

# MILITARY OFFICERS ASSOCIATION OF AMERICA ALAMO CHAPTER



# THE



# LARIAT

Volume 31, Number 12

“Five Star ★★★★★ Chapter”

December 2011



## President's Message

### State of The Chapter 2011

The Alamo Chapter has celebrated its 50<sup>th</sup> year in 2011. This is of no small significance, putting the Alamo Chapter in the company of just a very few MOAA Chapters across the country. We started off with some 2800+ members and though we can't boast of that number today, the Alamo Chapter is still one of the largest MOAA Chapters in the country with some 1300+ as members. We are proud of our heritage of being continuously based on Ft. Sam Houston over those years.

The Alamo Chapter also had the honor of sponsoring the MOAA Annual Meeting this year. Much effort was put into this both from National Staff and many Alamo MOAA members. A job fair kicked the meeting off and was very successful. This was followed by various national board meetings, meeting of the Texas Council of Chapters, on Friday evening, the first presentation of the Community Heroes Awards for providers, both military and civilian who have helped our Warriors and their families and finally the Chapters of Excellence awards on Saturday evening. The Ala-

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mo Chapter proudly received its sixth five star recognition as being one of the best Chapter of its size in the nation.

The Alamo Chapter has not suffered with the loss of membership that many of our sister chapters have in recent years. This can be attributed to the fact that we have maintained a strong membership among our active duty members. We are learning each day how to grow and adapt to the needs wants of our members, but still have more to learn! We have just added a volunteer coordinator to our staff who will undoubtedly be calling on members to do volunteer work in our military community.

As we plan for the future in 2012, the Alamo Chapter will continue to be active in missions of being an information source for its membership; and in advocating both at the local, state and federal levels for better benefits for our active duty, Guard, Reserve, veterans and their families. We will do this through continued volunteerism, participation with the Alliance for Veterans and Families, cooperative efforts with fellow organizations such as the AUSA and AFA and continued involvement in the political scene as it affects our vets and families. Our ROTC and JROTC programs also continue to be vibrant and hopefully will expand to include some actual member participation in their activities.

Our membership needs to understand, however, that whatever we do we will continue to need your support, whether it be in actual volunteer work, participation in programs that we develop or in politi-

cal advocacy for issues that affect us all. It is only through the efforts of our membership that we can bring to bear our continued advocacy for a better environment for our military community, our veterans, retired and their families in these austere times.

Please plan on attending our December 9<sup>th</sup> Christmas party at the Parr Club, Randolph AFB. The festivities will begin at 6:30 in the evening. The night will be punctuated by the return engagement of Santa and his staff of Elves. There will be skits and lots of story telling as well as music and dancing provided by the Wilburn Bros. Band. A good time should be had by all!!

(Continued on Page 5)



MOAA's Chairman of the Board, ADM Steve Abbot, USN (Ret) presenting the Chapter's Five Star Level of Excellence Banner to Chapter President Jim Cunningham at the recent MOAA Annual Meeting held in San Antonio.

# Chapter News & Notices



## Cookie Angels

Grateful thanks to those who either baked and or brought items to the wounded soldiers at 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.

Maryada Artiglia  
 Ruth Baliram  
 Donna Budjenska  
 Irene Collier  
 Frank and Delores DeVille  
 Nita Felder  
 Susan Filipini  
 Marge Fraley  
 Joe and Adele Genualdi  
 John Gibbs  
 Ed and Sue McCarthy  
 Mac and Lori McDonald  
 Lolly Orłowski  
 Jan Rund  
 Cheryl Smith  
 Lou Strong  
 Susie Tolman  
 Dot Wise

## Volunteer Opportunities

The Alamo chapter has the following positions open that we would love to have some help! You can spend as much or as little time as you have available. Call the office at 210-228-9955 to volunteer.

PR/Marketing/Information Officer  
 Photographer for Social Functions  
 Greeters at Social Functions  
 Duty Officer - Floater  
 Members for Calling Committee  
 Members for Program Committee  
 Transportation Coordinator

## TAPS

We have received information that the following members have passed away.

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

Maj Roger D. Egger USAF (Ret)  
 9/28/2011  
 Col Walter F. Jones USA (Ret)  
 9/29/2011  
 Col Joseph W. Lewandoski USAF (Ret)  
 11/1/2011  
 CWO Percy B. Edwards USA (Ret)  
 11/19/2011  
 Gen Ralph E. Haines, Jr USA (Ret)  
 11/23/2011



Thank you to the following members who have generously contributed to either the Scholarship Fund or to the Operating Account. We appreciate it very much:

MGen Lewis Curtis USAF (Ret)  
 LtCol Elizabeth Goetz USAF (Ret)  
 CDR Carl Jokela USN (Ret)  
 Maj George Lindquist USAF (Ret)  
 Col Ethel Nelson USAF (Ret)  
 Col Wright Nodine Jr USAF (Ret)  
 Col Norbert Picha USA (Ret)  
 COL Michael Rogers USA (Ret)

## Letter To The Editor

Regarding the November 2011 edition, The Lariat, Member Profile: Susie Tolman. I would like to thank the Editor and all that participated in creating November 2011 Lariat, for the wonderful profile of Mrs. Susie Tolman.

I have had the privilege of knowing this kind, intelligent, resourcefully and witty individual for some time. Her courage and strength as a young girl and adult is truly remarkable. The courage to personally survive in unbelievable circumstances is beyond our imaginations unless we were there.

