



HEART OF AMERICA CHAPTER

Military Officers Association of America

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

History Professor Hal Wert will be November 18 Speaker

History Professor Hal Wert will be our speaker and will discuss events leading up to WW II.

2017 will be seventy-eight years since Europe faced a “gathering storm.” After year after year of crisis, Americans witnessed an astonishing series of events that posed a threat to the country’s fragile recovery from the Great Depression and just might drag the country into another war.



Dr. Hal Wert

Internationally, the war in China raged on and barely into the new year Barcelona fell on January 26. The war in Spain staggered on a few more months but it was over, the Fascists had won. In March, Hitler violated his 1939 pledge dismembering the Czech State. Chamberlain’s statement that he had secured “Peace in Our Time” had a decidedly hollow ring. War came five months later when Germany smashed into Poland on September 1. Americans crossed their fingers that 1939 was not 1917 all over again and the majority of the country was dead set against any European involvement.

Our Meeting will be held November 18, 2017 (3rd Saturday) at the new DAV (Disabled American Veterans) building at 14605 East Hwy 40, Kansas City, MO 64136. 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 from Independence, Missouri, exit off I-70 onto Noland to go south for 1 mile to E Hwy 40. Turn left and drive one-half mile. DAV is on the south side of E Hwy 40.

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 jlynn2@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 10:30 am)

Web Site: www.moaahoa.org/

Meeting Information

TOPIC: *Events Leading Up To WWII*

SPEAKER: *Dr. Hal Wert*

Saturday, November 18, 2017

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

MENU: *Turkey w/Stuffing, Cranberries,
Mashed Potatoes/Gravy,
Vegetable, Salad, 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
14605 East Highway 40
Kansas City, Missouri 64136*

*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 many of you know, our Chapter President, Col. Bruce Eveland underwent knee replacement surgery on October 27th. While he continues to recuperate, he requested that I express his thoughts to you in this month's newsletter.

First and foremost, he wants to thank you for your well wishes and prayers. He is also very grateful for the trust and confidence you have placed in his Chapter leadership during the past two years.

He would like us to reflect on what a special month November is. The Thanksgiving holiday is a time to be very grateful for the blessings we have as Americans which were earned by the blood and sacrifice of our veterans and the unwavering support of their families.

This leads us to another very special day in November which is Veterans Day on November 11th. Please take the time to attend one of the many observances going on around the Kansas City area if at all possible.

At our meeting on November 18th, you will be presented the slate of officers to be elected as our leadership for the next two years. Give them your complete support in carrying on the MOAA tradition to NEVER STOP SERVING.

I intend to remain very actively engaged in building our membership which is critical to our Chapter's future viability. I wish you all happiness and good health as I complete my tour of duty and pass the torch to a new leadership team.

Jerry Magliano, Past Chapter President
For Bruce Eveland, Chapter President

Auxiliary News



Happy Thanksgiving Auxiliary Members!

It is the time of the year to get ready to prepare for that turkey. Also to begin the countdown of the very few days left to complete your Christmas shopping. Ughhhhhhh!!

At our November meeting we will hold our election of officers for 2018. The slate of officers nominated at this time are:

- Diane Christianson - President
- Susan Eveland - Vice President
- Madelon Kadlic - Secretary
- Terrie Jo Fox - Treasurer

Nominations will remain open until election at our meeting. Our next meeting will be at the DAV, November 18th, 11:30 am, just prior to us joining the MOAA for the luncheon and program.

I want to thank Madelon for being our hostess last month and providing the great Halloween decorations, especially that chocolate covered marshmallow! Our hostess for November is Tina Dawson

I have had the privilege of serving as your President for the last five years. Getting to know everyone and growing some very important friendships. What a wonderful group I have come to love.

You haven't gotten rid of me, I still plan on being very active. I want to wish each of you a wonderful Thanksgiving and a fabulous Christmas with family and loved ones.

God Bless each of you and your families.

Susan
Susan Eveland
Auxiliary President
MOAA-HOAC

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



Pictured is Meghan C. Voorhees, a Licensed Clinical Social Worker in the state of Missouri, speaking to the Heart of America MOAA and Auxiliary at the October meeting.

2018 Slate of Officers

The nominating committee of the Heart of America Chapter/MOAA hereby submits the following slate of officers for 2018 for consideration by the membership:

President	- Celia Allman, COL, USA, (Ret)
First Vice President	- Grant Montgomery, LTC, USA, (Ret)
Second Vice President	- Mike Neer, COL, USA, (Ret)
Recording Secretary	- Jim Davis
Membership Secretary	- Barry K. (Keith) Pechak, Maj, USAF (Ret)
Treasurer	- Emma Toops, MAJ, USA, (Ret)

Respectfully submitted,
Maj Jerry Magliano, USAF (Ret) Past Pres, Chairman
Col Garey Reeves, USAF (Ret) Past President
Capt Don Dawson, USMC (FM) Past President
Maj Gary Fox, USAF(Ret) Past President

Health and Coffee Drinking Habits – Consistent with Decreased Mortality

by Linda Crosser, COL, (ret), USA
Heart of America Chapter, MOAA, Chapter Surgeon

There have been multiple studies worldwide, across diverse population, and different racial and ethnic groups, that support coffee drinking as a healthy and protective habit. When data was collected between caffeinated and decaffeinated coffee, the effects were similar.

Two large studies were published in the *Annals of Internal Medicine*, July, 2017. These studies showed that coffee is linked to significantly lower death from all causes. Other studies in Japan, and in the U.S., have also shown inverse associations between coffee consumption and all-cause mortality.

Gunter's study in 10 European countries showed the largest associations were especially related to decreased mortality rates for diseases of the digestive tract, and circulatory diseases.

The list of positive associations with coffee consumption is long. Cardiac effects have been decreased risk of atrial fibrillation, heart failure, and stroke. Benefits to the cholesterol profile and inflammatory markers have been found. Coffee has been shown to decrease the risk of diabetes, many cancers, depression, and non-alcoholic fatty liver disease. Coffee has been linked to slowing the progression of cognitive impairment, and has a neuro-protective effect in Parkinson's disease.

In general, the sheer volume of data suggests that the benefits usually outweigh the risks when increasing coffee intake. 3-6 cups per day is consistent with a healthy lifestyle. A lethal dose is 10 Grams (100 cups/day).

REFERENCES

Stetka, Bret S., MD; How Healthy is Coffee? The Latest Evidence; in *Medscape*, Sept. 15, 2017.

Gunter, Marc J., PhD, et. al.; Coffee Drinking and Mortality in 10 European Countries – A Multinational Cohort Study; *Annals of Internal Medicine*, July 10, 2017.

YOU CAN HELP: In November the Chapter will be mailing the 2018 membership dues statement. You can save the Chapter the cost of printing and mailing a dues invoice by completing the form below and mail the form with your check before 18 November 2017 or by purchasing your membership at the November 18 Chapter Meeting.



Heart of America Chapter (HOAC) Chapter and Auxiliary Membership Application or Renewal

Date: _____ Is this Renewal or Application Request: _____

Name: _____ Primary Phone Number: _____

E-mail Address: _____

Primary Phone Number: _____

Chapter Dues are \$20/Yr

Auxiliary Dues are \$5/Yr

Checks payable to: HOAC/MOAA

Mail to: Treasurer HOAC-MOAA
PO Box 860061
Shawnee, KS 66286