized by MOAA as a “5 Star Levels of Excellence” Chapter. You made this happen!

Kitty

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

Save The Date

Wednesday Sept 18

Happy Hour
Petroleum Club
4-6pm

Thursday Oct 24

Chapter Luncheon
Blue Skies of Texas West

Thursday Nov 21

Annual Business Meeting &
Luncheon
Ft Sam Golf Course

Thursday Dec 12

Christmas Luncheon
Ft Sam Golf Course

Inside This Edition:

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NEVER STOP SERVING!



WE NEED YOU TO VOLUNTEER

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

Current Needs:

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



Thank You!

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

Col Alex Archibald, Jr USAF (Ret)

LTC Anton Blieberger USA (Ret)

Jo Ann Compton

LTG Richard Graves USA (Ret)

Aurelia Korte

Col David Patrick USAF (Ret)

Mary Sidorsky

COL Mary Anne Svetlik USA
(Ret)



Treats For Troops

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

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

Irene Collier

Susan Filipini

John Gibbs

Sue McCarthy

Mac and Lori McDonald

Lolly Orlowski

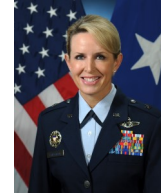
Brenda Tobey

Susie Tolman

The Retired Military Spouses Club Luncheon

Monday, Sept 23rd

Ft. Sam Houston Golf Club



BrigGen

Laura Lenderman

**Commander 502nd Air Base
Wing and Joint Base San Antonio**

will be the speaker

RSVP to: 210-822-6559

Or

Lbraswell2@satx.rr.com

by noon on Sep 18, 2019

WANTED!

Active Duty or Retired Job Seekers

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

dwpatrick01@gmail.com

If you are an area **employer** who is
interested in hiring career transition-
ing officers or their spouses or if you
are a MOAA member interested in
helping a career transitioning officer
or spouse as a **San Antonio Net-
worker**,
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

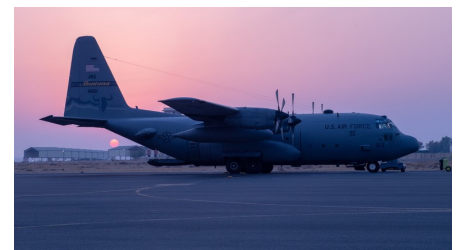
Happy **72nd** Birthday to
the

United States Air Force

Sept 18, 1947

Aim High ...

Fly-Fight-Win



Chapter Elections 2019



All elected positions will up for election/re-election this coming November.

If you have an interest in any of the following volunteer positions and want to be considered for the ballot, please contact our Nominating Committee Chair Pete Schaub at George_p_schaub@yahoo.com or call and leave a message at the office for him to contact you by phone.

President

President Elect

Secretary

Treasurer

VP Membership, Recruitment & Retention

VP Programs

VP Legislative Affairs (Federal & State)

Descriptions of all these positions can be found on our website under the Resources tab.

Aging with Humor

- ◇ An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" Then I'll be sure my daughters visit me at least twice a week."
- ◇ My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.
- ◇ Know how to prevent sagging? Just eat till the wrinkles fill out.
- ◇ I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.
- ◇ I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over.
- ◇ It's scary when you start making the same noises as your coffee maker.
- ◇ These days about half the stuff in my shopping cart says, "For fast relief."
- ◇ Remember: You don't stop laughing because you grow old, you grow old because you stop laughing.

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Membership Memos

NOTICE

The Chapter's
Annual Business
Meeting

will be held on
November 21 at
the Chapter
Luncheon at the
Ft Sam Golf
Course.

The membership
present will vote
on proposed revi-
sions to the
Chapter By-Laws
and elect its Of-
ficers.

Details and a
mail in ballot will
be available in
next month's edi-
tion of
The Lariat.

