

Inside this issue:

- 3 President's Message
- 4 Retiree & Annuitant Pay Dates
- 5 Pharmacy Information
- 6 Chaplain Corner
- 7 Membership Form
- 8, 9 EP MOAA Images
- 10 Membership Meeting
- 11 Doc's Corner
- 12 Auxiliary

13

14 New Members & Renewals

15 Officers Contact Info

Western Skies

El Paso, Texas 799212

Photo by:

William Oseles

EL PASO CHAPTER NATIONAL AWARDS

Levels of Excellence Runner-up 2000 and 2001 Five-Star Chapter 2001 thru 2018 **Communications Award Print** Newsletter Five Star 2015, 2016, 2018, thru 2020 Four Star 2017 Winner 2004, 2012, 2013 and 2014 Runner-up 2008 thru 2011 Legislative Coverage Winner 2008, 2009, 2011 and 2012

Communications Award Website Five-Star 2015 thru 2020 Winner 2010 thru 2013 Runner-up 2009 and 2014

INPUT Deadline for February 2023 **Border Bulletin** 4 March

The Border Bulletin **Newsletter Committee** Editor: COL William Oseles 319-

9048

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publications@elpasomoaa.org Printer: PDX, (915) 544-6688

February 2023 • Vol 67 No 1

The Border Bulletin is the Official publication of the

El Paso Chapter of The Military Officers Association of America

P.O. Box 6144, Fort Bliss, TX 79906 -0144.

This bulletin is published Bi-Monthly. Subscription is included in the annual dues of \$20.00.

Statement of Publication

The Border Bulletin is the newsletter of the El Paso Chapter, Military Officers Association of America. It is published bi-monthly, even months, to inform the membership of issues and activities of interest to all. elpaso-

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reflect an endorsement by MOAA

or the El Paso Chapter.

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Editorial Policy

MOAA national and the El Paso Chapter (a MOAA affiliate) are independent, nonprofit, and politically nonpartisan organizations

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Report a **Retiree Death**

Monday - Friday 0730 - 1700915-568-5207 After Hours (Installation) 915-569-6950/6951 Or visit:

https://www.dfas.mil/retiredmilitary



President's Message COL Lennie Enzel, MS, RN

Happy New Year and Happy Valentine's Day! Our 68 year-old Chapter will limp along for another year because a handful of us stood up and volunteered to take key positions. Many thanks to LTC(R) Dave Powell who agreed to serve as both Secretary and Treasurer. My condition for agreeing to serve as President once again was that

there be both secretary and a treasurer and Dave agreed to fulfill both roles. Also, thanks to COL(R) Bill Oseles for continuing to be the Border Bulletin Editor. I think he is doing a fine job with it. CW2(R) Dave Garcia agreed to stay on as Legislative Director and keep us informed of bills that can affect our earned benefits. Ms. Connie Sullivan will also stay on as our Chaplain and Surviving Spouse Director. Likewise, CPT(R) Dave Thackston will continue as Marketing Director. And, of course, LTC(R) Bill Moore continues to run our website, send out email blasts, give sage advice, and do a myriad of things in the background to support our Chapter. I am very grateful to COL (R) Bob Wagner who volunteered to be our Membership Committee Chair, a position that has gone unfilled for quite some time. We all owe Col(R) Bob Pitt a huge thank you for coordinating our luncheons for the past 20 years. Bob is stepping down from that role and we will try our best to fill the big shoes he has left.

Please note that I said OUR Chapter. The same handful of people have been trying to continue the great legacy of this Chapter with very little support from most of you. Being an EI Paso MOAA member is more than just showing up for luncheons. Is there not one of you that could do SOMETHING to support the Chapter, be it writing an article for the Border Bulletin, helping Connie make phone calls to ailing or grieving chapter members, assisting Dave with the raffle, setting up/packing up the gift table, or recruiting new members? None of these things magically occur. It is through the hard work of very few people that all those things happen. If other chapter members do not step forward, in a few months we will find ourselves in the very same position of closing the chapter. Please talk to your membership eligible friends, acquaintances, and family members about becoming Chapter members. Many people belong to MOAA National, but do not realize they need to join the Chapter separately. As you know, our annual dues are minimal and if they have never joined MOAA, there are free membership options.

As discussed at the December luncheon, future luncheons will now be held quarterly instead of every other month and the Board of Director (BOD) meetings will also move to quarterly and will be held the month before the luncheon. The next luncheon will be on 11 March.

