



# HEART OF AMERICA CHAPTER

## Military Officers Association of America

(Visit our Web Site at [www.moahoa.org](http://www.moahoa.org))

Number 5

May 2015

# Jackson County Executive Mike Sanders Speaks at May 23rd Meeting

Our speaker at our July 26th meeting will be Mike Sanders. Sanders has served as the Jackson County Executive since 2007.



Mike Sanders

Previous to that, he was elected Jackson County Prosecutor from 2002-2006. Since taking office as County Executive in January 2007, he has worked to fundamentally change the way Jackson County Government operates on a daily basis.

Mike and his administration have limited the authority of the Executive branch and worked toward comprehensive ethics reform. Additionally, he has demanded that the county live within its economic means by working within balanced budgets and stressed the importance of regional collaboration.

Mike's leadership has not gone unrecognized. The Aspen Institute, an international non-profit organization based in Washington D.C., selected him as a 2008 fellow in its national Rodel Fellowships in Public Leadership program. He also served as an officer in the United States Army.

Our Meeting will be held May 23rd, 2015 (4th Saturday) at the DAV (Disabled American Veterans) building

at 8787 Old Santa Fe Road. The Auxiliary Luncheon begins at 1130 hours with the MOAA Luncheon beginning at 1215 hours. Cost of the lunch is \$10.00. At 10:30 a.m., there will be an Executive Board Meeting.

To get to the DAV, exit off I-435 at 87th Street (close to Bannister Mall), and drive east to Old Santa Fe Road, turn right for one block, or drive on Blue Ridge to 87th Street and turn west, go one block to Old Santa Fe Road, turn left and go approximately one block. The DAV is at the rear of Loma Vista Shopping Center.

To make reservations, contact Samuel or Judy Leonard by telephone at 816-792-0744 or by e-mail at [jlynn2@kc.rr.com](mailto:jlynn2@kc.rr.com) by Wednesday before the meeting.

**PLEASE — No reservations can be accepted after 1000 on Wednesday especially requests for substitute meals.**

## Meeting Information

**TOPIC:** *Changing Jackson County government*

**SPEAKER:** *Mike Sanders  
Jackson County Executive*

*Saturday, May 23, 2015*

**TIME:** *10:30 a.m. - Executive Board Meeting  
11:30 a.m. - Auxiliary  
12:15 p.m. - MOAA*

**MENU:** *Robin's Famous Fried Chicken, Salad,  
Mashed Potatoes/Gravy, Vegetable,  
Roll, Butter, Coffee, Iced Tea, Dessert*

*(Substitute Meals of Baked Chicken Breast or  
Hamburger Steak must be requested at Time of  
Reservation)*

**LOCATION:**  
*Disabled American Veterans  
8787 Old Santa Fe Road  
Kansas City, Missouri*

*Call Sam and Judy Leonard at 816-792-0744 for  
Reservations or e-mail [jlynn2@kc.rr.com](mailto:jlynn2@kc.rr.com)*

## 2015 Meeting Calendar

23 May *	26 September*
20 June (Picnic)	24 October
25 July*	21 November*
22 August	12 December (Holiday Party)

**NOTE:** All Meetings are on the 4th Saturday EXCEPT as indicated. They vary according to a holiday or available date.

\*(Exec Council meets at 10:30 am)

**Web Site:** [www.moahoa.org/](http://www.moahoa.org/)

# Notes from the President



by Maj Jerry Magliano

As we begin the month of May, we prepare for both celebration and remembrance.

We celebrate the achievement of younger generations of family and friends as they commence from grammar school, high school and college.

Most importantly, on Memorial Day, we remember those who have made the ultimate sacrifice to preserve our freedoms while serving in our country's armed forces.

The holiday, which is observed every year on the last Monday of May, was formerly known as Decoration Day and originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the war.

By the 20th century, Memorial Day had been extended to honor all Americans who died while in the military service.

The preferred name for the holiday gradually changed from "Decoration Day" to "Memorial Day", which was first used in 1882. It did not become more common until after World War II, and was not declared the official name by Federal law until 1967.

It is a day marked by placing the American flag at the graves of veterans in our National and other cemeteries. There are concerts, parades and other forms of celebration both nationally and locally.

In Kansas City, we will have a wonderful concert presented by the Kansas City Symphony at Union Station on Sunday, May 25 at 8 pm.

