



MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER



THE



LARIAT

Volume 45, Number 9

“Five Star ★★★★★ Chapter”

September 2025



President's Message

Where has the summer gone? Schools in session. Labor Day is around the corner. For me, it's the final months of my term as president of the Alamo Chapter. It will be a busy Fall with all of the activities we've planned.

Our lunch speakers are winners. We welcome Serafina de los Santos, Executive Director of the 502nd Force Support Group (FSG), as guest speaker at Blue Skies of Texas East in September. As executive director of the 502 FSG, she works with Colonel Marie Slack and the extended FSG family for the various personnel, services, and family support programs that we all enjoy.

September has another great opportunity. Years ago, while with the South San Antonio Chamber of Commerce, I had the opportunity to tour the Toyota plant on the South Side. What a fantastic experience! It was fascinating watching a vehicle transform from a shell to a street-ready car while on one “conveyer belt.” You can see this transformation on Tuesday, Sept 30. Space is limited so check the flyer for registration information. Exclusive to our members and a guest.

October's event is our annual golf tournament on the 17th at the Ft Sam Golf Course. Support even for non-golfers is most welcome. The flyer for the event is in this Lariat edition. The volunteer opportunities will be coming shortly for those non-golfers to assist in making this a memorable event. It's our big fundraiser for the chapter, the USO Warrior and Family Support Center and our MOAA Alamo Chapter Educational Foundation. The Foundation is the chief fundraiser for the ROTC and JROTC scholarships.

We welcome Capt Jim Carman USN (Retired), MOAA Vice President, Chapter/Council and Member Support for the November meeting. Jim is a favorite partner in all things transition and chapter management who has been a tremendous support. He will provide an update from “headquarters.”

Throughout the Fall you will be receiving notifications of the upcoming elections for the chapter officers for the 2026/2027 term. The ballot is also included in this edition of the Lariat. Please review. If you have any interest or questions, please don't hesitate to contact us. It takes a village to make this chapter as robust as possible. You are member of that village.

I look forward to catching y'all at any one or more of these events. Have a marvelous day.

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

The Lariat September 2025

Notices

Thank You to each person listed below who have donated a little (or a lot!) to the MOAA Alamo Chapter Educational Foundation (MACEF), and/or Chapter Operations. We really appreciate it—and every dollar helps!

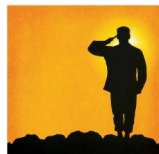
MAJ Bryan Nematpour, USA
 Col James Quinn, USAF (Ret)
 Col Curtis Juell, USAF (Ret)
 MajGen Bruce Smith, USAF (Ret)
 Col Douglas McCary, USA (Ret)
 Col Ron Henderson, USAF (Ret)
 LTC Alva Brownfield, USA (Ret)
 LTC Aimee Schumacher, USA (Ret)
 Col Roger Virost, USAF (Ret)
 Col Dale Addington, USAF (Ret)
 Col Mike McNaughton, USAF (Ret)
 Mrs. Roxie Frecks
 Mrs. Paulette Thompson
 LTC Machielle Denmon, USA (Ret)
 Col Jay Maust, USAF (Ret)
 CAPT Robert Plante, USN (Ret)
 Lt Col Kitty Meyers, USAF (Ret)
 Lt Col David Shultz, USAF (Ret)



See page 12 for photo credits

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TAPS

We have not received notice of any members or spouses passing during the past month.

We welcome family and friends to let us know if we have missed the opportunity to honor an Alamo Chapter Member or Friend.

AlamoChapterOffice@gmail.com



Support MOAA'S Legislative Initiatives via "Quorum"

Go online to www.moaa.org and connect with the "Legislative Advocacy Center" link.

Complete the registration -- the system will automatically load the contact information for your senators and your congressional representative

Note: when asked for your chapter, use MOAA Alamo Chapter's code:
"TX16"



Election Ballot

For the term January 1, 2026 through December 31, 2027

In accordance with the Bylaws of the Alamo Chapter the Nominating Committee offers the following members of the Chapter to serve in the positions indicated. Elected officers must be members of the Military Officers Association of America as well as members of the Alamo Chapter. Currently serving members are noted by the symbol (I). Please mark ballot by circling the nominee name or writing in another candidate who must be a qualified member of the chapter.