The Chapter's future is in YOUR hands. The BOD can only do so much to ensure our Chapter has a future. I hope you will join us in paying tribute to the great legacy of the MOAA El Paso Chapter. This is a last-ditch effort to keep us solvent and to recapture some of the glory of our past. Wouldn't it be wonderful to once again be a striving, rather than surviving Chapter?

Retiree and Annuitant Pay Dates for 2023

	,	
Month	Retiree Deposit Date	Annuitant Deposit Date
January	Feb. 1	Feb. 1
February	Mar. 1	Mar. 1
March	Mar. 31	Apr. 3
April	May. 01	May. 01
May	Jun. 01	Jun. 01
June	Jul, 30	Jul, 30
July	Aug. 1	Aug. 1
August	Sep. 1	Sep. 1
September	Sep. 29	Oct. 2
October	Nov. 1	Nov. 1
November	Dec. 1	Dec. 1
December	Dec. 29	Jan. 1, 2024



Foundation Officers 2023

President VACANT
Vice-President VACANT
Secretary VACANT
Treasurer LTC Dave Powell
Chapter Advisor COL Lennie Enzel

Board of Directors

President (Vacant)
Vice President VACANT
Secretary VACANT
Treasurer LTC (R) Dave Powell
Director, Veterans Activities
Col (R) Lennie Enzel
Ambassador, Military Org
Cpt (R) David Thackston
Chaplain Connie Sullivan
President, El Paso MOAA Chapter

COL Lennie Enzel





Pharmacy Hours

Short notice changes to Pharmacy Operation Hours due to Command approved hospital activities will be posted to the WBAMC Facebook Page.

https://www.facebook.com/WBAMC1

Closed on federal holidays

Hospital

Monday - Friday 7:30 AM - 4:00 PM

Main Pharmacy - West Clinic Building 1st Floor 18511 Highlander Medics St, El Paso, TX 79918,

(for hospital discharge only)

Mendoza

Monday - Friday 7:00 AM - 4:00 PM Every Third Thursday 8:30 AM - 4:00 PM

11335 SSG Sims St, Fort Bliss, TX 79918,

915-742-1400

915-742-9490

Freedom Crossing

Monday - Friday 9:30 AM - 1:00 PM

2:00 PM - 6:00 PM

1611 Haan Rd, Fort Bliss, TX 79906

915-742-9017

Note: If a high volume of patients needing to be serviced for the day and not enough staff is available, the kiosk may be shut down early in order to ensure all patients that have a ticket can be serviced for the day.

East Bliss Closed

SFMC Closed

Rio Bravo Closed

Desert Sage Closed



EL PASO VA HEALTH CARE SYSTEM PHARMACY

There are four convenient options for refilling prescriptions which can then be mailed directly to your home. Choose any process that is easy for you to use:

- Call the automated phone system at (915) 564-6100 ext. 6110 or 1-800-672-3782 ext.6110. Follow the directions to process your refill.
- Mail in your refill slips.
- Drop the refill slip in the mail-out box located in the pharmacy.

8:00am-4:30pm; Except Tues.,

9:00am-4:30pm

 $\underline{https://www.moaa.org/content/publications-and-media/moaa-publications/moaa-publications/}$



CHAPLAINS CORNER MRS CONNIE SULLIVAN

Chaplain

Dear Members, hope everyone had a wonderful Christmas and a great New Year's Day.

By this time of the year, hopefully the chaos in the Airports have diminished, at least, some

what.

It is not easy nor enjoyable to plan a trip and wind up in a terminal sleeping over night or with extreme anxiety wondering if the flight will be canceled or delayed, not only for our Military but for people that have limited time to get to their destinations and for families that are waiting for their relatives to arrive.

A lot of the circumstances, as we know, are due to weather conditions, situations that are out of our control.

Military members that are deployed and have the opportunity to come home to their loved ones and come across unexpected and unpleasant challenges where they need to wait for hours, perhaps, days to get home, can be very frustrating and a sad experience.

However, even so, we know that God will provide the way and things do turn out right and for the best.

Yes, it does take time to get where we are to arrive, but our Supreme Being does see to it that we get there, no matter what.

May the Lord of the Universe, who loves us with all His heart, for believers, continue to bless us in this New Year and may He grant us happiness, health, prosperity and help us be kind

patient and forgiving and above all, may the beauty of His Spirit dwell with us in our daily lives.