From time to time, we believe that the horrible events that took place during the 1930's-1940's are so far away. And then something happens to make one aware that it wasn't so far away and evil still lives with us. The kind that Susie and her family worked so hard to survive against.

Last week I was waiting in BAMC Main Outpatient Pharmacy for my medications. I sat next to a lady who kept grumbling how long she had been waiting. In our conversation, she indicated that she was born in East Germany, no town identified, and the family left their home before the Communists invaded. She then asked me about the name of her doctor in the clinic she had been seen, what kind of name I thought it was. I told her I didn't know. She said that was alright as long as it wasn't Jewish. "If it is Jewish I don't want anything to do with them". Turning up her nose and said, "Phew, no, never; no Jew, no Jew".

It was strange to think that such bigotry and ignorance still exists but there it was in front of me.

As I left to pick up my medications, I waved to her and said in a voice I hope everyone heard, "Shalom". Thanks, Susie.

Phyllis Smith  
[pjrsmith@earthlink.net](mailto:pjrsmith@earthlink.net)



## Legislative Update

Work is taking place now in preparation for the next session of the Texas legislature in 2013. Just a partial example of issues coming up are:

- Adjustment of the exemption rates for partially disabled veterans. This has not been addressed since the early 90's.
- Monitor the implementation of legislation addressed by the Senate Committee on Veteran Affairs & Military Installations, 82nd Legislature, Regular and Called Sessions, and make recommendations for any legislation needed to improve, enhance, and/or complete implementation. Specifically, monitor the following:
  - the "College Credit for Heroes" program as administered by the Texas Workforce Commission;
  - the administration of the Veterans Housing Assistance Program by the Texas Veterans Commission's Fund for Veterans' Assistance; and
  - the Texas Coordinating Council for Veterans Services, authorized by SB 1796, 82nd Regular Legislation Session.
- Assessing the relationship between the VA and the TVC in terms of getting claims processed in an expeditious manner. Look at legislative needs to enhance this process.
- Makes sure that all obstacles are removed to enhance the veterans use of the GI Bill and Hazelwood benefits for higher education in the state.
- Examine the effectiveness and possible improvements of job assistance and placement for veterans through the Texas Workforce Commission and Texas Veterans Commission. This works directly with some of the issues that the Alamo Chapter and the Alliance for Veterans and Families have been working with the South Texas Employment Initiative over the past several months. This group includes the ESGR, TVC, Texas Workforce, DoD, and DOL. It also works well with the federal law and Executive Orders discussed later in this article.

More issues will undoubtedly come up, but this is just a sampling of some of the items being discussed. We would welcome input as to other issues that you might see as needing to be addressed. Please let me know of any you have.

*Jim Cunningham USAR (Ret)*

## Health, Benefits & Welfare

### Military Friendly Education

Eight colleges and universities in San Antonio earned spots on the G.I. Jobs 2012 Military Friendly Schools lists.

The magazine lists the top 20 percent of colleges, universities and trade schools that work the hardest to embrace military service members and veterans as students.

They are:

- Northwest Vista College
- Palo Alto College
- San Antonio College
- St Philip's College
- Texas A&M University - San Antonio
- University of Texas at San Antonio
- University of the Incarnate Word
- Wayland Baptist University

G.I. Jobs surveyed more than 8,000 schools nationwide to comprise the list of \$1,518 military friendly institutions.

These schools offer scholarships and discounted tuition, veteran's clubs, dedicated staff to assist military students and in some cases credits for students.

Source: San Antonio Business Journal

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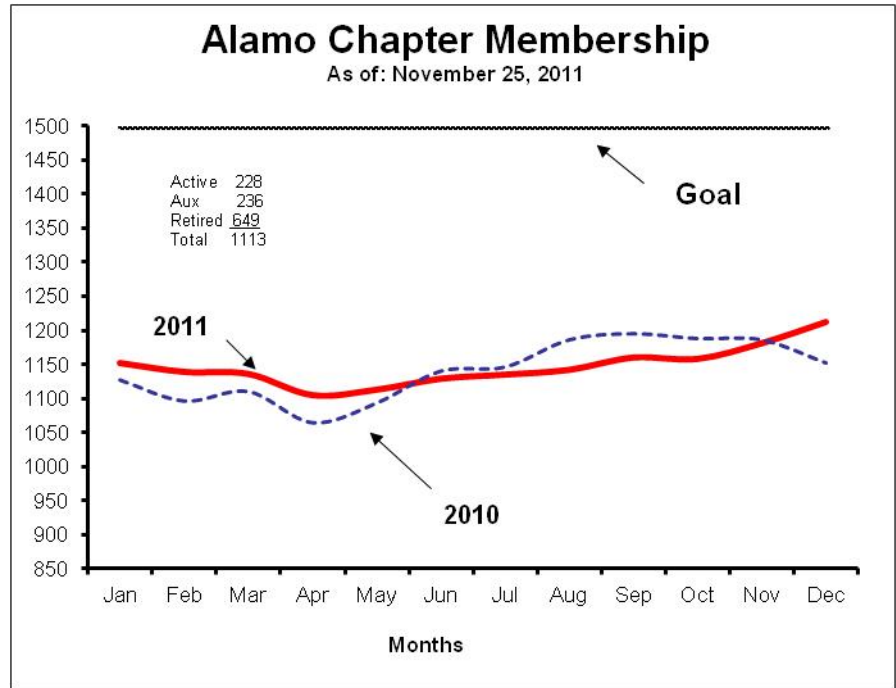


To receive debit card rewards, you must open a Really Free Checking Account and use our debit card for purchases. The 15¢ cash back promotional offer begins October 1, 2011 and ends December 31, 2011. On January 1, 2012, this offer will revert to our standard 10¢ cash back program and is subject to change. Federally insured by the NCUA.