- For **President:** President-Elect Aimee Schumacher
- Write-in: _____
- For **President-Elect:** Vacant
- Write-in: _____
- For **Vice President, Programs:** Incumbent Brian Afflerbaugh
- Write-in: _____
- For **Vice President, Membership, Recruitment & Retention:** Incumbent Kathie Estrada
- Write-in: _____
- For **Vice President, Legislative Affairs:** Incumbent Jim Cunningham
- Write-in: _____
- For **Vice President, Marketing & Development:** Incumbent Lisa Skopal
- Write-in: _____
- For **Vice President, Scholarships & Leadership Development:** Incumbent Steve "Wilbur" Wright
- Write-in: _____
- For **Secretary:** Vacant
- Write-in: _____
- For **Treasurer:** Incumbent Brad Barnhart
- Write-in: _____
- For **VP, Community Outreach:** Incumbent Judith Dienst
- Write-in: _____
- For **VP, Communications:** Vacant
- Write-in: _____

Ballots must be received by November 4, 2025 Mail to: MOAA-AC
Inspectors of Election Committee
P.O. Box 340497
San Antonio TX 78234-0497
Email: moaa-ac@sbcglobal.net



HAPPY BIRTHDAY to our members born in September!


If you have a birthday this month and your name is not here, then we do not have your birth month in our records. If you'd like to be included please call, text or email us the information..

Brian Afflerbaugh Col USAF (Ret)
Aaron Arch, Jr CW3 USA (Ret)
Matthew Barker BG ANG
Wallace Baze COL USA (Ret)
Gerald Beverly Col USAF (Ret)
Patrick Brady CPT USA
Fernando Conejo Lt Col USAF (Ret)
Bruce Creller Sr Col USA (Ret)
Christopher Dew CW2 USA
Matthew Diemer CPT USA
Nicholas Dileo 1LT USA
Pablo Escalante CW5 USA (Ret)
Jason Frey MAJ USA (Ret)
Carolyn Friedle Lt Col USAF (Ret)
Barbara Horvath Mrs. USA
Peggy Jared Mrs.
Chad Jespersen Maj USAF (Ret)
Kevin Kaps Col USAF (Ret)
Sarah Kovel CDR USN (Ret)

Beverly Land COL USA (Ret)
Bob Le Jeune CDR USN (Ret)
Brandon Lithalangsy CPT USA
Luis Maldonado Lt Col USAF
Edgar Marshall, Jr COL USA (Ret)
David Marx CDR USN (Ret)
Kyelia Maxwell 2LT
Jean McNeal LTC USAF (Ret)
Daniel Meyers COL USA (Ret)
Karen Naushuetz COL USA (Ret)
Bryan Nematpour MAJ USA
Michael O'Brien LTC USA (Ret)
Hiripan Ontiveros 1LT USA
Jacob Orland 2LT USA
John Pavlovsky COL USA (Ret)
William Pazeretsky Lt Col USAF Ret
Michael Pollog MAJ USA Fmr
Charles Porter CDR USN (Ret)
Bruce Posey Espana CPT USA

James Ramos CPT USA (Ret)
Kenneth Ratcliff Col USAF (Ret)
Joy Ream COL USA (Ret)
David Rechkemmer Col USAF (Ret)
Charles Rodriguez MG USA (Ret)
Gary Sadlon COL USA (Ret)
Mike Salloum 1LT USA
Gary Salmans Col USAF (Ret)
Sue Sarran LTC USA (Ret)
Aimee Schumacher LTC USA (Ret)
Ritchie Seymour Mrs. USA
Nathaniel Sheehan MAJ USA
Elizabeth Shirrell 2LT USA
George Sisson LTC USA (Ret)
Ronnie Slack MAJ USA (Ret)
Carmine Taglieri COL USA (Ret)
Ralph Talbot LTC USA (Ret)
Stephanie Trochak LTC USA (Ret)


Continued on page 7



BEST
INDEPENDENT LIVING
U.S. News
2025

BEST
ASSISTED LIVING
U.S. News
2025

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Cinema Room



Pet Friendly



Active Lifestyle Calendar



Scheduled Transportation

TOYOTA TEXAS EXPERIENCE FACTORY TOUR



TUESDAY, SEPT. 30, 2025

1:15 PM - 2:30 PM

1 Lone Star Pass
San Antonio, TX 78264
(Use the South Gate)

Experience Center: (210) 263-4002

<https://tour.toyota.com/#/texas>

MORE INFORMATION

Must wear closed-toe
shoes and sleeved shirts

Government-issued ID
with photo required

Only 25 reservations; First Come, First Served
RSVP to kathleenestrada27@gmail.com



NEVER STOP SERVING® 

Membership Memos

THANK YOU- Renewing Members:

Col Jennifer Alexander, USAF (Ret)
MAJ Bryan Nematpour, USA
Col James Quinn, USAF (Ret)
Col Curtis Juell, USAF (Ret)
MajGen Bruce Smith, USAF (Ret)
Col Douglas McCary, USA (Ret)
CPT John Miterko, USAR (Fmr)
LTC Daniel Misket, USA (Ret)
MAJ William Friedrich, Jr, USAF (Ret)
Col Glenda Raichlen, USAF (Ret)
LtCol Russell Coleman, USAF (Ret)
Lt Col Robert Johnson, USAF (Ret)
MAJ Mike Pollog, USA (Ret)
Col Thomas Rozanski, USA (Ret)
Lt Col Kirsten Verkamp, USAF (Ret)
COL Louis Vogler, USA (Ret)
LTC Aimee Schumacher, USA (Ret)
LTC Judith Trotti, USA (Ret)
LTC Machielle Denmon, USA (Ret)
LTC Charles Rucker, USA (Ret)
Col Jay Maust, USAF (Ret)
Lt Col Kitty Meyers, USAF (Ret)
COL Gary Bushover, USA (Ret)
Col Freddie Peralta, USAF (Ret)
COL Edward Lindeke, USA (Ret)
Col Gary Sadlon, USA (Ret)
MAJ Robert Corbo, USA (Ret)
COL Francis Burns, USA (Ret)
Col Michael Lakos, USAF (Ret)

WELCOME New Members:

CPT Patrick Brady USA
LTC John Payne USA Ret
MAJ Bryan Nematpour USA
CW4 Christopher Sebra USA
MAJ Ronnie Slack USA Ret
MAJ Soniel Barbosa USA
MAJ Paul Kuwik USA
MAJ Chelsie Black USA
LTC Rebecca Lesemann-Sinclair USA
LTC Christine Downs USA
LTC Brian Downs USA
LTC Terrance Williams USA
1LT Nicole Sweeny USA
CW3 Aaron Arch, Jr USA Ret
Douglas Arneson Ret
Orlando DeLeon USAF
LTC Andrew Kay USA
MAJ Katie Odom USA
Lt Col Luis Maldonado USAF



HAPPY BIRTHDAY September cont:

Judith Trotti LTC USA (Ret)
Charles Valentine MAJ USA (Ret)
Don Van Eynde LTC USA (Ret)
Jeanette Wahl Mrs.
Gerald Webb COL USA (Ret)
Jim Webb LTC USA (Ret)
Alex White Capt USAF Fmr
George Wilson Col USAF (Ret)
Paul Winkler Maj USAF (Ret)
John Woody CAPT USNR (Ret)
Charles Wyatt LTC USA



Operation Warm Winter

The Alamo chapter will be participating in the Soldiers' Angels Operation Warm Winter, which runs from July 1st to September 30th.

Together, we can all turn up the heat for our Veterans in need.

Donate NEW blankets, hats, gloves, and adult-sized coats so our Veterans can be prepared before the cold!

Operation: Warm Winter helps Soldiers' Angels collect warm items that will be shared directly with homeless Veterans in need across the country through VA Hospitals we support.

Drop off any items at the office (call first) or at our Sept 25th luncheon at

Blue Skies Texas-East

YOUR HEALTH IS A PRIORITY



LIVING WITH ZEST FOR LIFE IN YOUR 60S AND BEYOND

JERRY GONZALES, LTC (RET USA),
RN, BSN, MS
(MEMBER OF MOAA - ALAMO CHAPTER)

HELLO FELLOW MOAA MEMBERS!

It is with great pleasure that I have been granted to write some medical articles for the Lariat, our Newsletter! Realizing I better be careful, accurate, certainly know my limitations and roles here even with 50 years of RN experiences, I thought that since many of us in our MOAA Chapter are over 60, why not discuss the latest Health & Human Services (HHS) guidelines.

We can discuss HHS guidelines with our Primary Care Provider (PCP) on any visit, but especially for the annual visit. We need to learn which tests you need to monitor your health just like anyone else. Get a checklist to take with you to your next visit with your health care practitioner. The Agency for Healthcare Research and Quality provides these pages: [Health Screenings | HHS.gov](#) (1) There's a checklist for men and one for women.

Ladies first, right? For your ANNUAL physicals, Ladies, you should receive a full checkup including height, weight and blood pressure, a discussion of sleep patterns, a Thyroid Test (TSH), and a cholesterol panel. A bone Density Screen should be done with a repeat every few years. We all need a blood glucose or A1C Test every three years but is usually added every year. The A1C represents your average Glucose for the last 2 to 3 months. Let's all try to remember these numbers: Regarding the A1C, less than 5.7% means you don't have diabetes.

- 5.7% to 6.4% signals pre-diabetes.
- 6.5% or higher usually indicates Type 2 diabetes (or Type 1 diabetes).

For the most accurate women's guidelines, please refer to this web site. [Women's Preventive Services Guidelines | HRSA](#). (2) Here you will find the latest guidelines to include what will change in 2026. Please remember that women need a Mammogram every 1-2 years, a clinical breast exam and Pelvic Exam yearly, and discuss a Pap test with your PCP. Annually women should discuss mental health screening. *Cont on pg.11*

Military Officers Association of America - Alamo Chapter
presents
17th Annual MOAA-AC Golf Tournament
Sponsored by

Donegan Burns Foundation
Benefiting



Warrior and Family Support Center
San Antonio

&



Educational Foundation

Friday, October 17, 2025

Ft Sam Houston Golf Course, 1050 Harry Wurzbach, San Antonio, Tx
\$130 per player (limit 120 players)

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

REGISTRATION & LUNCH begin 11am - Shotgun Start 12:30pm

SPONSORSHIP OPPORTUNITIES:

Title Sponsor \$15,000 (Donegan Burns Foundation)
Tournament named in your honor, Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 8 players.