In this month of February that has Valentine's Day and we remember and celebrate our loved

ones, may we also remember the greatest love of all, the love of God for us.



THE BORDER BULLETIN





Chapter MEMBERSHIP	ENROLLMENT			
YES! Sign me up as an El	Paso Chapter Member			
Name_				
Branch of Service	Rank			
Retired Active				
Reserve National Gu	ard [Auxiliary*			
Address				
City	State Zip			
Email Address				
Phone Number				
Unit				
To ensure deliverability of MOAA communi email without a ".mil" domain if available.	ications, please provide a person			
Date of Birth				
Spouse Name	all of your MOAA member benefit			
One-Year Hard Copy Members				
One-Year Electronic Membersh	One-Year Electronic Membership \$15			
Multi-Year Memberships Conta	act Membership Chair			
	M1300CJP			
☐ Discover ☐ MasterCa	ard [
[Discover [] Flaster Ca				
프랑스 사람들은 경기 위치를 가면 없었다.				
Expiration o	date			
Send to:				
Chapter MOAA				
6144				
33, 17, 7700 0111				
ss, TX 79906-0144	l is a later			

Add your own voice to the fight.



December 2022 Luncheon Texas State Veterans Home













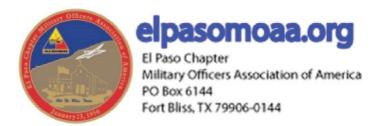












March 2023 Membership Meeting & Lunch

Applebee's

George Dieter, 1985 George Dieter, El Paso, TX 79936

Date: Saturday, 11 March 2023	
Time: 1130 -1400	

Guest Speaker:

Mr. Michael Hughes, Broker, Owner, Army Veteran

Menu

6oz Grilled Sirloin Garlic Mashed Potatoes

Green Beans

Tossed Green Salad w/Dressing

MOAA Cake Water

Dress: Casual **Cost**: \$20/person

Lunch Treasurer: treasurer@elpasomoaa.org

Membership or email queries: membership@elpasomoaa.org

Mail To: El Paso Chapter MOAA, Attn.: Treasurer, PO Box 6144, Fort Bliss, TX 79906-0144

Please fill in this acceptance slip, and return to the Treasurer by Wednesday, 6 March 2023 with a check for \$20 per person, the cost of the luncheon. **Late Reservations**, call Dave Powell, 915-491-1272, by Noon, Thursday, March 15, and pay at the door.

Lunch will be on Saturday 11 March 2023 at 11:30 a.m.

Please print guest names clearly to ensure the correct spelling on the registration listing.

Please print guest names clearly to ensure the correct	spelling on the registration listing.
I will / will not attend the lunch and there will be $_$	attendees in my party.
My check for \$ (\$20.00 per person) made paya	able to the "El Paso Chapter" is enclosed.
Name of Member:	Telephone Number:
Name(s) of Guests:	
Name(s) of Guests:	
Name(s) of Guests:	

10



Doc's Corner Daniel Washburn, M.D.

High blood pressure or hypertension (HTN) is one of the most common and significant chronic health problems in American adults. Almost 50% of adults have HTN and it contributes to nearly half a million deaths every year. Fortunately, it is preventable and treatable.

Initially, HTN may not cause any symptoms so the only way to know if you have it is to get your blood pressure checked. Adults aged 18-39 should have blood pressure checked at least every 2 years but more often if there are risk factors for HTN. Adults over 40 should be checked at least annually. Some stores and pharmacies have free blood pressure machines and home blood pressure monitors are also available, but the best option is to see a primary care physician for testing.

Blood pressure is measured with two numbers such as 120/80. The first number or systolic is the pressure inside the arteries when the heart beats. The second number or diastolic is the pressure when the heart rests between beats. There is some normal variation of blood pressure throughout a 24-hour period, but a normal reading is 120/80 or lower. Consistent systolic readings above 130 or diastolic above 80 is considered to be HTN. The higher these numbers are, the higher the risk of complications. If blood pressure is ever extremely high, it is a medical emergency and warrants a trip to the emergency room.

Occasionally, HTN is caused by some other health problem such as an overactive thyroid, kidney disease or obstructive sleep apnea. However, the large majority of the time, there is no identifiable cause, and it just builds up over time in adults. Risk factors for having HTN are: age, race (more common in Black people), having a parent or sibling with HTN, being overweight, lack of exercise, tobacco use or vaping, too much salt intake, too much alcohol and too much stress.

