



HEART OF AMERICA CHAPTER

Military Officers Association of America

(Visit our Web Site at www.moahoa.org)

Number 4

April 2016

COL Michael J. Barron to speak at April Meeting

Our April 23rd meeting speaker is COL Michael J. Barron, MOAA Deputy Director of Government Relations from Washington, D.C..

COL Barron will be giving an update on 2016 legislation pending in Congress that affects our military and veterans.

COL Mike Barron retired from the Army in 2010 after a 30-year career as an airborne-ranger infantry officer and military strategist. During his professional military career, he served in leadership positions at all levels, from tactical through strategic. □

He is a decorated combat veteran of operations Desert Storm and Iraqi Freedom. Barron's last active duty assignment was as special assistant to the secretary of the Army.

Prior to that, he served two tours with the Joint Staff, including four years as the assistant to the Chairman of the Joint Chiefs of Staff for Legislative Affairs. He also served as an infantry battalion commander, as Army liaison to the U.S. Senate, and as a congressional fellow for then-Speaker of the House Newt Gingrich in the mid-1990s. Earlier in his career, Barron served as an instructor and assistant professor at the U.S. Military Academy at West Point, N.Y., and then as the aide de camp to the superintendent of the academy.

Our Meeting will be held April 23, 2016 (4th Saturday) at the DAV (Disabled American Veterans) building at 8787 Old Santa Fe Road. The Auxiliary Luncheon begins at 1145



COL Michael J. Barron
US Army, Retired

hours with the MOAA Luncheon beginning at 1215 hours. Cost of the lunch is \$13.00.

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.

Everyone must have a meal reservation by Friday, April 15. Those on the permanent list need to call only if they will be absent. Substitute meals must be made at time of reservation. Cancellations must be called in by 9:00 a.m. Saturday of the luncheon. Reservations are imperative in order to provide meals for all who attend. To make reservations, contact Samuel or Judy Leonard by telephone at 816-792-0744 or by e-mail at jlynn2@kc.rr.com by Friday, April 15.

PLEASE □—□No□reservations□can□be□accepted after□1000□on□Friday,□April□15,□2016□especially requests□for□substitute□meals.

Meeting Information

TOPIC: Pending 2016 Congressional Legislation

SPEAKER: COL Michael J. Barron
MOAA Deputy Director of
Government Relations

Saturday, April 23, 2016

TIME: 11:30 a.m. - Auxiliary
12:15 p.m. - MOAA

MEAL COST: \$13.00

MENU: Chicken Fried Steak, Mashed Potatoes,
Vegetable, Dessert, Roll/Butter,
Coffee, Iced Tea, Desert

*(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*

2016 Meeting Calendar

23 January*	23 July*
27 February	August (No Meeting)
26 March *	24 September*
23 April	22 October
28 May *	19 November*

18 June (Chapter Picnic) 10 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 10:00 am)

Web Site: www.moahoa.org/

Notes from the President



by G. Bruce Eveland



Greetings Fellow Officers,

The 23rd of this month we are sponsoring a very important luncheon program. Our guest speaker will be COL Michael Barron, USA Ret. from MOAA national headquarters in Washington, D.C. The subject of his talk will be on pending legislation in Congress 2016.

If you have Tri-for-Life or Tricare insurance, if you are concerned with what is happening to our military and national defense, if you have an interest on the future of our VA medical system, then I suggest you attend.

If you belong to other military/veteran organizations and feel that they might be interested in attending please encourage them to come. The more people we have with our same interest that have the knowledge to address their Congressional representatives the better we all will be to get the outcome we feel is needed when the vote comes to the floor.

Unlike our other luncheons, everyone needs to RSVP to Sam and Judy Leonard by April 15th, whether or not you are on the permanent list. Social time begins 1130 hours, lunch 1200 hours. The cost of this luncheon will be \$13.00.

Our current priority is recruiting new, younger military officers to join our ranks and assume leadership roles. Those of us that are “seasoned” can provide them guidance. We have some outstanding members that have the professionalism, knowledge and concern for our organization that will without question be pivotal for helping our new leadership move our chapter forward for many years to come.

This is my fourth month as your Chapter President and I want to say it has been a pleasure to be associated with such a fine group of former military officers from all branches of the service. The comradery in our chapter is simply amazing. We are what I term as a “tell it like it is” organization, always concerned with helping our fellow veterans and active military.

If you belong to other veteran organizations and know some fellow officers, I would hope that you would encourage them to come just once to one of our luncheons. I feel that once they meet our great group of officers, enjoy our programs at our luncheons they will want to return and join. When you bring a guest please make sure I have the opportunity to meet them.

I hope to see everyone at our April 23rd luncheon. My respects to you, your spouses, families and friends.

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.