Platinum Sponsor \$5,000
Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 6 players.

Gold Sponsor \$2,500
Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 4 players.

Silver Sponsor \$1,500
Club House Banner, Promotional recognition, Tee Box signage, Green Fees & Cart for 2 players.

Hole In One Sponsor \$1,500

Dinner Sponsor \$1,500

Hospitality Cart Sponsor \$750

Putting Contest Sponsor \$750

Hole Sponsor \$325

Closest To The Pin \$325

Longest Drive \$325

Warrior Player Sponsor \$130

Monetary donation in any amount \$ _____



CONTACT INFORMATION

Alamo Chapter Office 210 228 9955

Email: moaa-ac@sbcglobal.net

Tournament Chair: Gary Sadlon 210 633 4832

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

4 person team or individual player registration form

Player 1 Name: _____
Shirt Size: _____ Mens Ladies (circle one)
Email (required): _____

Player 2 Name: _____
Shirt Size: _____ Mens Ladies (circle one)
Email (required): _____

Player 3 Name: _____
Shirt Size: _____ Mens Ladies (circle one)
Email (required): _____

Player 4 Name: _____
Shirt Size: _____ Mens Ladies (circle one)
Email (required): _____

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

Participation implies agreement to use photos in any PR materials

Company Name: _____

Contact/Donor Name: _____

Email: _____

Tel: _____

Credit Card #: _____

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

CVV: _____ **Tel:** _____

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

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

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

(Rev 050125)



Military Officers Association of America - Alamo Chapter (MOAA-AC)

Presents the

17th Annual Golf Tournament on October 17, 2025

at the Ft Sam Golf Course in San Antonio.

Sponsored by



The tournament raises funds for . . .

- 1) **The USO Warrior & Family Support Center (formerly JBSA Warrior & Family Support Center) on Ft Sam Houston** which provides a neutral, home-like place for families and patients to gather together after long and often painful days of treatment.
- 2) **MOAA Alamo Chapter Educational Foundation (MACEF)** supports the chapter's JROTC and ROTC scholarship programs that help towards the cost of college for promising local high school students as well as those ROTC students already in college. One scholarship is awarded to a chapter member's child/grandchild and one for a local high school student with a military relative (all ranks). Since its inception this tournament has raised over \$250,000 for its beneficiaries . . . and we'd love your help to raise even more!

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

Here are the ways you can help:

- ♦ Be a **sponsor** -- select one of the many options listed on the reverse.
- ♦ Be a **golfer** -- submit an entry form for yourself or a team using the registration form on the reverse.
- ♦ Be a **contributor** -- donate an entry fee of \$130 and give a Warrior an opportunity to play free of charge. (Unused player spot donations will go directly to WFSC) or donate any dollar amount to help us defray expenses and allow us to give more to the cause.
- ♦ Be a **supporter** -- provide goodie bag items or gift certificate(s) to be used as a tournament prize, or an item for the Silent Auction.
- ♦ Be a **volunteer** -- help during the planning phase as a committee member and/or during the tournament with registration, as a course assistant, contest judge, awards assistant, etc.

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

Sign up or donate using this form or alternatively, you can sign up and/or donate online at our website and pay using your credit card. Go to www.alamomoaa.org. Tax ID: 501(C)3 #82-1635522.

Thank you.

Gary Sadlon

Gary Sadlon
Chair, Golf Committee

Colorectal Health uses one of three methods: a fecal occult blood test yearly , flexible sigmoidoscopy every 5 years or colonoscopy every 10 years (I recommend the last one).

When it comes to our eyes and ears, please get an eye exam every 1-2 years and a hearing test every 3 years. Skin wise, self-examine any mole and as part of a full routine checkup. Medicare pays for an annual full skin exam by a Dermatologist. Take advantage of our benefits! Discuss with your dentist every 1 to 2 years on cleaning and full exam. Dental health is very important!

The medical community today believes in obtaining flu vaccines as indicated especially for babies younger than 2 and over 65. I usually get mine in late September. Please discuss the RSV, the Pneumococcal Vaccine, Covid vaccine, and flu shot with your PCP if needed but since I am over 75, I have received the RSV (recommended for immunocompromised), the Pneumococcal and Covid shots recently. I and all of the

physicians I have spoken to regarding Covid shots over the years, recommend them as well. The pneumococcal shot is given only once to prevent Pneumonia. Oops, I almost forgot the Shingles Vaccine! And I had shingles twice over several years and it isn't fun my friends!!! "SHINGRIX is recommended for the prevention of herpes zoster and related complications[‡] for immunocompetent adults ≥50 years old:

- SHINGRIX is recommended regardless of whether they report a prior dose of Zostavax, a shingles vaccine that is no longer available for use in the United States
- It is not necessary to screen, either verbally or by laboratory serology, for evidence of prior varicella infection." (3)

And yes, Covid research was conducted as quick as possible during the pandemic, but there were no short cuts in the research process. There are no guarantees for outliers but majority of physicians believe in them.