## Welcome New Members:

BGen Joe Prasek USA (Ret)  
 COL Candice Castro USA (Ret)  
 Col Joseph Chozinski  
 Col Joseph Crownover USAF  
 COL Sheri Howell USA  
 Col Dana Jacobson USAFR  
 Col Stephen Jones USAF (Ret)  
 COL David Thompson USA (Ret)  
 Col Robert Watson USAF (Ret)  
 COL Jennie Williamson USA (Ret)  
 CDR Gerry Benavente USN  
 LTC Robert Conrad USA  
 LTC Billy Duncan USA (Ret)  
 LtCol Jon Gray USAF  
 LTC Daryl Hedges USA (Ret)  
 LTC Paul Kellerhaus USA  
 LTC Michael Kinkade USA (Ret)  
 LTC Augusta McLamb USA (Ret)  
 LTC Joseph Ortega ANG  
 LTC Ken Pruitt USA  
 LtCol Robert Vido USAF  
 Maj Christy Chai USAF  
 Maj Alan Gibbs USAF (Ret)  
 Maj George Kelley USAF (Ret)  
 Maj John Kipp USAF  
 MAJ Hillary Klingman USA

## Year to Date Membership Stats



LCDR Jack Lee USN (Ret)  
 Maj Andrea Nussbaum USAF  
 MAJ Abraham Rossell ANG  
 CPT Lisa Chabot USA  
 CPT Armando Diaz, Jr USA (Ret)  
 CAPT Jim Hunter USN  
 Capt Amy Kauvar USAF  
 CPT Christopher Mattson USA  
 Capt Noreen Petty USAF

CPT Scott Preuskel USA  
 Capt Timothy Weigle USAF  
 1LT Ben Christensen USA  
 1LT Gary Miller USA  
 2LT Shanee Allen USA  
 CW2 Reginald Smith USA (Ret)  
 Albert Litzler USA (Ret)  
 Sharon Ferguson  
 Rose Prochazka

Want Ad

### The Officers Placement Service (TOPS)

If you are an area **employer** who is interested in hiring career transitioning officers or their spouses . . . or if you are a MOAA member who is interested in helping a career transitioning officer or spouse as a **San Antonio networker** . . . or if you are a MOAA member **job seeker**, please contact me – David Patrick, Chapter TOPS Officer & MOAA Texas Networking Coordinator, 210-259-9867, [dwpatrick01@gmail.com](mailto:dwpatrick01@gmail.com).



## AND....Thank You Renewing Members:

MGen Lewis Curtis USAF (Ret)

Col Jorge Garza USAF (Ret)

Col Kenneth Griffin USAF

Col Wayne Knutson, Jr USAF

Col Ethel Nelson USAF (Ret)

COL Norbert Picha USA (Ret)

COL Michael Rogers USA (Ret)

Col Jim Weissmann USAF (Ret)

LTC Bernard Cenney USA

LTC Kelly Halverson USA

MAJ Craig Cude USA

Maj Gary Howe USAF (Ret)

CDR Carl Jokela USN (Ret)

Maj George Lindquist USAF (Ret)

CPT Valerie Watkins USA

CW4 Douglas Carlberg USA

CW3 Earnie Baldrige USA (Ret)

M.K. Higbee

Moyra Jardon

### President's Message

*(Continued from Page 1)*

Planning a bit further ahead, our January 26 2012 luncheon will be at the Ft. Sam Houston Golf Club beginning at 1100. We have lined up an interesting speaker, Judge Wayne Christian, the Bexar County Court at Law #6 judge who has the responsibility for the Bexar County Veterans Court that began this year. Having attended many court sessions, I think that you will find him most interesting. Judge Christian is a retired Colonel from the US Army and is a paratrooper.

With that, all the best in 2012,

*Jim Cunningham USAR (Ret)*

## Member Profile - Susie Tolman WW II War Bride Carries On Czech Traditions

*Editor's Note: This is the second installment of a two-part series graciously given to us by Carol Baass Sowa of TODAY'S CATHOLIC newspa- per*



Growing up in Czechoslovakia during World War II, Gertrude "Traudl" Straub (the present day "Susie" Straub Tolman) lived through bombings in Plzen and in Salzburg, Austria, saw the Nazis — and later the Czech Communist government — confiscate the family business, had her father briefly imprisoned at Dachau and believed her parents dead for over two years.

It was quite a coming of age, and playing a significant part in it were the American armed forces. Due to the protection of an American chaplain (an Oblate priest who ferried her to safety in Salzburg at the war's close), she was able to take with her more than most of the fleeing refugees — including her treasured typewriter which the Germans had inventoried as part of her father's confiscated furniture factory. Listed as "stolen government property," it later kept her from attending the University of Vienna.

