



HEART OF AMERICA CHAPTER

Military Officers Association of America

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

Number 8

August 2016

Michael Tritt to present "Union Station Digital Anniversary"

Michael Tritt, Chief Marketing Officer, Union Station Kansas City, will be our speaker at the August 27th meeting.

After a 25-year career in advertising – including 15 years of leading agency offices in Kansas City, St. Louis and Washington, D.C., Michael retired as President of Summit Marketing in July of 2013. During his career, his teams won dozens of national advertising awards and worked with marquee Brands such as Sprint, Proctor & Gamble, Applebee's, U.S. Army, The American Red Cross and many others.



Michael Tritt

For Union Station specifically, Michael's team is charged to manage and build the historic brand, leverage organic equity into new market segments and orchestrate a foundational shift to bring informed, repeatable and measurable strategies to bear across five product/service lines.

Michael considers it a high privilege to put his mark on such a beloved landmark. A day rarely goes by that Union Station isn't hosting something special. In fact, every day it's easy to see why the Station can make the claim, "Where Kansas City Connects, Creates, Discovers and Celebrates."

Our Meeting will be held August 27, 2016 (4th Saturday) at the DAV (Disabled American Veterans) building at 8787 Old Santa Fe Road. The Auxiliary Luncheon begins at 1145 hours with the MOAA Luncheon beginning at 1215 hours.

Cost of the lunch is \$12.00.

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 Wednesday of the week before the luncheon. 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.

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

Meeting Information

TOPIC: "Union Station Digital Anniversary" video and Union Station History and current happenings

SPEAKER: Michael Tritt
Chief Marketing Officer, Union Station

Saturday, August 27, 2016

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

MEAL COST: \$12.00

MENU: Fried Shrimp, Au Gratin Potatoes, Salad, Vegetable, Roll/Butter, Dessert, 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* | July (No Meeting) |
| 27 February | 27 August |
| 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,

I hope my letter finds our members, spouses and families doing well this summer. It seems like Memorial Day was but a few days go. It was nice to have July as a month off for the members. I received many calls indicating the Board made a good decision. However, I want our membership to know the Board did not take off that month. We remained busy working

on membership, fine tuning the chapter SOP for our newly developed Family Support Program (FSP).

The new Disabled American Veterans post is under construction. Of course as all of you know, our meetings and luncheons are conducted at the DAV. The new facility is located in Independence on 40 Highway. The foundation has been poured and they are erecting the walls. I am not sure when the construction will be completed, but we are all excited about this new and beautiful facility.

On August 13th, our recruiting team will be at Ft Leavenworth to participate in PAIR Day. There will be approximately 5000 visitors to include the current CGSC class, allied students and the Leavenworth community. We hope to take advantage and have the ability to bring in new members which is the life line of our chapter.

We have done quite well so far this year seeking donations for our FSP, our Auxiliary was very instrumental in making this happen. Speaking of our member's spouses and our Auxiliary, none of our chapter initiatives could work without the support and involvement of these wonderful individuals that do so much each year in making our chapter a showcase of activity.

We also want to make a major effort to bring into our ranks spouses of deceased military officers. National has a major surviving spouse program and we plan to establish the same type of program here in our chapter. We want to encourage these surviving spouses to be members of our chapter.

I am looking forward to the next four months working with the Board, the Auxiliary and our members. For those that have not had the opportunity to attend our monthly luncheons, I urge you to pay us a visit. We have a great time listening to and learning from guest speakers and connecting with many friends. Our luncheon dates are posted in our monthly newsletter. Please come and see for yourself what wonderful members we have in our chapter.

Thank you for the privilege of serving you.

Auxiliary News

Hello!! I hope you managed to stay cool during the month of July. I have my fingers crossed that the month of August will bring less humidity and some cooler temperatures (wishful thinking!).

I want to thank auxiliary members Judy Leonard, Terrie Jo Fox, Glenna Harvey and Mary Treu for attending the visitation of patients at the VA Medical Center on June 25th.

Also a big thank you to the MOAA members that took part in this wonderful activity. So many of our veterans do not have visitors while hospitalized, so they really enjoy a friendly face, especially one bearing a bag of goodies!

Tine Dawson will undergo a total knee replacement on August 11th. If you would like to send Tina a card her home address is: 4900 NW 67th Terrace, Kansas City, MO 64151. I am sure she would enjoy hearing from our auxiliary members.

Our hostess for the August meeting is Helen Hudgens. We will return to our regular meeting schedule. The auxiliary meeting will be at 11:30 am, at noon we will join the MOAA for the luncheon and program. I look forward to seeing everyone, until then please take care, we need each and every one of you.

Susan

Susan Eveland
Auxiliary President
Cell: 816-309-6182

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 MOAA 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 |

Final 2015-2020 Dietary Guidelines for Americans

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

The newest dietary guidelines are a result of committee analysis of over 300 research studies, 29,000 public comments; 83 questions were answered. The guidelines serve as a basis for all federal nutrition programs, such as the school lunch program.

In general the guidelines are consistent with past advice: use a healthy eating pattern across the lifespan; focus on variety of nutrient dense foods, and amount; limit calories from added sugar and saturated fats, and reduce sodium intake; shift to healthier food and beverage choices; support healthier eating patterns for all.

What's new: limit total sugar and saturated fats to less than 10% of your recommended caloric intake (see Appendices for 12 calorie levels). Men and teenage boys should decrease intake of meat, eggs, and poultry. Limit alcohol to 1 drink/day for females, 2 drinks/day for men. The sodium restriction to 1,500 mg/day for certain populations has been lifted; the maximum recommended sodium intake for adults remains at 2,300 mg/day. Coffee intake at 3-5 cups per day is now considered "consistent with a health eating pattern". This does not apply to decaffeinated coffee. There is moderate evidence that coffee intake decreases the risk of diabetes and cardiovascular disease. Interestingly, though, the committee did not suggest that people start to drink coffee; only that there was no evidence that coffee increased risk of chronic diseases.

The brief, easy-to-read guidelines include 14 Appendices: guidelines to 3 different food patterns, 4 specific food sources and a variety of calorie levels based

on age, sex, and activity level. There's something here of interest to everyone!

Resources:

1. Health Policy Briefs: Final 2015-2020 Dietary Guidelines for Americans; March 31, 2016.
2. Department of Health and Human Services and the Department of Agriculture, Dietary Guidelines for Americans: 2015-2020, 8th edition (Washington, DC: HHS, January 7, 2016).
3. Health.gov/dietaryguidelines/2015/guidelines

Chaplain's Corner

The husband had just finished reading a new book: 'YOU CAN BE THE MAN OF YOUR HOUSE.'

He stormed into the kitchen and walked directly up to his wife. Pointing a finger in her face, he said sternly, "From now on, YOU need to know that I AM the MAN of this house, and my word is law! You will prepare me a gourmet meal tonight, and when I'm finished eating my meal, you will serve me a sumptuous dessert. After that, you are going to draw my bath so I can relax. You will wash my back and towel me dry and bring me my robe. Then you will massage my feet and hands. Then after that's done, guess who's going to dress me and comb my hair?"

His wife replied, "The funeral director would be my guess."

Chaplain Rod Kelley

HOA MOAA visits Kansas City VA Hospital



Pictured are chapter members of Heart of America MOAA as they visit veterans at the Kansas City VA Hospital and pass out gift baskets on Saturday, June 25, 2016. The event was headed up by Chapter President G. Bruce Eveland.



Heart of America Chapter (HOAC)

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

Name: _____ Date: _____

Membership Dues: Chapter \$20 Year

Auxiliary \$5 Year

Scholarship Donation?

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