HTN can cause or contribute to various health problems such as: stroke, heart attack or heart failure, kidney failure, eye damage and vision loss, memory loss and dementia.

The first line of treatment for HTN is to work on risk factors that can be changed. We can't change our age or family history, but some risk factors are controllable. To treat HTN the following is recommended: at least 150 minutes of physical activity per week, don't smoke, eat a healthy diet low in salt intake, maintain a healthy weight and reduce stress. If these steps don't completely control the blood pressure, then medications are commonly used to reduce the blood pressure further.

HTN is extremely common in American adults and exacerbates other serious health problems. The good news is that it is very treatable. If you already have HTN, make sure to follow your doctors' recommendations. If you don't have HTN, make sure to get your blood pressure checked regularly.

Daniel Washburn, M.D. Former Chief Eye Surgeon at WBAMC



Auxiliary MRS CONNIE SULLIVAN

Auxiliary

O.K., it's that time of the year when we celebrate Valentine's Day.

To some, it will be a challenge because they have lost loved ones. However

their memories are treasures and cherished. The opportunity that they, the people that lost their families or spouses, had with them for so many years and the moments that are recalled and remembered, will help them keep on going in this life.

To others, it can be just an unhappy time due to situations such as illnesses, emotional problems and the list can go on.

These conditions are understandable, for most of us have gone through tragic and devastating circumstances of despair, as well.

For the ones that are able to celebrate this special day, it is an enjoyable time, especially for children.

Giving and receiving Valentines, for kids from friends is fun for them and often times make their friendships stronger.

And then there are the adults that remember their soul partners, their spouses, friends or even relatives and just plain, the people they love.

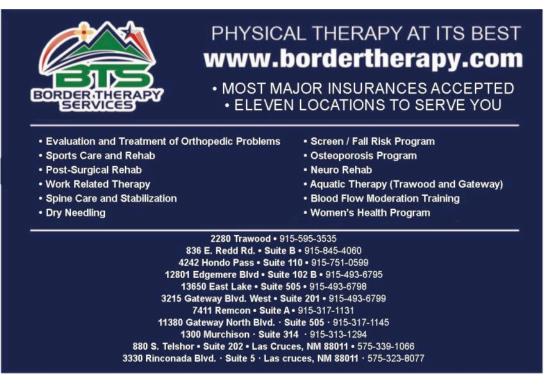
Whatever the case, it should be a happy occasion if we think of how very much

God loves us and how He comforts us by His loving kindness, protection and

mercy, not only in our time of need but in our every day lives.

Yes, we can delight and have fun in this very special day.

Happy Valentine's Day!



EL PASO MOAA

Cutting Your COLA: How 'Chained CPI' Would Reduce Your Military Retirement Benefit

By: Kevin Lilley FEBRUARY 01, 2023

A Congressional Budget Office (CBO) proposal to cut the federal deficit by more than \$250 billion over 10 years would remove that money from the pockets of federal beneficiaries, including military retirees, VA disability pension holders, and Social Security recipients.

The plan, outlined in the CBO's regular report to the new Congress, appears simple on its surface: By indexing the annual cost-of-living increase (COLA) received by military retirees and others to a different set of figures, the government would save \$256.5 billion over 10 years. The new metric – known as "Chained CPI," a variant of the Consumer Price Index – "has grown by an average of about 0.25 percentage points more slowly per year than the traditional CPI measures," per the CBO report.

It's not a new plan – MOAA voiced opposition to a change in 2018, for instance – and it hasn't gotten any better with age. Switching from the current CPI-W (the figure tracked in MOAA's COLA Watch) to a chained CPI would chip away at the military retirement benefit over time, with older retirees seeing compounded effects after decades of smaller checks. Even worse, the chained system may not reflect cost-of-living increases felt by the elderly population, adding to the problem of the lower baseline increases.

MOAA's COLA Role

MOAA is no stranger to the COLA fight. We helped defeat a planned COLA reduction in 2013 by breaking down the true costs of these "savings" proposals for legislators, ensuring they could see the damage they could do to the military retirement benefit and the financial security of those who served and their families.

Like other CBO proposals in this biennial report – including those involving additional (and significant) TRICARE For Life costs – the plan to cut COLA benefits has not taken shape in legislation. But as budget pressures mount, lawmakers may need to find savings in untapped places; MOAA will work to protect your earned benefits from such practices, and to keep you informed if any of these proposals move past the drawing board.