The VIETNAM TRAVELING WALL will also be at the World War I Museum at Liberty Memorial from Friday, May 22 at 6 pm to Monday May 25 at 3 pm.

Additionally, our May 23rd speaker will be Jackson County Executive Mike Sanders who will address ways in which the county intends to honor and support our veterans.

I hope each of you, in your own way, will take the opportunity to both celebrate and remember as we enter the beginning of summer. Stay healthy and safe.

## HEART OF AMERICA CHAPTER Military Officers Association of America



Opinions expressed herein are those of the editor or columnists and are not necessarily those of the Heart of America Chapter of the Military Officers Association of America.

### 2015 HEART OF AMERICA CHAPTER OFFICERS

POSITION	RANK	OFFICER	HOME
President	Maj	Jerry Magliano	913-261-9957
1st Vice President	COL	G. Bruce Eveland	609-238-6141
2nd Vice President	COL	Celia A. Allman	816-320-3464
Recording Secy	CAPT	Roger "Jim" Davis	816-373-1523
Membership Secy	MAJ	Keith Pechak	913-915-2131
Treasurer	MAJ	Emma Toops	719-200-9530
Immed Past Pres	Maj	Bill Tudor	816-365-6148

#### APPOINTMENTS:

Chaplain	LCDR	Alan Davis	816-554-9018
Legislative Affairs	Col	John R. Hansford	816-942-4466
Scholarship	Maj	Victor Christianson	816-240-8315
Program Chairman	MAJ	Emma Toops	719-200-9530
Finance Committee	COL	G. Bruce Eveland	816-635-3577
Judge Advocate	CAPT	Charles Harvey	913-851-1008
Surgeon General	COL	Linda Crosser	913-712-8751
Placement (MOPS)	Maj	Jerry Magliano	913-261-9957
ROTC Liaison	LTC	Norman E. Sowell	816-628-5005
Social Secretary	Maj	Gary J. Fox	816-525-3592
Historian		VACANT	
Newsletter Editor	LTC	Leslie C. Hobbs	816-830-5309

e-mail: leshobbs@swbell.net

### 2015 HEART OF AMERICA AUXILIARY OFFICERS

POSITION	OFFICER	HOME
President	Mrs. Susan Eveland	816-309-6182
1st Vice President	Mrs. Diane Christianson	816-240-8315
Secretary	Mrs. Mary Ellen Davis	816-554-9018
Treasurer	Mrs. Terrie Jo Fox	816-525-3592



Please keep Col. John Hansford in your thoughts and prayers as he undergoes a series of cancer treatments. You may send him a get well card at:

Col. John Hansford  
11616 Pennsylvania Ave  
Kansas City, MO 64114

## Membership News

New Members: John R Angolia, LTC USA and Helen Hudgins, AUX.

Reminder: May is the last month for mailing the Newsletter to Chapter Members that have not paid 2015 Membership dues. Not sure if you have paid? On the address liable, printed above your name is either "Membership PAID" or "Membership DUE". If your Membership is DUE and you want to pay, complete the Membership form on the last page of this newsletter and mail to the address shown on the form.

If you have questions concerning your membership, please contact me by phone, 913-915-2131 or email, keith.pechak@gmail.com.

### Birthdays in May (day):

Walter H. McBride (1)	David J. Long (13)	Mark Conner (22)
Ralph L. Holiman (1)	Jack Thompson (14)	William D. Conklin (25)
James D Pirie (5)	Clifford E. Conklin (14)	Thomas M. Krupp (25)
Ronald R. Anderson (5)	John L. Cookinham (15)	Herman F. Mondschein (27)
Karl J. Koob (9)	William D. Speise (18)	Charles E. Costa (29)
Jeff Wiechmann (9)	Joseph K. Criqui (19)	<i>(if I missed your birthday,</i>
Albert P. James (11)	William A. Koski (19)	<i>I may not have it in the</i>
Robert B. Sauve (11)	William A. Prost (20)	<i>database)</i>
Gareld L. Gabriel (12)	Victor O. Christianson (20)	

### May Membership Anniversary's Years

Col	John D. Hansford	36
LtCol	Carl E. Gum	24
Maj	Arnold O. Hessier	21
Maj	Victor B. Christianson	20
CPT	David W. King	20
CW5	Don N. King	18
MAJ	John P. Smith	17
LTC	James W. Nelson	13
Maj	Frederic L. Danforth	11
Col	Edward Burnham	01