"I had to travel from Salzburg to Vienna through the Russian zone," she recalls, "so I needed a visa and it came back 'disapproved' because I was a thief!" She likely would have been arrested had she not been working part-time as a secretary for the American occupying forces. "I think they saved me," she confides. She was then accepted at the University of Heidelberg in Germany, but not allowed to live there since now a resident of Austria. Instead, she attended classes and

studied in Salzburg, making periodic trips to Heidelberg only for exams.

Everywhere, people were trying to put lives back together after years of battles and bombings. "Houses were demolished," Tolman recalls. "Heidelberg looked terrible at that time. I had to go through Munich on the train and I don't know how they rebuilt that place." It was like a tornado's swath of destruction, she recalls, where rebuilding seems impossible but, after a year, towns are rebuilt "better than before." "It's just the heartache and the waiting time," she adds. "And maybe the loss too."

The American military continued to be an important influence in Tolman's postwar life — first, with the two G.I.s who found and reunited her with her believed-dead parents (recounted in the November issue of *The Lariat*), and then in another major way.

In 1955 she married William Bill Tolman of Bangor, Maine, the American personnel officer in Salzburg who was her boss.

The Tolmans were stationed in Italy, Fort Monroe, Va., and Fort Bliss in El Paso, where, two months after arriving, Bill was deployed to Korea in 1959. Their daughter, Noreen, was born in 1961. The next assignment took them back to Germany for 20 years, where Bill retired from the army and took a civilian job. His heart problems and the presence of BAMC brought them to San Antonio in 1986 — the longest Tolman has been in one place.

While stationed in Germany in 1963, she learned that a Czech couple were giving classes in traditional Czech crafts so the old traditions and customs would not be forgotten, including egg-decorating, knitting,

*(Continued on Page 6)*

## Tolman

(Continued from Page 5)

cooking, making straw shoes and dried flower arrangements. The wife also traveled back and forth to teach at a grammar school in Czechoslovakia because, as Tolman puts it ruefully, “the Czechs could care less about history anymore. It was all Communist regime then, and history to them — or Christians — was nothing.”

Tolman signed up for egg decorating “because my mother had three decorated eggs in a china closet,” she explains, “and I was going to have three eggs in my china closet!” Six weeks later, she still didn’t have an egg, but knew all the history of the craft and the stories behind different traditional designs and was totally hooked. Daughter Noreen also took lessons from the lady.

Finally, Tolman decorated her first egg and, after a year, was so skilled her teacher invited her to display her handiwork at shows. She was encouraged to look into the American art of making sugar eggs and began showing those too, for a time. Today, her original “three eggs” have turned into around a thousand artistically embellished ones.

Called kraslice (or rejsky, south of Tolman’s hometown of Plzen), there are “scratched eggs” (involving delicately scraping off natural dyes in a variety of designs), “waxed eggs” or pysanky (where patterns are applied in wax before dipping into dyes and the wax removed), and painted eggs. Tolman and her daughter make their own egg dyes from boiling such natural substances as onion skins, grass, leaves, nuts, berries and cabbage — to name a few. (They have four pages listing their various dyes!)

Different areas and countries have their own styles, Tolman notes. Hungarian eggs are in bold colors; the Moravian Wendish make designs created from many tiny dots. Slovakian eggs have designs made of straw that has been split, ironed, cut and then glued

on, while Austrian eggs feature alpine flowers. And in Bohemia, intricate designs were copied from Meissen dishes, the Meissen china factory being just over the German border. Egg artists unobtrusively initial their eggs, and those knowledgeable in the art can tell by looking at a decorated egg what country, area or even farm it comes from.

Tolman and daughter Noreen have been demonstrating the art at the Texas Folklife Festival since 1987, after a neighbor told them that this festival involving people of many nationalities was something they had to “come and see.” They came, saw and were invited to show their own eggs there the following year. For many years they brought their display to other Czech festivals as well, but these days limit their shows to the Czech SpringFest in Houston, where Noreen lives, and the Folklife Festival.

Originally part of the local Czech Heritage Society booth at the festival, the pair have a large and colorful display that includes not only a vast array of decorated eggs, but examples and information on other Czech customs and traditions, such as the “apple house,” a small structure made of evergreen branches and apples that preceded the Christmas tree as the place where Czech children were left treats at Christmas, if they had been good, and potatoes and lumps of coal if they had not.

A displayed “Easter switch” at the booth is described by Tolman as being originally braided from seven different woods, but nowadays created of more pliable willow branches. Czech boys chase and playfully swat Czech girls on Easter Monday with the beribboned whips, supposedly to bestow good health and happiness. The girls give them eggs they have decorated in return, with a girl saving her most elaborate egg for her “sweetheart.” “It’s a love story, more or less,” Tolman says about the ancient custom still practiced there.

A wooden cross topped with a rooster and displaying items symbolizing the 14 Stations of the Cross is a replica built by Tolman’s husband of a traditional outdoor Czech cross around which the faithful would gather to pray the Stations of the Cross. Every Czech village used to have one, Tolman notes, but they “disappeared.”

“There was no more church after ’45,” she explains. “Even before ’45, in Hitler’s time, there was not much church. Then, after the communists took over, there was no church at all.” The little roofed shrines with crosses that used to dot the roadsides there also disappeared in those years.