THANK YOU Renewing Members:

LTG Richard Graves USA (Ret)
Col Alex Archibald, Jr USAF (Ret)
COL Rodney Day USA (Ret)
COL Gary Hyde USA (Ret)
Col Harvey Johnson USAF (Ret)
Col Wright Nodine, Jr USAF (Ret)
COL Mary Anne Svetlik USA
(Ret)
Col Jai Yang USAF (Ret)
LTC Anton Blieberger USA (Ret)
LtCol Alan Chalfont USAF (Ret)
LtCol Jim Cuskey USAF (Ret)
LTC Paul Furukawa USA (Ret)
LTC Judith Trotti USA (Ret)
Jo Ann Compton
Aurelia Korte
Mary Sidorsky

Current **Membership Stats**

Active Duty 222
Surviving Spouse 158
Former Military 21
Retired 676
Total 1077

WELCOME New Members:

COL Garry Cooper USA
COL Aaron Saguil USA
COL Anthony Schevalier USA
CAPT Daniel Walker USN (Ret)
LTC Andrew Gallo USA
LTC Michael Lipkin USA
LTC Michael Long USA
MAJ Donald Dais USA
MAJ Jordan Gammons USA
MAJ Joshua Rivera USA
MAJ Tighe Scott USAR
MAJ Brian Stieritz USA
CPT Victoria Martin USA
LT Ralph Montgomery USN
CPT David Schmitt USA
CPT Ambur Sleath USA
Lt Marshall Trudell USN
CPT Yoquia Vazquez USA
CPT Ryan Wells USA
CPT Sabrena Wells USA
Capt Richard Wittmeyer III USAF
LTJG Rachel Johnson USCG
1LT Daniel Opirhory USA
2Lt Theresa Ziegler USAF
CW3 Mekisha Cunningham USA
CW3 Ana Warner USA

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

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

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

MOAA Alamo Chapter? - Who Are We?

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

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

ORDER FORM - Alamo Chapter Merchandise

Pebble Beach Performance Golf Shirt \$30

Circle order details below - Subject to availability

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

Free pick up from Chapter Event or Office. Add \$10.00 for shipping .

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Address: _____

Tel: _____

Provide Credit Card info below or mail in check made payable to MOAA-AC - to P.O. Box 340497, San Antonio, TX 78234, or call the office at (210) 228-9955 (Tues thru Thurs 1-4pm) to place order and pay by credit card over the phone.

Credit Card #: _____

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

Total Enclosed: \$ _____



Luncheon Speaker Bio



Will Garrett VP & Director of Cyber Security Port San Antonio

Will Garrett, who for years has led efforts accelerating the growth of the region's vast cybersecurity sector, is the newest member of Port San Antonio's leadership team.

In his new role as the Port's Vice President and Director of Cybersecurity Development, Garrett will continue to work hand-in-hand with public- and private-sector cybersecurity organizations throughout the region, across the U.S. and internationally. His work as a strategic industry leader will further raise San Antonio's profile as a global capital of cyber expertise and innovation.

"We're thrilled to have a proven and respected leader like Will join our team," said Port President and CEO Jim Perschbach. "He will remain an instrumental partner ensuring that San Antonio continues strengthening our ecosystem for cybersecurity in the years ahead. Will brings tremendous expertise and has worked hard for many years to develop the right strategic connections for that to happen, including those between industry, educational institutions and a fast-growing marketplace of opportunities around the world."

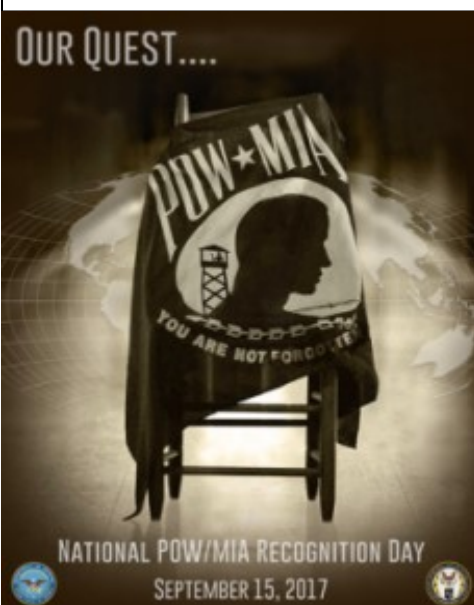
"It's a true honor to join the team that is leading San Antonio's growth in the most dynamic sector of our econo-