Tetanus shots are to be done every 10 years! Just think of all of the scratches we have had over the years. It's also critical to make sure you keep records of your immunizations over the years. I suggest you talk to your PCP and the locations of where you receive shots soon if you have not kept record.

Now, let me go over the Men's guidelines. We follow many of the women's guidelines such as lab work, bone density tests, diabetes, overweight and obesity, mental health, colon health, and vaccine coverages. But doctors follow us closely for Blood Pressures and Cholesterol and if you were or are still smoking and are between 65-75, he/she might recommend an Abdominal Aortic Aneurysm (AAA). The test is an Ultrasound that examines the belly for an aneurysm which can be life-threatening.

The Annual Prostate Exam for men over 60 is crucial to detect potential issues early. The frequency of these exams and screenings can vary based on individual risk factors and health history. Here are some guidelines:

Cont page 11



- Men 50 and over should discuss prostate cancer screening with their doctor and consider a PSA test and Digital Rectal Exam (DRE) every 1-2 years.
- Men at higher risk should start screening at age 40-45.
- Men under 40 typically don't need routine prostate exams unless they have significant symptoms or risk factors.

Regular check-ups can significantly boost health outcomes and quality of life. These include prostate examinations beginning at 50, along with cholesterol screenings and diabetes tests.(4)

At any rate, family history is important to include heart issues and diabetes. Remember to discuss lifestyle, diet, exercise, and smoking. Younger men should self-exam their testes and report abnormalities. Lastly, a follow up should be done from tests and referrals. I also recommend people to get a referral to see a Registered Dietitian, especially if your insurance allows it, in the case of overweight, and if one has other medical conditions requiring it.

Have a healthy life and best of luck! Jerry

Resources:

- **Health and Human Resources (HHS),**
<https://www.hhs.gov/programs/prevention-and-wellness/health-screenings/index.html>
- **Health Resources and Services Administration (HRSA) Women's Preventative Services Guidelines,**
<https://www.hrsa.gov/womens-guidelines>
- **American Diabetes Association (ADA),**
<https://diabetes.org>
- **Center for Disease Control (CDC),**
<https://www.cdc.gov/index.html>



We extend our sincere thanks to Jerry Gonzales, Lieutenant Colonel (Ret.), U.S. Army, and longtime Alamo Chapter member, for serving as our Contributing Editor for Medical Affairs. With more than five decades of medical experience, we are grateful for Jerry's willingness to share his professional expertise and insights on holistic medicine.

Photo Credits, Page 2

Images are available for release to public domain courtesy of U.S. Air Force at <https://www.af.mil/News/Photos>.



"On approach"

Photographer: Staff Sgt.

Tambri Cason

U.S. Air Force B-1B Lancer



"Rapid Deployment"

Photographer: Senior Airman

Zachary Foster

U.S. Air Force KC-46 Pegasus



"Deploying Flares"

Photographer: Master Sgt.

Ray Aquino

U.S. Air Force HH-60G Pave Hawk



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Newsweek
statista

Membership Application/Renewal

Join/Renew - \$25 Annual Fee

Name _____

Branch of Service _____ Rank _____

☐ Active ☐ Retired ☐ Former ☐ Reserve
☐ National Guard ☐ Spouse of Eligible Officer
☐ Friend of the Chapter

☐ MOAA National Mbr? If yes pls provide mbr number:

Email Address _____

(Please provide a personal email without a ".mil" domain)

Address _____

City _____

State ____ Zip _____

Phone Number _____

Date of Birth _____

Spouse Name _____

Spouse/Alternate Email Address _____

Method of Payment

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

Card number _____

Expiration date _____ CVV _____ Zip

code where CC Statement is mailed: _____

Signature _____

☐ YES—I would like to help the Alamo Chapter as a volunteer - email me details

Mail to: MOAA Alamo Chapter TX16
P.O. Box 340497 Ft. Sam Houston, TX 78234

Referred By: _____

Upcoming Chapter Events

Thurs Sept 25 Blue Skies of Texas - East
Luncheon with Serafina De Los Santos,
Executive Director,
502d ForceSupportGroup (FSG),
Joint BaseSanAntonio

Fri Oct 17 GolfTournament
Ft. Sam Golf Course
12:30pm

Thurs Nov 20 Luncheon & Annual Business
Meeting at Ft Sam Golf Club
Christine Jacobs-Thomas,
Superintendent,
SA Missions Historical National Parks

Thurs Dec 11 Holiday Luncheon
Ft Sam Golf Club Entertainment by the
Alamo HeightsYoungAdult Choir

Transition Tips

One of the exciting things about today is that technology is advancing, sometimes at light speed. Yes, exciting. However, it can be daunting as well. The new tools create so many opportunities. The challenge is keeping up with them and learning how best to use them to your advantage.