On a visit to Czechoslovakia in the late ’80s, Tolman was surprised and happy to see a crown once again over the gate at the family ancestral estate at Kasperske Hory, now a government-owned youth hostel. The crown was painted on the masonry arch and not the iron crown that for centuries marked the property as a gift of King Charles IV to Tolman’s ancestors. (That one had vanished in the postwar years.) But Tolman could see in its symbolic return proof that her native country had not forgotten its traditions and historic past.

## Solitaires

If you are a single man or lady and like to eat, chat, make new friends, experience or provide sometimes brief impromptu or scheduled interesting demonstrations, talks, or discussions, whether you are: visiting the area; active duty or retired; widowed or divorced; the SOLITAIRES is the group for you.

This is a wonderful opportunity to enjoy camaraderie with other single men and ladies whose backgrounds and experiences are or have been with the military.

So make that New Year’s Resolution to get out and about and come have some fun!!

Call the office (210) 228-9955 for more details.



## Medical Minute

### BACK PAIN

An estimated two out of three adults will experience low back pain at some time in their lives, though in the majority of cases the discomfort is temporary and does not require medical attention.

But how can you tell if the pain you are feeling puts you in the 10% of cases that require serious evaluation and possibly some form of intervention?

Do you have the following back pain symptoms?

1. Shooting pain, tingling  
Possible Cause: Lumbar disc disease
2. Pain that intensifies and subsides repeatedly  
Possible Cause: Kidney stone
3. Back pain that shoots down one leg behind the knee  
Possible Cause: Sciatica
4. Pain and "tender points" in spine, neck shoulders and hips.  
Possible Cause: Fibromyalgia

What you can do

1. Lift, even light objects, with your legs and your back.
2. If you have a history of back problems, try to avoid lifting heavy objects at all.
3. Stretch daily to keep your back and other muscles limber and to improve circulation.
4. Keep your abdominal muscles strong because they support your back.

Source: Cornell Women's Health Advisor

*Col Irene Collier*



## Solitaires



Stacycation in San Antonio  
Airline tickets have soared and the price of gasoline is rising. Weather is getting more and more unpredictable so where to spend the Christmas holiday? How about staying in San Antonio? Just being in San Antonio can lead to a fantastic memorable family staycation.

The military tries to get as many of its young troops home to their families by the middle of December. Some have to stay here to keep necessary facilities functioning. Churches and families invite many of the troops to their homes so they will feel a home-like atmosphere and get a traditional Christmas dinner. The elderly and poor are not forgotten. Their children are grown, living away and establishing traditions for their own families. Several agencies here sponsor dinners with dancing and entertainment afterwards. City officials often serve as waiters for these occasions.

What activities are available for those who are staying here for the holidays? The holiday season is kicked off with a River Parade with Santa arriving on a barge with music and singing, floating down the river downtown, the day after Thanksgiving. The festivities start with "Fiesta de Luminarias". Paper bags are filled with sand and a candle, and line the River Walk. The lighting of the giant Christmas tree in Alamo Plaza is awe inspiring. This initiates the lighting of the Luminaries on the River Walk. All of the trees along the River Walk are decorated with 122,000 twinkling multicolored lights. All of the bridges are festive and so are the businesses along the walk. Buildings are outlined with a myriad of lights. (Dec 1-18) On 2 & 3 December Santa will be entertaining from the Arneson River Theater.

Tamale making is demonstrated (3 Dec) across from the Pearl grounds. Competitions are held, and music and dancing. Kiosks also line the grounds. Party night! Every night a different group of carolers from schools, churches and organizations float on 4 floats up and down the river, playing music and singing carols. A live Nativity family arrives via barge to the island at the food court. A Holiday Arts and Crafts display lines the Walk (9-11 Dec.)

The Gran Posada is one of the highlights of the season. It is the re-enacting of Mary and Joseph's trek to Bethlehem seeking shelter prior to Jesus birth. They stop at several locales and are turned away. A musical candle lit procession starts with Mary and Joseph at the head, in a snake like procession along the River Walk. There is music, singing religious songs, and everyone carries a lit candle. The procession frequently exceeds 500 people. The group at the end is seldom singing the same song the front of the procession is singing. Candles get blown out by the wind. You turn to the person behind you to re light your candle- a great way to get acquainted. It is always a lot of fun. It eventually meanders past La Villita to San Fernando Cathedral.

San Antonio Rose Live--Christmas special at the Aztec theater. There is a real Texas hoedown with popular western songs which is well worth seeing. Market Square's Fiestas Navidadas has pageantry and traditional Celebration. It is the nation's largest Mexican Market.

Ghost and Legend Tours --Tales of ghosts and mysterious events which still occur in San Antonio begins at the Menger Hotel.

(Continued on Page 13)

# Medical Spotlight

## Health Effects of Food & Beverage Consumption - Part 3 Assessing The Strength of Relationships

### *Editor's Note:*

*This article, written and submitted by local ARC Residents John & Tina Vanderveen, is the final part of a three part series.*

Proof of a relationship between levels of substances available in a diet and the incidence of a chronic disease is rarely possible due to biological variability, length of time for manifestation of the disease and or the size of the study population needed.

However, in the interest of supporting public health it is important to assess the degree to which observations from studies on a particular diet disease relationship support the hypothesis. When a new study is reported there is often a tendency to immediately generalize the results and make misleading conclusions about specific cause and effect health implications.