my," said Garrett. "The critical mass at the Port and the organization's strategic vision to accelerate collaborations between cybersecurity and mature industries in San Antonio give our community a globally competitive edge to capture even more big opportunities," he added.

Garrett joins the Port after serving nearly four years as Executive Director of CyberSecurity San Antonio—an industry-driven program created to accelerate the growth of the cyber sector in the region. He's also the co-founder of the Build Sec Foundry—an incubator for the development of new cybersecurity products and technology.

Previously, Garrett led the San Antonio Chamber of Commerce's Economic Development Department and managed federal and state advocacy efforts, as well as the organization's support of the region's numerous military missions.

He received his undergraduate degree in communications and international studies from Texas Lutheran University (TLU) and holds a Master of Business Administration (MBA) degree from the University of Texas at San Antonio.



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Federal Credit Union**

**Security Service
Federal Credit Union**

Silverbridge Realty

USAA

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

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



Medical Minute

Can't Sleep Through The Night?

Do you get seven or eight hours of uninterrupted sleep during the night or are you up several times and can't get back to sleep? Inadequate sleep increases your risk for obesity, high blood pressure, heart disease, diabetes, and even premature death.

The following reasons may be why you aren't sleeping through the night:

- Your age. Your circadian rhythm or sleep-wake cycle can dramatically shift when you are older causing you to get up earlier.
- Lifestyle. Don't drink alcohol within four hours of bedtime. A night cap may help you fall asleep but could interrupt your sleep later to use the bathroom.
- Don't eat within an hour of bedtime. A full stomach could cause heartburn making it harder to fall asleep and stay asleep.
- Napping too much. Long naps make it harder to stay asleep at night.
- Consuming too much coffee. Caffeine blocks a brain chemical called adenosine that helps you sleep.
- Your medication. Antidepressants, beta blockers, cold remedies containing alcohol, corticosteroids may be to blame.
- An underlying condition.
- Anxiety or depression.
- Enlarged prostate for men and bladder infection for women, result in a urge to use the bathroom during the night.
- Neuropathy. A tingling pain or numbness of hands or feet.
- Sleep apnea. Loud snoring or periods when you are not breathing may lead to daytime sleepiness.

Practice good sleep hygiene. Sleep in a dark room. Go to bed at the same time each night. Have no electrical devices in the room. Don't exercise right before going to bed, do that in the afternoon.

Source: Harvard Health Letter

Col Irene Collier (Ret)



Solitaires



Kissing Bug - Chaga Disease

In the United States, 10,000 people die each year from Chaga disease through transmission of the deadly *Tyrpanosoma cruzi* parasite (el Corazon).

It is estimated that about 300,000 people in the US have the disease. It is transmitted by a beetle-like parasite called the "Kissing Bug". This is not a new disease. The bug has been found in 9000-year-old mummies in Peru and Chile.

Today the greatest number is found in Argentina. Dogs are more apt to get the bug than humans. However, it is rarely transmitted by dogs to humans. The parasite can live in the body for a lifetime without causing symptoms but 30% of infected people will suffer cardiac damage.

To eradicate Chaga disease, one would have to kill all wildlife which is impossible. There are many species of the beetle that carry the disease. Some species are found in Texas. The Entomology Department of Texas A&M University at College Station has made a special study of the parasite. The bug prefers dogs but will attack marsupials and racoons. They hide in the neck housing during the daytime and come out at night to feed. The parasite is in the animal's fecal material. It may enter the animal's body through a wound-bite. The eggs are laid in the dung and carried by the blood through the body. Although it may go to organs but it usually ends up in the heart. It damages the heart causing irregular heartbeats going to the left ventricle causing heart failure.

