



HEART OF AMERICA CHAPTER

Military Officers Association of America

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

Number 2

February 2017

Chris Kuehl to cover Security Issues and the Economy at February 25th Meeting

We again start the New Year with our favorite speaker -- DR. CHRIS KUEHL. If you have not heard him, don't miss the opportunity NOW.

Chris will cover Security Issues for our country and then get into the Economy and how it affects us.

Chris Kuehl is managing director of Armada Corporate Intelligence, a firm that provides a wide variety of international consulting services for companies interested in the global marketplace and is one of the best informed analyst in the Kansas City area and was previously Political Science Professor at Baker University.



Dr. Chris Kuehl

Armada Corporate Intelligence, the local company Chris co-founded, conducts detailed analysis and assessment of their clients' business environments and competition. Their client list includes YRC Worldwide (formerly Yellow Roadway), Hallmark International, Spencer Fane Britt and Browne, U.S. Engineering, the Greater Kansas City Chamber of Commerce, Brotherhood Bank, and the World Trade Center.

He has an office in Latvia and frequently represents the United States State Department and several Fortune 500 Corporations in their efforts to establish businesses in foreign countries. There will be time for questions after his presentation.

Our Meeting will be held February 25, 2017 (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. A Board Meeting will be held at 1000 hours for Chapter Officers

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 please have a meal reservation in by Monday 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 jllynn2@kc.rr.com by Monday before the meeting.

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

2017 Meeting Calendar

28 January*	No July Meeting
25 February *	26 August*
25 March *	23 September
22 April	28 October*
20 May * (3rd Sat)	18 November* (3rd Sat)
24 June (Chapter Picnic)	9 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.moaahoa.org/

Meeting Information

TOPIC: Security Issues and Economy
SPEAKER: Chris Kuehl, Managing Director
Armada Corporate Intelligence
Saturday, February 25, 2017

TIME: 10:00 a.m. - Executive Board Meeting
11:30 a.m. - Auxiliary
12:15 p.m. - MOAA

MENU: Fried Shrimp, AuGratin Potatoes,
Vegetable, Salad, Roll/Butter,
Coffee, Iced Tea, Cherry 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 jllynn2@kc.rr.com

Notes from the President



by G. Bruce Eveland



This past year we have experienced a tremendous amount of comradery amongst our members. Members that have been in the chapter for many years are now coming to our luncheons; all of a sudden they recognize an old friend they have not seen for many years. It's a wonderful feeling to see the joy and electricity that is generated from this reunion.

We have become very actively engaged in number of programs that we have not had in the past and making some revisions in some long-standing programs. An example, our scholarship

program, we have had very little input from military families. We are changing it this year to ensure more military families children are given the opportunity to get actively involved. As always including the children, grandchildren or great-grandchildren of current, retired or former military.

We instituted a Family Support Program (FSP) that has been well received. We have raised money to help current military, guard and reserve or veterans and their families.

We have a Surviving Spouse Program with an appointed chairperson. We are in the beginning stages of organizing our surviving spouses to get active with this meaningful program. We are making every effort this year to encourage more members of our chapter to take an active role in these programs.

As our membership program is NOW beginning its momentum, in renewing memberships and encouraging others living locally to join. Our national office is providing us with a list of potentially eligible members. We are asking our chapter members to do nothing other than make a few local phone calls (maybe five or six at your convenience), invite them to a luncheon; make them feel welcomed. Provide our Membership Director with the information you have compiled on your calls. This would be your contribution to your chapter without moving from your best lounge chair. We will provide you with a list of names and phone numbers, including some talking points. Everything at your fingertips!

Your Heart of America Chapter (HOAC) has no limits as to what it can accomplish in the future. We have well educated officers that have the talent to make our chapter the best in America.

Our vision for our chapter is to produce programs that will have a positive impact on all military, (active, guard, reserve or retired veterans and their families) without placing a burden on our membership. I am extremely grateful to have a dedicated slate of officers to work with this year. I thank them all for their assistance throughout our active chapter year.

For our guest speaker this month we are again fortunate to have Dr. Chris Kuehl. His views of our economy and the political arena are always so informative and definitely enjoyable. A presentation you will not want to miss!

Thank you for your continued membership in our chapter. As you know, "WE NEVER STOP SERVING".

Auxiliary News *Happy Valentine's Day*

I hope that you and your Valentine had a special day. We will be having other military groups joining us for our luncheon this month, so I thought it would be a good time to bring all the books we have to sell for our Veteran & Family Support Program. Remember these are all leather bound, some not even out of their wrapping, including some signed first editions. They are beautiful books for your shelves or for a gift. The signed first editions will be selling for \$15.00, all other leather bound books \$10.00. The list of the books will be on the MOAA website, www.moaahoa.org.

Glenna Harvey will be our hostess for February. We all enjoyed the "White Elephant" exchange at our January meeting. Our next meeting will be February 25th, 11:30 – just prior to the scheduled luncheon. Until then stay well and safe, we need each 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 Military Officers Association of America.

2017 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	CPT Tanner Smith	573-355-4531
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 VACANT

STANDING COMMITTEE CHAIRS):

Finance	Col	Garey 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



LtGen John E. Miller, US Army (Ret) delivers January 2017 luncheon speech on the subject of NATO.



Chapter President Col. Bruce Eveland presents LtGen Miller with the gold bar honoraria.

Deputy Surgeon's News Update

Pain, Part 1 - 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.

Pain remedies to fight inflammation are Aspercreme or similar products containing salicylates, OTC hydrocortisone 0.1%, or menthol products. Biofreeze is the FDA approved topical containing menthol.

Infectious sites may be treated adequately with an antibiotic cream or ointment. For example an infected hair follicle, a minor puncture wound or abrasion may be healed by treating the source of the pain: a minor infection.

Prescription strength topicals include Voltaren Gel, ibuprofen gel, Lidoderm patches (numbing topicals) or similar. These are often found outside of the USA as over-the-counter medications. These can be very helpful in managing localized pain that requires a stronger medication than available over-the-counter.



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