Even when scientists indicate limitations for interpreting the findings, these suggestions are frequently ignored by the public media. Occasionally a new study will provide information that differs from previous research findings. These differences may be the result of subtle differences in procedures or subject population. An unfortunate consequence is the proliferation of premature conclusions through private and public press, television, electronic communications and other information in the market place.

To minimize the chances of reaching random conclusions from existing studies, panels of scientists under the auspices of the National Academy of Sciences and Agencies of the Federal Government have adopted established criteria for conducting assessments of reported studies. The process has varied based on the information available from existing studies. Criteria include: the strength of association between the consumption of a

dietary substance and the development of a specific disease; the existence of an increased response as observed by incidence of disease with increased consumption of the experimental substance; assurance that the disease or disease indicator was observed only after exposure to the experimental substance; that there was consistency among multiple studies; reasonable assurance that the consumption of an experimental substance caused the development of the disease; and the existence of a plausible biochemical, physiological or medical relationship was established.

### **Creating the Knowledge Base**

The Federal Government of the United States has provided more support for research in understanding the relationships of health effects of food and beverage consumption than any other country. The major funding agencies have been the individual Institutes of the National Institutes of Health in the Department of Health and Human Services.

In addition other federal agencies and departments have also provided support. Despite this massive support, our knowledge is far from complete. The research process by its very nature is time consuming and complex. Great strides have been made during the last century in understanding the basic nutritional needs for growth, development and sustained work capacity.

This knowledge incorporated into dietary guidelines for the public contributed to improved health for most individuals in the mid twentieth century. These guidelines included daily consumption of a balanced diet containing quality proteins, complex carbohydrates, fruit, vegetables and foods that provided calcium and fat soluble

vitamins such as dairy foods. In the last decades of the twentieth century advice was included to reduce consumption of total fat and especially fats that contain saturated and trans-fatty acids and sodium. The guidelines emphasized the value of a diet composed of a variety of foods consumed in moderation. The fundamental premise was that all foods could be incorporated into a sound diet if used in appropriate amount. Designation of good foods and bad foods was to be avoided since any food can be safely incorporated in a healthy diet if the frequency and amount is carefully controlled. The guidance also stressed the need to balance energy intake with needs for growth, metabolism and activity.

Information on Health Effects of Food and Beverages Information from assessments of studies on health effects of food can be obtained using the web site for the National Institutes of Health ([www.nih.gov/category/foodnutritionandmetabolism](http://www.nih.gov/category/foodnutritionandmetabolism)). Recent assessments made under the auspices of the Food and Nutrition Board, of the Institute of Medicine, National Academy of Sciences can be found using the web site ([www.iom.edu/Global/Topics/Food-Nutrition.aspx](http://www.iom.edu/Global/Topics/Food-Nutrition.aspx)). General guidance for the public is jointly prepared by the Departments of Health and Human Services and Agriculture in the report entitled "Dietary Guideline for Americans" ([www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)). This report is updated with the help of an expert panel every five years. The information is designed to support basic health promotion but does not provide guidance for specific





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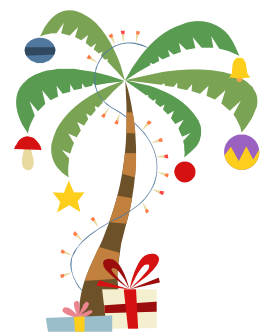
diet and disease relationships. For guidance on dietary management of specific disease conditions already diagnosed there are other resources that should be considered. The primary medical practitioner should be consulted together with the clinical dietitian associated with physician's practice. In addition most organizations dedicated to reducing the morbidity and mortality of a disease provide information useful to consumers for the dietary management of that disease.

John Vanderveen, PhD  
Food and Drug Administration


Tina Vanderveen PhD  
Public Health Service

*The entire three part article can be seen on the chapter website in the October, November and December issues of The Lariat. If you would like a reprint please contact the chapter office at (210) 228-9955*

From Us and Ours  
to You and Yours



**Merry Christmas  
and a  
Happy New Year.**



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## Benefits of Membership of MOAA and the local chapter

- Our monthly newsletter, *The Lariat*, which includes a calendar of events, is sent to each member (or made available on-line), and includes both MOAA and Alamo Chapter news. Stay informed!
- Monthly luncheons, which rotate between the Randolph, Fort Sam Houston, and Lackland service clubs, feature informative speakers and are also open to guests.
- Benefit information of all kinds is provided through the Alamo Chapter. We have an experienced Vice President of Personal Affairs who can give quick answers to your and family members' questions, or who can research the more complex issues.
- The opportunity to enjoy the camaraderie of meeting fellow chapter members and their guests. We also plan for various social events, open to families and guests. In addition, our chapter features a singles group called the Solitaires, some of who are surviving spouses. The Solitaires have a busy social calendar.
- Make your voice heard on proposed state and national military legislation which may affect you and your family. Both the Alamo Chapter and MOAA national welcome your views!
- Enjoy many benefits, discounts, and services, to include career planning through TOPS (The Officer Placement Service). The Alamo Chapter also provides college scholarships to those who qualify.

Referred by: \_\_\_\_\_

### The Give Me 10! Campaign Options:

1. Active Duty, National Guard and Reserve officers of all services, who are not past or present members of MOAA national are eligible for a one year **free** national and local MOAA (MOAA-AC) membership.
2. Retired Officers or Auxiliary (surviving spouses), and lapsed members of MOAA national, can receive a 2 year membership for \$30.00 (The usual yearly membership rate is \$31). You will then receive a one year local MOAA-AC membership **free**.
3. Those already members of MOAA national need to complete this application to receive a 1 year **free** local membership to MOAA-AC.