It is believed that Charles Darwin was infected with the bug during his voyage on the HMS Beagle. He later developed symptoms of the Chaga.

It is considered a disease of poverty. Many people from the Latin American countries who migrate from the Latin American countries go to the Southwestern California. They usually also have other medical problems which are more apparent. There is no

test that the border patrol can use to test migrants for the disease. Although it is transmitted genealogically, the offspring may or not show symptoms even though they carry the bug.

A case study: A lady from South America now living in Washington D. C. did not know she had the bug although her father and sister also had the bug. Her first boy was born prematurely at 30 weeks and weighed 4 pounds. Today we do have medication for children and were able to save the child. The drugs are benznidazole and nefurte for children. But they can have negative effects if used by adults.

Source: *The Kissing Bug, National Geographic*

Col Irene Collier (Ret)



38th Annual Harp & Shamrock Society's Shamrock Scramble

Friday Sept 13, 2019

JBSA Ft Sam Golf Course

11am Registration and Lunch

1pm Shotgun Start

Four Person Scramble

Register at

<http://harpandshamrock.org/golf.php>

\$100 per player

(\$85 for Ft Sam Golf Club Members)

Includes green fee, cart, range balls, lunch and dinner buffet

Proceeds benefit Harp & Shamrock Society and its Scholarship Program

Tournament Chairs:

David Patrick 210.259.9867

Ed McCaffrey 210.765.2150



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Brian L. Eck D.D.S.
Reagan Smith D.D.S.

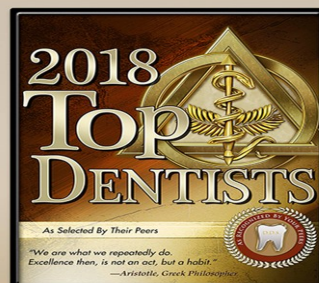
Phone: (210)-492-0205
Fax: (210) 492-0305

legacydentalsa@gmail.com

13205 George Road
San Antonio, TX 78230

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

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



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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.

What Has Your Chapter Been Up To Lately??



MajGen Juan Ayala USMC (Ret) and Chapter President LtCol Kitty Meyers USAF (Ret) are pictured August 14, 2019 celebrating the copyright slogan of the "Military City USA" that now solely belongs to San Antonio.

Twenty two signs will be placed at all major entry points to San Antonio.

This move came about as a combined effort between, among others, the San Antonio Chamber and the JBSA Military Transition Alliance of which MOAA-Alamo Chapter is a member.

Chapter President, Kitty Meyers, and Career Transition Coordinator for Texas, David Patrick, assisting attendees at the Hiring Our Heroes Career Summit held at Rackspace on July 26, 2019.



Did You Know?

- ☐ A dime has 118 ridges around the edge.
- ☐ A cat has 32 muscles in each ear.
- ☐ A crocodile cannot stick out its tongue.
- ☐ A dragonfly has a life span of 24 hours.
- ☐ A goldfish has a memory span of three seconds.
- ☐ A "jiffy" is an actual unit of time for 1/100th of a second. Not sure about the builders measurement of a Pooftenth, (said to be about 1/128th of an inch)
- ☐ A shark is the only fish that can blink with both eyes.
- ☐ A snail can sleep for three years.
- ☐ Al Capone's business card said he was a used furniture dealer.
- ☐ All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.
- ☐ Almonds are a member of the peach family.
- ☐ An ostrich's eye is bigger than its brain.
- ☐ Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- ☐ Butterflies taste with their feet.
- ☐ Cats have over one hundred vocal sounds. Dogs only have about 10.
- ☐ "Dreamt" is the only English word that ends in the letters "MT".
- ☐ February 1865 is the only month in recorded history not to have a full moon.
- ☐ In the last 4,000 years, no new animals have been domesticated.
- ☐ If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.
- ☐ If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.