The MOAA website is no exception. The MOAA Transition Team has created a really new-age job board for veterans, retirees, transitioning military and military spouses. This new platform, powered by Oplign, is developed specifically to transform military skills and experiences into civilian-speak. Founded by veterans, Oplign uses the most current technology advances in creating profiles to connect with job opportunities by focusing on skills alignment.

Five key features of the job board are:

- Personalized results from creating a profile versus a basic resume.
- Added skills suggestions to enhance the profile.
- Opportunities to keep updating the profile.
- Efficient targeting with filters.
- A “service-friendly” set-up.

Now’s the time to put this to use. Register for a September 11, 2025 webinar: “Put MOAA’s New Job Board to Work for You” at www.moaa.org/jobboard. Visit the job board to create your own profile prior to the webinar to enhance the learning experience. Best of luck. Let me know your thoughts and experiences.

Kitty

Kathryn “Kitty” Meyers, LtCol, USAF (Ret)
Retired HR Professional (SPHR, SHRM-SCP retired)
Transition Liaison Officer

Grow beyond the walls of your home.

We offer exceptional lifestyle amenities, including three dining rooms, a superb sky lounge, various card/activity rooms, garden plots, a theater, a library, and so much more.

Take advantage of the significant discounts and renovation options currently offered on the High Rise Apartment or Legacy Cottage of your choice through the ARC Construction Benefits.

Act **NOW** for this limited-time offer!



\$1,500 MOVING ALLOWANCE



\$500 SECOND PERSON MONTHLY SERVICE FEE DISCOUNT FOR ONE YEAR



UP TO \$10,000 PERSONALIZATION ALLOWANCE



2 HOURS MAINTENANCE ASSISTANCE DURING FIRST MONTH OF RESIDENCY

The ARC is a nonprofit life plan continuing care retirement community (CCRC) in beautiful San Antonio, Texas. We welcome all officers, retired or honorably discharged from all branches of service, warrant officers, as well as senior level GS 14 and above federal employees who are at least 62 years old, including spouses and surviving spouses.



Army Residence Community

Call us at **1-800-810-7163**
or visit **armyresidence.com**
today for a tour or take
advantage of serious savings.

MEET OUR CORPORATE PARTNERS

<p>AAFMAA American Armed Forces Mutual Aid Association www.aafmaa.com Chris Priddy 210-850-8072</p>	<p>Adante Senior Living Retirement Community www.adantelife.com Independent Living: 210-493-0101 Assisted Living/Memory Care: 210-493-0103</p>	<p>Army Residence Community Retirement Living https://armyresidence.com/ 210-646-5300</p>
<p>Blue Skies of Texas Retirement Community In the tradition of Air Force Village https://www.blueskiesoftexas.org/ 866-553-5389</p>	<p>CTWP DigitalSolutions Printers, Copiers, Fax Machines & Office Equipment https://www.ctwp.com/ 210-590-2897</p>	<p>Dignity Memorial Advanced Planning Maritza Cano www.DignityMemorial 210-833-6223</p>
<p>Edward Jones Financial Advisor Kelly Finley Kelly.finley@edwardjones.com 210-545-3928</p>	<p>First Command Financial Services Sid Frith www.advisor.firstcommand.com/ us/tx/universal-city/ssfrith 210-750-4800</p>	<p>Global Aid Consultants Transforming Lives Through Education and Health Todd Speer www.GlobalAid.us 830-309-0077</p>
<p>Humana Medicare Insurance Justin Cuadra jcuadra1@humana.com 210-790-1785</p>	<p>Kelly Guerrero, Realtor Coldwell Banker D'Ann Harper Guiding You Home https://www.coldwellbanker.com 210-260-4889</p>	<p>Leonard Contracting Inc New & remodeling construction info@leonardcontracting.com www.leonardcontracting.com 210-493-8303</p>
<p>LUX Bakery Traditional American - Hispanic Pastry Factory www.luxbakery.com Mark Alvarez 210-698-8997</p>	<p>Our Lady of the Lake University Nonprofit Management Graduate Online Degree https://tinyurl.com/45je334w Chuck Rodriguez (MGRetUSA) PhD 210-504-7502</p>	<p>Raven Studios Full Service Photography www.rvnstudios.com Marty Waddy 210-658-3034</p>
<p>RBFCU Federal Credit Union Go Beyond www.rbfcu.org 210-945-3300</p>	<p>RobotL AB Innovative Solutions in robotics and Artificial Intelligence Scott Brewer www.robotlab.com/SanAntonio 210-809-4335</p>	<p>Security Service Federal Credit Union FullserviceFinancialCooperative https://www.ssfcu.org/ 888-415-7878</p>
<p>Soarion Federal Credit Union (formerly Air Force Federal Credit Union) www.soarion.org Reach New Heights! 210-673-5610</p>	<p>USAA Financial Services Company https://www.usaa.com/ 800-531-8722</p>	<p>Xpert Media Management LLC Graphics & Promotional Advertising Glenn Medeiros www.xmmlc.com gmediros@xmmlc.com 210- 653-7871</p>