Normal Dues: MOAA national \$31 per year, MOAA local \$25.00 (Auxiliary & email newsletter subscribers \$15)

## Membership Application (Annual Membership)

Are you a member of MOAA National? \_\_\_\_\_



### Military Officers Association of America Alamo Chapter

Circle Status: Commissioned & Warrant Officers of all services - Active, Reserves, Former, or Retired, National Guard, NOAA, PHS, Surviving Spouse.

Name \_\_\_\_\_  
(Print) Last First MI Spouse

Residence Address \_\_\_\_\_ City State Zip

Rank/Grade Service Date of Birth

Home phone \_\_\_\_\_ Business phone \_\_\_\_\_

Civilian/Military Occupation \_\_\_\_\_

Firm/Unit \_\_\_\_\_ E-mail\* \_\_\_\_\_

\* May we have your permission to publish this information in the Chapter Membership Directory? \_\_\_\_\_

(\*This directory and your e-mail address are exclusively for the use of the chapter and will not be sold or used for any other purpose than chapter communications and/or board approved activity.)

Would you like to access our monthly newsletter (The Lariat) at our website versus having a hard copy mailed to you? \_\_\_\_\_ (Dues reduce to \$15 per year).

Would you be interested in being active in chapter volunteer activity? \_\_\_\_\_

\_\_\_\_\_  
Signature Date

### CHARITABLE OUTREACH PROGRAM

Please accept my tax-deductible donation of: \$ \_\_\_\_\_ to (check one)  
Outreach Fund\* \_\_\_\_\_ As designated by the Alamo Chapter \_\_\_\_\_

\*a fund for annual college scholarships and other charitable programs and services.

Send applications to:

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

For questions please call (210) 228-9955 or e-mail: moaa-ac@sbcglobal.net  
Also visit our chapter's website at www.alamomoaa.org

Please feel free to copy and provide this form  
to prospective members.

9-19-11



## Solitaires

(Continued from Page 7)

Day and evening boat tours on the San Antonio River include downtown, the Locks, San Antonio Art Gallery, and the Pearl Brewery. Get on and off as often as you wish. Tickets are good for 24 hours.

Incarinate Word University "Light The Way" Drive through. All of the trees on campus are aglow with millions of tiny multicolored miniature lights. Truly a wonderous sight located on the corner of Broadway & Hildebrand.

Sea World will have a special Christmas program featuring the seals, Clyde and Seymour, and a special Shamu show. Fireworks end the evening.

Fiesta Texas is having a special Christmas show. They too end the evening with a fireworks display.

Morgan's Wonderland is a new feature. It is a special amusement park designed primarily for children with disabilities. There are features for everyone.

Here for New Year's Eve? There will be a street party at the Tower of the Americas along with musical entertainment, food, and partying to help you ring in the New Year. Need more? Check with the San Antonio Visitor's Bureau. They have a more complete list of holiday festivities.

So Merry Christmas and Happy New Year for your Staycation in San Antonio from the Solitaires.

There will only be one meeting of the Solitaires this month - on 3 December a pot luck luncheon at the home of Mavis Cleary.

Source: San Antonio Visitor's bureau.

*Col Irene Collier (Ret)*

## Three Big Mistakes

Tour boats ferry people out to the USS Arizona Memorial in Hawaii every thirty minutes. We just missed a ferry and had to wait thirty minutes. I went into a small gift shop to kill time. In the gift shop, I purchased a small book entitled, "Reflections on Pearl Harbor" by Admiral Chester Nimitz. Sunday, December 7th, 1941 Admiral Chester Nimitz was attending a concert in Washington D.C. He was paged and there was a phone call for him. When he answered the phone, it was President Franklin Delano Roosevelt on the phone. He told Admiral Nimitz that he (Nimitz) would now be the Commander of the Pacific Fleet.

Admiral Nimitz flew to Hawaii to assume command of the Pacific Fleet. He landed at Pearl Harbor on Christmas Eve, 1941. There was such a spirit of despair, dejection and defeat--you would have thought the Japanese had already won the war. On Christmas Day, 1941, Adm. Nimitz was given a boat tour of the destruction wrought on Pearl Harbor by the Japanese. Big sunken battleships and navy vessels cluttered the waters every where you looked. As the tour boat returned to dock, the young helmsman of the boat asked, "Well Admiral, what do you think after seeing all this destruction?" Admiral Nimitz's reply shocked everyone within the sound of his voice. Admiral Nimitz said, "The Japanese made three of the biggest mistakes an attack force could ever make or God was taking care of America. Which do you think it was?" Shocked and surprised, the young helmsman asked, "What do mean by saying the Japanese made the three biggest mistakes an attack force ever made?"

Nimitz explained. Mistake number one: The Japanese attacked on Sunday morning. Nine out of every ten crewman of those ships were ashore on leave. If those same ships had been lured to sea and been sunk--we would

have lost 38,000 men instead of 3,800.

Mistake number two: when the Japanese saw all those battleships lined in a row, they got so carried away sinking those battleships, they never once bombed our dry docks opposite those ships. If they had destroyed our dry docks, we would have had to tow everyone of those ships to America to be repaired. As it is now, the ships are in shallow water and can be raised. One tug can pull them over to the dry docks, and we can have them repaired and at sea by the time we could have towed them to America. And I already have crews ashore anxious to man those ships.