## What You Really Need to Know about Vitamin D

**By Linda Crosser, COL, USA (ret)  
Chapter Surgeon General**

We are all familiar with vitamins. They are essential for our body's health. Vitamin D is a fat soluble vitamin. It protects from rickets in children, and osteomalacia and osteoporosis in adults. It is necessary for calcium balance and bone health. The symptoms of deficiency are quite vague: fatigue, aches, pain, muscle weakness, depression. Vitamin D deficiency correlates with increased risk for cardiovascular death, cognitive impairment in older adults, and possibly the advancement of existing cancer. People at higher risk for deficiency include: dark skinned people, those who live mostly indoors, those who are fully covered with clothing and/or sunscreen when out of doors, those who live more north (in the northern hemisphere), older people, and obese people.

It used to be that we all thought we got adequate vitamin intake from our food. In many instances, research is refuting this belief. The NHANES (National Health and Nutrition Examination Study) report showed the average oral intake of Vitamin D in men was 204-288 International Units (IU) daily; in women, the average intake was 144-276 IU/d. Put in context: in 2010, the Recommended Daily Allowance (RDA) was raised to 600 IU/d for people age 1-70 years; and 800 IU/d for people over the age of 70. Shortly after that, the Endocrine Society in 2011 recommended that teens and young adults take 1,000 IU/d, and all other adults take 1,500-2,000 IU/d. These agencies differ also in interpreting blood level measurements. In general, a Vitamin D-25-OH level of < 12 ng/mL is associated with deficiency; a level of 12-20 ng/mL is considered inadequate for bone health; the NIH considers a level >20 adequate for bone health. The Endocrine Society suggests that a level of 30 ng/mL should be the lower limit of normal, and most laboratories use the measurement currently. Potential for toxicity occurs in the range of 80-200 ng/mL.

Sources of Vitamin D are widely varied, occurring in sunlight, natural foods, fortified foods, and vitamin supplements. Sunlight, 5-30 min without sunscreen, several times a week, allows UV-B light to enter the body, initiating the complex chemical reaction that forms Vitamin D. SPF-8 blocks the UV-B light enough to prevent this reaction. This is also less effective in older adults, dark skinned people, at higher latitudes, and during the winter/cooler weather. Caution regarding your risk for increasing skin cancers: sunlight should not be the major source of Vitamin D.

Fresh or canned fatty fishes are good sources of Vitamin D: 3 oz of swordfish has 566 IU; 3 oz salmon has 447 IU; 3 oz canned tuna has 154 IU. Cod liver oil has 1,360/Tbsp IU, however it is not recommended to swallow oils such as this due to risk of potential aspiration into the lungs. Specific brands of mushrooms are grown in UV light, and may be a good source. Egg yolks have 41 IU. 3 oz beef liver has 42 IU. Fortified milk, dairy products, and other foods have varying amounts of supplement. Checking the food labels can be helpful, as fortification varies.

Vitamin D is present in many over-the-counter supplements, in varying amounts. It may be in your vitamin pill, calcium supplement, fish oil supplement etc. Be sure to count all significant sources of vitamin D when analyzing your personal intake. You should be meeting at least the RDA. Most older adults are likely to require a larger intake, as recommended by the Endocrine Society. Supplements are readily available in stores, without prescription. They should be taken once daily, some even weekly or monthly if prescribed in high doses by health care practitioners. They should be taken with a fatty meal, to enhance absorption.



# Heart of America Chapter (HOAC) Military Officers Association of America

Membership:      Application       Renewal

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Branch of Service \_\_\_\_\_ Rank \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Active     Retired     Former     AUX     Reserve     National Guard

Address: \_\_\_\_\_

City/St/ZIP: \_\_\_\_\_ Phone #: \_\_\_\_\_

### PLEASE ANSWER THE FOLLOWING QUESTIONS

1. How would you like the Newsletter delivered:  e-mail     website     ground mail
2. In the Chapter Membership Roster, can we publish your e-mail address?  Yes     No
3. In the Chapter Membership Roster, can we publish your phone Number?  Yes     No

Chapter dues are \$15 per year Ladies Auxiliary dues are \$5 per year  
Please make checks payable to:  
Heart of America Chapter MOAA

Mail to: MAJ Emma Toops, Treasurer MOAA  
7575 W 106th Street, Apt 203  
Overland Park, KS 66212