Contact Col Lisa Skopal, USAF (Ret) 210-394-3885 Lskopal@ymail.com



Secure Your Dream Retirement and Save Over \$83,000!



CALL TODAY!

Schedule a personal appointment with one of our Senior Living Advisors, or join us for an upcoming luncheon and informational session.

Discover Why Veterans Are Choosing Bella Vida

San Antonio's newest and most innovative independent living retirement community, Bella Vida, is coming to the La Cantera area in late 2026. Open to all retirees aged 62 and over, it holds special appeal for veterans. With maintenance-free villas and apartment homes, wellness services, and resort-style amenities, Bella Vida invites you to enjoy your best years in Military City, USA, while staying connected to your military community. Don't miss your chance to take advantage of limited-time construction pricing and secure your spot today.



Scan the QR code,
call **210-660-5558**
or visit us at BellaVidaSA.org



PATRIOT DAY

WE WILL
NEVER FORGET



Annual Business Meeting Notice

2025

The Chapter's Annual Business Meeting will be held on
Thursday, November 20 during the Chapter Luncheon
at the Ft Sam Golf Club.

Membership in attendance will vote on the proposed bylaw revisions
(October's Lariat).

A full copy of the redlined bylaws can be found on the chapter website
or requested from the office.

Contact Alamo Chapter for any questions: (210) 228 - 9955

Operations Calendar:

SEPTEMBER

4 Staff Meeting 10am
11 Patriots Day
13 RAD Randolph
16 Chapter Board Meeting 1pm
17 MACEF Board Meeting 1pm
25 Chapter Luncheon 11am Blue Skies East

OCTOBER

2 Staff Meeting (2026 Planning Mtg) 10am,
Chapter Office
13 Columbus Day
13 US Navy Birthday 1775
14 MACEF Board Meeting 2pm
17 Annual Golf Tournament

NOVEMBER

1 RAD BAMC
2 Daylight Savings Time Ends
6 Staff Meeting 10am MOAA-AC Office
10 Marine Corps Birthday 1775
11 Veterans Day
11 MACEF Board Meeting 2pm
20 Annual Business Meeting Luncheon 11am,
Ft Sam Golf Club
27 Thanksgiving

DECEMBER

4 Staff meeting 10am
7 Pearl Harbor Remembrance Day
9 MACEF Board Meeting 2pm
13 National Guard Birthday 1636
11 Christmas Luncheon/Social 11:30am,
Ft Sam Golf Club
16 Chapter Board Meeting 1pm
20 Space Force Birthday 2019
25 Christmas Day
31 New Year's Eve

NEVER STOP SERVING!



WE NEED YOU !

Current Volunteer Needs:

- 1) Webmaster (URGENT)
- 2) VP Communications
- 3) Social Media Officer / Web master Assistant
- 4) Personal Affairs/Surviving Spouse Chair
- 5) Members for the following committees:
 - Community Outreach
 - Membership & Retention
 - Marketing
 - Transition
 - Legislative Affairs
 - Personal Affairs/Surviving Spouse

The descriptions and job duties of all chapter positions can be found on the chapter website under the resources tab at www.alamomoaa.org.

If interested, or have questions, please call or text Kitty Meyers at 210 355 6244.

Member Spouses are also more than welcome to join us.

MOAA Alamo Chapter Education Foundation Board

Four!! The Annual MOAA – AC Golf Tournament is fast-approaching. It is a great opportunity to not only show off your fine-tuned golf skills, but a great way to chat with other MOAA members and show your support for your chapter's JROTC/ROTC Scholarship program.

We hope all of you golfers out there will *help us to help* the next generation of military officers as they navigate their educational 18-hole course. Please consider making a donation. Any amount will help....even **\$25** would go a long way! **\$25 in '25!**

Thank you again...to donate, please visit: **AlamoMOAA.org**



Mission & Vision Statement

Vision:

To be the primary advocate for the military community

Mission:

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



Scholarship Committee Forming

If you are ready for a challenge the engages young people for the military and as future MOAA members, then volunteer for the Scholarship, Awards, and Leadership Programs Committee.