2016 HEART OF AMERICA CHAPTER OFFICERS

POSITION	RANK OFFICER	HOME
President	COL G. Bruce Eveland	609-238-6141
1st Vice President	COL Celia A. Allman	816-320-3464
2nd Vice President	Maj Gary J. Fox	816-525-3592
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 President	Maj Jerry Magliano	913-261-9957
Auxiliary President	Mrs. Susan Eveland	816-309-6182

APPOINTED OFFICERS:

Chaplain	CDR Rod Kelley	816-560-4512
----------	----------------	--------------

STANDING COMMITTEE CHAIRS):

Finance	Col Gary Reeves	816-524-5571
Legislative	Maj Bill Tudor	816-380-6363
Membership	Maj Gary J. Fox	816-525-3592
Program	Capt Don Dawson	816-741-4027
Scholarship	Maj Victor Christianson	816-240-8315
Newsletter Editor	LTC Leslie C. Hobbs	816-830-5309



Deputy Surgeon's News Update

Sleep Apnea, a Life-Threatening Sleep Disorder

By Linda Crosser, COL, USA (Ret)

There are six sleep disorders that disrupt healthy sleep. The somnias (parasomnia, insomnia and hypsersomnia); movement disorders (restless leg syndrome); circadian rhythm disorders, and breathing disorders: obstructive, and central sleep apnea. Of the breathing disorders, obstructive sleep apnea is the most common.

Sleep apnea is associated with: repetitive pauses in breathing during sleep, several times per hour, lasting more than 10 seconds; loud gasps, snorts, snoring, witnessed pausing in breathing; and excessive daytime somnolence. Moderate to severe cases occur in 4-6% of adults, who go undiagnosed for many years. If untreated, there is increased risk of heart attack, stroke (increased risk by 50%), high blood pressure, obesity, diabetes, heart arrhythmias, heart failure, motor vehicle accidents (up 6 times over normal), and work related incidents.

Screening is done by family/friends while you think you are asleep. During the daytime, excess somnolence can be observed. The quick Epworth Sleepiness Scale is available on the sleepapnea.org website.

The gold standard of diagnosis is the polysomnogram, done in a sleep lab. This uses sensors to measure eye and chest movements, brain activity, heart rate, blood pressure, oxygen

saturation, and snoring. Home screening may be helpful to trigger further diagnostic testing, however a negative test does not rule out sleep apnea.

Treatment of mild cases may be successful with dental appliances, and lifestyle modification. Typically, however, a c-pap (continuous positive airway pressure) or bi-pap machine is used at night to assure adequate breathing and oxygenation of the blood. Occasionally, surgery of an obstructive is quite helpful.

References:

www.cdc.gov/sleep/pdf/insufficient_sleep_fact_sheet_2011_mo.pdf;
www.sleepapnea.org; www.sleepassociation.org;

Auxiliary News

Well, it's spring . . . I guess! The old adage, if you do not like the weather in Kansas City just wait twenty-four hours certainly applies in the past several weeks.

I want to remind you of the very important luncheon program on April 23rd. COL Michael Barron, US Army, Retired, from MOAA in Washington, D.C. is coming to speak to us on the legislative changes that are being proposed for 2016. Unfortunately our Tri-for-Life and Tricare is on the list to possibly experience some cuts/changes that none of us will be happy to experience.

Come and learn how to address your Congressional representatives with information that will help explain our position and what we expect from them when it comes time for them to cast their vote.

If you are planning on attending, whether or not you are on our permanent list, you must RSVP to Sam and July Leonard by April 11th; email: jlynn2@kc.rr.com or call: 816-792-0744. The cost of this luncheon is \$13.00. Social time 11:30 am and lunch at noon.

I hope to see many of our auxiliary members attending, the information you will receive could be very vital to your continuing healthcare coverage.

There will be no auxiliary meeting this month because of this special speaker and program. See you on April 23rd!!

Susan Eveland
Auxiliary President
Cell: 816-309-6182

Chaplain's Corner

The Paten

The paten is a small plate used for religious purposes. In both Catholic and Protestant traditions the Paten is the small plate used to hold the eucharistic bread or wafer.

"The Paten" is an appropriate title for this corner of the Newsletter where we will serve information to the constituency listing the names of members who are ill or have passed away. It may also be used for little snippets of religious info or humor that may enlighten or amuse the Newsletter's readership.

The Chapter Chaplain will supply the content for this part of the Newsletter; please communicate appropriate information for this section of the Newsletter to rod.kelley@lumcmo.org.

Chaplain Rod Kelley



Heart of America Chapter (HOAC)

Chapter and/or Auxiliary Membership Application/Renewal or Scholarship Donation

Name: _____ Date: _____

Membership Dues: Chapter \$20 Year

Scholarship Donation?

Auxiliary \$5 Year

Write in the Amount _____

Primary Phone Number: _____

Email Address: _____

Best way to reach you? Phone or Email If phone, best time to call you? AM or PM or other _____

Make checks payable to:
 Heart of America Chapter MOAA

Mail to:
MAJ Emma Toops, Treasurer MOAA
22804 West 73rd Street
Shawnee, KS 66227