- ☐ It's impossible to sneeze with your eyes open.
- ☐ Leonardo Da Vinci invented the scissors.
- ☐ Maine is the only state whose name is just one syllable.
- ☐ No word in the English language rhymes with month, orange, silver, or purple.
- ☐ Our eyes are always the same size from birth, but our nose and ears never stop growing.
- ☐ Peanuts are one of the ingredients of dynamite.
- ☐ Rubber bands last longer when refrigerated.
- ☐ "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.
- ☐ The average person's left hand does 56% of the typing.
- ☐ The cruise liner, QE2, moves only six inches for each gallon of Diesel that it burns.
- ☐ The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- ☐ The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.
- ☐ The winter of 1932 was so cold that Niagara Falls froze completely solid.
- ☐ The words 'racecar,' 'kayak' and 'level' are the same whether they are read Left to right or right to left (palindromes).
- ☐ There are 293 ways to make change for a dollar.
- ☐ There are more chickens than people in the world.
- ☐ There are only four words in the English language which end in "dous": Tremendous, horrendous, stupendous, and hazardous.

- ☐ There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."
- ☐ There's no Betty Rubble in the "Flintstones Chewables Vitamins".
- ☐ Tigers have striped skin, not just striped fur.
- ☐ TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- ☐ Winston Churchill was born in a ladies' room during a dance.
- ☐ Women blink nearly twice as much as men.
- ☐ Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

Scratch Off Games supporting Texas Veterans!



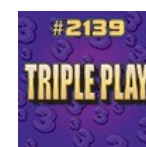
777
Game No. 2151
Ticket Price: \$2



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



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



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

Transitioning Tips

Job Fair Jitters

Fall always brings a flurry of job fairs. Two big ones this season are the DoD Hiring Heroes to be held on September 20 at Ft Sam Houston and the Texas Workforce Commission's Red White and You Hiring Fair on November 7 at the Freeman Expo Hall.

While the Hiring Heroes focuses on Civil Service and Federal Contractors for the most part, the Red White and You will have a host of local employers and resources. There will also be a number of fairs in between.

Job fairs can be crowded and noisy. Here are some tips to navigating the maze.

- 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 the website or google to company. Look up the company 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.

- One thing to note about presenting resumes at job fairs. 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 on-line.
- 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

(Continued on Page 15)

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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 \$ _____

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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)

Changes to Military Healthcare Coming Sooner Than You Think

In baseball, it's good practice to never take your eye off the ball. The same could be said regarding DoD with its efforts to reform military medical care.

MOAA has been the leader focused on holding DoD and the Defense Health Agency (DHA) accountable to provide transparency with its plans to reduce military treatment facility (MTF) capabilities and personnel. Last year's NDAA required the DoD to provide any plans to do so to Congress ahead of time. And we are sorry to report not much has been revealed to date.

However, MOAA has other ways to gather information.

First, from members who live, work, and get care on military installations. Reports of reduced health care services at MTFs and unofficial referrals to civilian providers are trickling in already. Last week, MOAA received an email from an active duty Navy spouse

who reported that enrolled beneficiaries — including military families with children — are being told to seek civilian providers outside the MTF and few in her area accept TRICARE, the email says. Beneficiaries with special needs who use the system most have been targeted first. This has resulted in military families being placed on long wait lists.

This is happening at the peak of school physicals and immunization season. This is the first glimpse into the new world of military medicine, and we want to know if it is happening elsewhere.

MOAA continues to tell Congress — office by office — that DHA has failed to address how these medical reductions will be carried out in a way that ensures services are not disrupted, wait times are not exacerbated, and access to subspecialty care is not crippled.

Second, the study cited in an article

by *Military Times* echoes much of what we've been hearing: While medical needs are greater in the military community than other demographics, access to high-quality care doesn't match up. The short version: Experts and advocates agree that the Military Health System (MHS) already has room for improvement when it comes to dealing with anything beyond routine care for military dependents, and MHS reforms designed to streamline the system could come at the expense of some of the most vulnerable members of the military community.