Keep up with the latest news on this and other issues critical to your benefits and the health of the all-volunteer force via MOAA's Advocacy News page. And if you haven't already, register at MOAA's Legislative Action Center so you can take part in our advocacy efforts with the 118th Congress and beyond.

https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/finance/cutting-your-cola-how-chained-cpi-would-reduce-your-military-retirement-benefit/?

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Key Dates

MOAA Meetings & Luncheons

March 11, 2023

June 10, 2023

September 9, 2023 December 9, 2023

Input for the Border Bulletin

March 4, 2023

May 6, 2023

July 1, 2023

September 1, 2023

November 3, 2023

New Member

COL Robert Wagner

Renewals

LTC Dave Powell

Mrs. Ellen Pipkin

Mrs. Margarita Powers

CW4 Robert St Almond

LTC Martin Keipp

LTC Everett Bills

COL John McIlhenny

MG Charles Rodriguez

Mrs. Wiebke Long

Col Billy Speights
COL William Oseles

LTC Anthony Traficante

MAJ Edwin Stone

CDR Roger Springstead

LTC Martha Caldwell

FORT BLISS Access Control Points

The Fort Bliss Senior Commander has authorized adjustments to Installation Access Control Points (ACPs) based on a deliberate analysis of regulatory & guard requirements, vehicle utilization of gates, and force protection measures. The Directorate of Emergency Services will continue to analyze adjustments to traffic patterns and may recommend further changes within the next 30 days.

Fort Bliss will return CSM Barreras ACP to operations on 30 January 2023 with hours between 5 AM - 9 PM (MON - FRI). This change will simultaneously affect hours at Chaffee ACP, SGT Duran ACP, Sheridan ACP, and Minue ACP on 30 January 2023.

- · Chaffee ACP will cease weekend operations, but it will continue to operate between 5 AM 9 PM (MON FRI). Commercial truck traffic will use Buffalo Soldiers ACP to access Fort Bliss on the weekends.
- SGT Duran ACP will continue 24/7 operations. William Beaumont Army Medical Center patrons will continue to have 24/7 access through Espinoza ACP.
- · Sheridan ACP will adjust its weekday operations to occur between 5 AM 5 PM (MON FRI), which is a four hour reduction from its previous stop time of 9 PM.
- \$\times\$ Minue ACP will extend outbound only traffic to occur between 4 PM 8 PM (MON FRI), which is a two hour extension from its previous stop time of 6 PM.

2023 El Paso MOAA Chapter	& Outreach Officers	Phone #	Email
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Chaplain	Mrs. Connie Sullivan	915-778-0948	spanishdancer4@gmail.com
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Past President	COL (RET) Forrest Smith	915-449-8944	tarableu@gmail.com
Legislative Liaison	CWO (RET) Dave Garcia	915-549-2775	mgarcia35@elp.rr.com
Membership Chairman	COL Bob Wagner		_
Programs			
Public Relations			
Publications / Newsletter Editor	COL (RET) William Oseles	915-319-9048	William.Oseles@flash.net
Surviving Spouse Liaison	Mrs. Connie Sullivan	915-778-0948	spanishdancer4@gmail.com
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Webmaster	LTC (RET) William L Moore	915-842-9650	wlm.elpaso@me.com
TOPS			
ROTC / JROTC / Youth Activities	LTC (RET) Dave Powell	915-491-1272	ltc.ret.powell@outlook.com
Post Liaison			
Thrift Shop Liaison			
Door Prizes			
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Vice President			
Secretary			
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Director, Marketing			
Chaplain	Mrs. Connie Sullivan	915-778-0948	spanishdancer4@gmail.com
Director, VA Advisor	COL (RET) Lennie Enzel	915-755-2325	lennieenzel@icloud.com
Director, Ambassador, Military Organizations	CAPT (RET) Dave Thackston	915-479-4467	dcthackston@aol.com
Chairman, Fund Raising/ Giving Day Committee			
Chapter Advisor	COL (RET) Lennie Enzel	915-755-2325	lenn+A1:D36ieenzel@icloud.com

The Border Bulletin

Is the print newsletter of the El Paso Chapter, Military Officers Association of America (MOAA)

P.O. Box 6144, Fort Bliss, TX 79906-0144 http://elpasomoaa.org

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