



HEART OF AMERICA CHAPTER

Military Officers Association of America

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

Number 11

November 2016

Veterans History Project is November Topic

Gary W. Swanson will be our speaker at the November 19th meeting. His topic will be the Veterans History Project of the Library of Congress.



Gary Swanson

Gary Swanson of Leawood has been actively working with veterans since 2003, interviewing them on videotape for the Veterans History Project of the Library of Congress. He has interviewed 960 WW II vets with each receiving a copy of the tape for the family. In 2005 he was honored by the Library of Congress as the leading interviewer for the Veterans History Project.

He has also been active in the Honor Flight project of flying WW II vets to see the monuments and memorials in DC. Two flights were held in 2008 and a third in 2009. He is an Associate Member of the Pearl Harbor Survivors Association and the Simpson-Hoggatt Detachment of the Marine Corps League and an Honorary Member of the Jewish War Veterans Post 605.

A retired sales executive of IBM, Gary and his wife, Lola, have 3 daughters and 7 grandchildren.

Our Meeting will be held November 19, 2016 (3rd 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. There will be a Executive Council Meeting at 10:30 a.m.

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 10:30 am)

Web Site: www.moahoa.org/

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: *Veterans History Project of the Library of Congress*

SPEAKERS: *Gary W. Swanson*

Saturday, November 19, 2016

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

MEAL COST: *\$12.00*

MENU: *Turkey with Stuffing, Cranberries
Mashed Potatoes/Gravy, Vegetable,
Salad, Roll/Butter, Dessert,
Coffee, Iced Tea*

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

LOCATION:

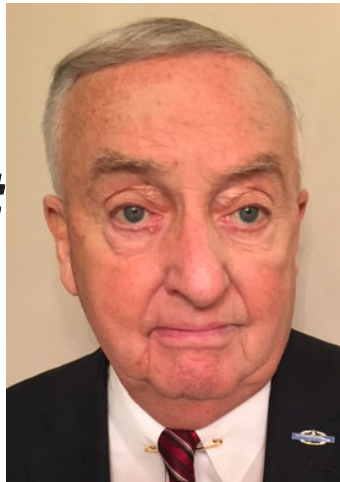
*Disabled American Veterans
8787 Old Santa Fe Road
Kansas City, Missouri*

*Call Sam and Judy Leonard at 816-792-0744 for
Reservations or e-mail jlynn2@kc.rr.com*

Notes from the President



by G. Bruce Eveland



As I set here election eve November 8 developing my Chapter President's letter for November, I am overwhelmed and moved with the fact I have this opportunity to use my vote along with millions of other American to set the direction for the future of our country. At present time I have no idea who will be elected, but I can only hope that whoever it is, they will have the best interest of our country at heart.

Just as moved, I feel a loss with the fact that November 11 is around the corner and I remember the many friends in combat I lost in Korea and two combat tours in Viet Nam. These wonderful service brothers gave so much to secure our liberties. We must make certain that we do everything in our power to see that our veterans and those now serving are never forgotten and always taken care of for the remainder of their days.

I am always reminded of the words; "WE THE PEOPLE OF THE UNITED STATES IN ORDER TO FORM A MORE PERFECT UNION" brings tears to my eyes. I am proud that I have served my country in defending our constitution, our grand flag and our values.

My fellow officers take a few moments and remember whoever wins; you had the privilege to vote.

The 2017 Chapter year is approaching. Why not take the challenge, make a New Year's resolution and start attending our monthly meetings and luncheons. We will have interesting guest speakers each month bringing you information on so many topics you will find of benefit. The new facility is located on US 40 highway, just East of Noland Road on the South side. Hopefully the new facility will be open in May.

To you and your families may God Bless you and our nation this coming Thanksgiving.

Auxiliary News

Have you purchased your turkey yet? Thanksgiving is just days away; someone please tell me what happened to September and October??

We will be electing Officers for the 2017 Auxiliary year at our November meeting. The slate of Officers is as follows: President, Susan Eveland; Vice-President, Diane Christenson, Treasurer, Terrie Jo Fox; Treasurer, MaryEllen Davis. Please remember anyone can be nominated from the floor at our November meeting.

We will be collecting "Toys for Tots" at our November and December meetings for the Marine Corps. All toys must be new and unwrapped. We have an opportunity to put some smiles on youngsters faces Christmas morning. Don't forget the Franklin Library books are for sale. We will be sending out via email a list of the books you can purchase. This is a wonderful gift item!

Like it or not Christmas is just around the corner. Our Chapter Christmas Party is December 10th. We will be entertained by "Cool Breeze". Chuck and Vicky Adkins will be entertaining us with the instrumental and vocal hits from the 30's, 40's, 50's, 60's, 70's, 80's and beyond; to include some holiday tunes. We will take a walk down memory lane and enjoy hearing songs when they actually had words!