We are looking for 8-10 (or more) members to serve on the committee to engage with local JROTC and ROTC units; help with the solicitation for scholarship, awards, and leadership program opportunities, select JROTC scholars, and serve as the face of MOAA-AC to young people in our region.

If you are ready to roll up your sleeves, then contact Steve "Wilbur" Wright at moaa.ac.awards@gmail.com or call/text 334-538-1760.



VOLUNTEER STAFF:

PRESIDENT	Lt Col Kitty Meyers kamconsulthr@gmail.com
PRESIDENT ELECT	LTC Aimee Schumacher aimeeschu@gmail.com
PROGRAMS	Col Brian Afflerbaugh baffler74@hotmail.com
ASST PROGRAMS	Col David Patrick dwpatrick01@gmail.com
MEMBERSHIP	Lt Col Kathie Estrada kathleenestrada27@gmail.com
LEGISLATIVE	MAJ Jim Cunningham jimbob48@sbcglobal.net
SECRETARY	Col David Patrick dwpatrick01@gmail.com
TREASURER	Col Brad Barnhart bradbarnhart4737@gmail.com
SCHOLARSHIPS	Col Steve "Wilbur" Wright moaa.ac.awards@gmail.com
MARKETING	Col Lisa Skopal lskopal@ymail.com
COMMUNITY OUTREACH	Mrs. Judy Dienst
COMMUNICATIONS	(Open)
EDITOR	LTC Aimee Schumacher
CHAPLAIN	LTC James Taylor
PX/VAC Rep	MAJ Jim Cunningham
TRANSITION	Lt Col Kitty Meyers
WEBMASTER	Col Bill Hudson
VOLUNTEER COORD	Col Pete Schaub
BLUE SKIES Liaison	Col Dan Van Syoc
ARC Liaison	COL John DiPiero
ACTIVE DUTY LIAISON	(Open)
ADMIN CONTRACTORS:	Linda Lombardo Trish Meserve
Chapter Board:	
Chair:	Col Jarvis Baker
Vice Chair:	COL Eric Kreitz
Lt Col Ed Marvin	COL Kim Biever
MAJ Mike Pollog	MAJ Josh Welch
Advisor:	CAPT Bill Knehans

MOAA Alamo Chapter Education Foundation (MACEF) Board

Chair: COL Brad Freeman	COL Gary Sadlon
Col Mike MacNaughton	Col Addy Addington
CAPT Bill Whiting	COL Wes Weiner
Col Robert Snodgrass	COL Sammi Raez
LTC Ed Raez	

Editorial Policy

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

MOAA-AC Operations is a non-profit organization 501c 4. The MOAA Alamo Chapter Educational Foundation is a 501c 3.

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

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

MOAA AC PO Box 340497 Ft Sam Houston, TX 78234

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

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



THE LARIAT

National Award Winning Newsletter

If undeliverable please re-
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MOAA-AC
P.O. Box 340497
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MILITARY OFFICERS ASSOCIATION OF AMERICA
ALAMO CHAPTER

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FOR INFORMATION REGARDING
OUR BY-LAWS, STRATEGIC PLAN,
EVENTS CALENDAR, MEETING
MINUTES AND PAST ISSUES OF
THE LARIAT PLEASE VISIT OUR

WEBSITE:
WWW.ALAMOMOAA.ORG

P.O. Box 340497
Ft Sam Houston, TX 78234-0497
Phone/Text: 210-228-9955
Email: moaa-ac@sbcglobal.net
www.alamomoaa.org

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



Thursday, Sept 25

Chapter Luncheon

Spkr: Serafina De Los Santos

JBSA Executive Director,
502nd Force Support Group
Blue Skies of Texas-East
Sky Lounge

4917 Ravenswood, San Antonio, TX 78227
Meet & Greet begins 11am - Lunch 11:30am

Menu

Soup, Salad, Sandwich, Dessert
Coffee, Water, & Iced Tea

Cost per person: Pay In Advance \$24; Pay At the Door \$28

Enclosed: \$_____

RSVP by 4pm Wednesday 17 Sept

Reservations not cancelled by then 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 moaaac@sbcglobal.net to hold a reservation or
reserve and pay on-line at www.alamomoaa.org

Thursday, Nov 20

Chapter Luncheon

& 2025 Chapter Business Meeting

Spkr: Christine Jacobs-Thomas
Superintendent, San Antonio Missions
National Historical Park
JBSA Golf Club

1050 Harry Wurzbach Rd, San Antonio, TX 78234

Meet & Greet begins 11am - Lunch at 11:30am
Menu

Soup, Salad Sandwich, Dessert
Coffee, Water, & Iced Tea

Cost per person: Pay In Advance \$24; Pay At the Door \$28

Enclosed: \$_____

RSVP by 4pm Wednesday 12 Nov

Reservations not cancelled by then will be forfeited/billed Non
member Officers & guests are welcome with paid reservations

Name _____

Guest(s): _____

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