Mistake number three: Every drop of fuel in the Pacific theater of war is in top of the ground storage tanks five miles away over that hill. One attack plane could have strafed those tanks and destroyed our fuel supply. That's why I say the Japanese made three of the biggest mistakes an attack force could make or God was taking care of America.

I've never forgotten what I read in that little book. It is still an inspiration as I reflect upon it.

In jest, I might suggest that because Admiral Nimitz was a Texan, born and raised in Fredricksburg, Texas--he was a born optimist. But anyway you look at it--Admiral Nimitz was able to see a silver lining in a situation and circumstance where everyone else saw only despair and defeatism. President Roosevelt had chosen the right man for the right job. We desperately needed a leader that could see silver linings in the midst of the clouds of dejection, despair and defeat.

There is a reason that our national motto is, IN GOD WE TRUST.

(Source: Submitted in mass email form from member Tom Pierce)

# Chapter Events Calendar

## DECEMBER

*1 Volunteer Hours Due*

*1 Annual Chapter Planning Meeting 9am-3pm MOAA-AC Office*

**3 Solitaire's Christmas Potluck at Mavis Cleary's house**

**7 Pearl Harbor Day**

**9 Chapter Christmas Dinner Dance Randolph Parr O Club**

**25 Christmas Day - Fly the Flag!**



### Ongoing:

Cookie Angels delivering items to Warrior & Family Support Center . Call Susie Tolman for details (210) 654-0351.

Note: Events **bolded** are for the **general membership** and *italicized* are for *staff*, though members are always welcome. Please call the office for details (210) 228-9955

## Chapter Vision & Mission Statement

### 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.

## JANUARY 2012

**1 New Year's Day - Fly the Flag!**

*1 Volunteer Hours Due*

**3 Solitaire's Luncheon 11am Ft Sam Golf Club**

*5 Staff Meeting 9am MOAA-AC Office*

**16 Martin Luther King, Jr, Day - Fly the Flag!**

**22 Solitaire's Sunday Brunch 11 am Randolph Parr O Club**

*25 Extravaganza Sam Houston Club (Ft Sam Newcomers Welcome)*

*26 Board Meeting 9:00am*

**26 Chapter Luncheon Ft Sam Houston Golf Club**

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## Alamo Chapter

### VOLUNTEER STAFF:

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**VP PUBLIC RELATIONS (Open)**

**VP LOGISTICS** LtCol Fred Koechley

**LEGAL COUNSEL** Jacobson Law Firm

**SOLITAIRES** Mavis Cleary

**CONSULTANT** Maj Len Mull

**CONSULTANT** Lt George Frecsko

**EDITOR** Col Kerry Green

**ASSISTANT EDITOR** Col James Payne

**CHAPLAIN** LTC James Taylor

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### Statement of Publication

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 within the state of Texas organized to represent the membership and to support the activities of the Texas Council of Chapters and MOAA National.

Advertising contained in the newsletter is not endorsed by the 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  
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[www.alamoalmoaa.org](http://www.alamoalmoaa.org)



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ALAMO CHAPTER

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Phone: 210-228-9955  
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**Friday December 9, 2011**

## Christmas Dinner Dance

**RAFB Parr Club**

Meet & Greet begins 6pm - Dinner served approx  
7pm

## Holiday Buffet

Smoked Pork Loin with brown sugar mustard glaze,  
beef tenderloin wrapped in bacon, spring salad with cranberries,  
sweet potatoes and Yukon gold potatoes, gouda mashed potatoes,  
green beans with thyme & tarragon, medallions of honey glazed  
carrots, wedges of brie, brioche croutons

Italian ice cream, pecan, apple, sweet potato or pumpkin pie  
Water, Coffee & Tea Service  
Pay As You Go Full Bar

Cost per person \$35  
Enclosed: \$ \_\_\_\_\_

**RSVP by Noon Monday 5 December**  
Reservations not cancelled by noon 6 Tuesday will be billed  
Guests welcome!

Name \_\_\_\_\_

Guest: \_\_\_\_\_

Send reservation slip & check made payable to  
MOAA-AC to P.O. Box 340497, Ft Sam Houston, TX 78234  
Call (210) 228-9955 with any questions.



**Thursday January 26, 2012**

## Chapter Luncheon

**Speaker: Judge Wayne Christian  
Veterans' Court Judge**

**Ft Sam Golf Club**

Meet & Greet begins 11am - Lunch served approx 11:45am

## Menu (Indicate Choice)

A) BBQ Brisket                      B) Chicken Mango Chutney  
Tossed Green Salad, Parsley Potatoes, Corn with Red Peppers  
Dinner Rolls & Butter  
Assorted Sherbet  
Water, Coffee & Tea Service and \$3.00 per small bottle wine

Cost per person \$18  
Enclosed: \$ \_\_\_\_\_

**RSVP by Noon Monday 23 January**  
Reservations not cancelled by noon 24 Tuesday will be billed  
Non member Officers & guests are welcome with paid reservations

Name \_\_\_\_\_

Guest: \_\_\_\_\_

Send reservation slip & check made payable to  
MOAA-AC to P.O. Box 340497, Ft Sam Houston, TX 78234  
Call (210) 228-9955 with any questions.