Remember our auxiliary meeting begins at 11:30 am, just prior to the luncheon. MaryEllen Davis is our hostess. See everyone on November 19th!!

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 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
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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

Election of Officers

Election of officers for the Heart of America Chapter for the year 2017 will be held at the regular chapter meeting November 19, 2016. In addition to the slate of officers submitted by the nominating committee, nominations will be accepted from the floor.

The nominating committee of the Heart of America Chapter/MOAA submits the following slate of officers for 2017 for consideration by the membership:

- President - Col (Ret) Bruce Eveland, Col, USA, (Ret)
- First Vice President - Celia A. Allman, Col, USA (Ret)
- Second Vice President - Gary Fox, Maj, USAF, (Ret)
- Recording Secretary - Tanner Smith, Capt, USA
- Membership Secretary - Barry K. (Keith) Pechak, Maj, USAF (Ret)
- Treasurer - Emma Toops, Maj, USA, (Ret)

Respectfully submitted,

Signed

Maj Gen Bill Treu, (Ret) Past Pres, Chairman
 Col Garey Reeves, (Ret) Past President
 Capt Don Dawson, (FM) Past President

2016 Holiday Party and Installation of Officers

The 2016 Annual Heart of America Holiday Party and Installation of Officers will be on Saturday, December 10th at the DAV Hall, 8787 Old Santa Fe Road, Kansas City, MO. Social Hour begins at 11:30am with Dinner served at 12:30pm.

Prepaid reservations MUST be made by Monday, December 5th.

Remember – there will **not** be a December newsletter reminding you of the Party.

Print Name: _____ Steak or Cordon Bleu
 Guest: _____ Steak or Cordon Bleu
 Guest: _____ Steak or Cordon Bleu
 Guest: _____ Steak or Cordon Bleu

Home phone: _____ Cell phone: _____

E-Mail: _____

Chicken Cordon Bleu \$14 each # of Meals _____ \$ _____
 6oz Fillet Mignon \$ 17 each # of Meals _____ \$ _____
 TOTAL \$ _____

Make check payable to: MOAA

Mail to: Mrs. Terrie Jo Fox
 3724 N.E. Stanton Street
 Lee's Summit, MO 64064

Or phone Terrie at: 816-525-3592

Localized Pain

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

Pain is something experienced by everybody. It is a “physical suffering or discomfort caused by an illness or injury” and is associated with actual or potential tissue damage. Pain is NOT “normal,” and if new, should signal an alarm mechanism: “What is going on?”.

Pain can be classified in many different ways, e.g.: acute or chronic (usually > 3 months); generalized or localized; or by cause: traumatic, infectious, inflammatory. Ideally, identifying the source of the pain gives the best hopes of treating it successfully. For example, total sudden body aches during flu season may be caused by the flu; a trauma resulting in a tender bone or immobility may be a fracture; warm red tissue that is localized may be an infection, or inflammation if over a joint; sudden severe pain over the kidneys or abdomen may be a kidney stone.

This brief will focus on the treatment of localized pain that may not be considered severe enough to be treated by a professional. It may result from a minor injury, or a recurring, intermittent inflammation, or a minor infection.

Localized non-pharmacological treatment of pain may be successfully managed by the application of heat or cold. Heat and cold applications are contraindicated in people who have “poor circulation”, diabetes, loss of sensation due to a stroke,

etc. Both heat and cold are applied to the skin for 20 minutes, followed by a rest period of @ 2+ hours, and then repeated. The skin should be protected from the direct source: use a towel to wrap around a bag of peas, or a warm pack. Non-pharmacologic topical agents such as magnetic therapy or copper therapy have little proven efficacy, and are not recommended.

Cold is usually applied to a new traumatic injury for 24-48 hours, and then heat applications are used. Cold applications are very good to decrease pain and swelling, muscle spasms, bruising. Use moist heat if possible when using heat. Heat should be “warm”, not HOT. This is good for stiffness, chronic muscle or joint pain, or for infection.

Pharmacological topical remedies may be quite helpful, and may be used in addition to heat and cold. These should always be applied to intact skin only, at the target site of pain. These should not duplicate oral medications you may be taking. For example, if you are taking non-steroidal anti-inflammatory pills such as aleve or ibuprofen (NSAID’s), a topical NSAID cream is unlikely to benefit, and potentially may cause harm. Always ask the pharmacist or doctor if you have questions!

Over-the-counter topicals are capsaicin cream, Aspercreme, hydrocortisone cream, or menthol products such as Biofreeze. Capsaicin cream is specifically useful in treatment of nerve pain, such as shingles. It is applied to the skin at the farthest point of a shingles rash. Caution to wash hands after applying, and do not apply to the face.