This aligns with what MOAA is hearing from other associations, another way MOAA receives information. At a recent MOAA-hosted Facebook Live Town Hall with a panel of military family members and other health care stakeholders, the panel discussed how the planned reductions in military medical providers would affect all categories of beneficiaries — especially military families.

(Continued on Page 15)



Army Residence Community

We are The ARC

History. Tradition. Camaraderie. Care.

This is the Army Residence Community — a place where friends are reunited, memories are made, and life is lived to the fullest. We are a nonprofit Life Plan Community located in beautiful San Antonio. We proudly serve retired military officers from all branches of the Armed Forces, their spouses, widows and widowers — providing an active, social, and carefree lifestyle — what retirement living is meant to be.



(800) 725-0083 • armyresidence.org
7400 Crestway • San Antonio, TX 78239





Events Calendar

SEPTEMBER

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



OCTOBER

- 1 Solitaire's Luncheon 11am
- 3 Staff Meeting 10am Chapter Office
- 12 Columbus Day
- 13 US Navy Birthday
- 20 Solitaire's Sunday Brunch 11am Randolph Parr
- 24 Chapter Luncheon 11am Blue Skies of Texas with MajGen John DeGoes, Commander 59th Medical Wing and JBSA Lackland



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

NOVEMBER

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



DECEMBER

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



My two hobbies are smoking marijuana and rescuing stray cats.



How parents used to text back in the day ...



Transition Tips

(Continued from Page 11)

culture was like, and what kind of person are they seeking. 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 on 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

Changes To Military Healthcare

(Continued from Page 13)

During the discussion, panel experts noted there is already insufficient medical workforce capacity to handle many of the basic health needs of our military personnel and their families. Reports and studies continue to point to long wait times for many civilian care providers, as well as significant geographic disparities in care. A group of 17 professional medical organizations are equally concerned and have let Congress know.

We need to keep the heat on Congress, and early indications show it is working. MOAA members do make a difference as we need to let Congress know what is happening in military communities across the U.S. and overseas. Thank you to our members and the other military beneficiaries who have sent thousands of emails and letters and made phone calls to legislators in every state. We are being heard – but we need to keep our eye on the ball to knock this out of the park in the home stretch of the FY 2020 NDAA process.

Let Congress hear your voice! Write a letter to your lawmakers today!

Source: MOAA Military magazine

CAPT Kathryn M. Beasley, USN (Ret)
Director of Government Relations
Health Affairs



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

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

MOAA and its affiliated chapters and councils are non partisan.

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

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

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



MOAA Alamo Chapter

Fort Sam Houston Thrift Shop

Wednesdays 9:30am - 2:30pm

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

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

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

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



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

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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THE LARIAT

National Award Winning Newsletter

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Wednesday September 18, 2019

Happy Hour 4-6pm Petroleum Club

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

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

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

Enclosed: _____

RSVP by 4pm Monday 16 Sept
Reservations not cancelled by noon Tuesday 17th will be forfeited/billed
Friends & Family (over 21) are welcome!

Name _____

Guest(s): _____

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

Like us on Facebook - MOAA Alamo Chapter



Thursday October 24, 2019

Chapter Luncheon

Maj Gen John DeGoes
Commander 59th Medical Wing &
JBSA Lackland

Blue Skies of Texas - Skylounge
4917 Ravenswood Dr, San Antonio, TX 78227

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

Menu

A) French Cut Chicken B) Brined Pork Loin
with Marsala Mushroom Sauce with Pan Jus
Caesar Salad, Rosemary & Thyme Roasted Potatoes
French Beans with Tomatoes and Onion
Chocolate Mousse Cake, iced tea, coffee, water

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

RSVP by 4pm Monday 21 Oct
Reservations not cancelled by noon Tuesday 22nd 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.

