



HOUSTON AREA
PO BOX 1082
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www.moaahoustonarea.com

Newsletter to Members

Vol. LIV No. 7

July 2017

NEXT MEETING SATURDAY, July 29, 2017 BRAEBURN COUNTRY CLUB

President's Message

MOAA serves as the bridge between the military and the civilian lifestyles. It provides a safe setting for members, who have left military service, to come home. Through fellowship and guest speakers, the meetings give each officer the opportunity to unwind, de-stress, and reintegrate. While our membership rolls have dwindled and recruiting is on a downward trend; our purpose for existing is as important as it has ever been. Therefore, we will not stand down! In fact, our intentions are to press on, and press harder!

However, the ways in which we press on will need to change. It is a fact that the newer generation of Veterans from the Global War on Terror are more technologically oriented and prefer electronic connectivity. As a chapter, we do have a Facebook page, and we make extensive use of the Internet by emailing out this newsletter and other announcements; but we must do more.

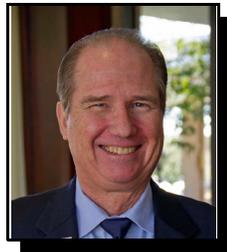
Fortunately, for us in Houston we have the Combined Arms Center (CAX) in the downtown area that serves as a gathering spot for diverse Veteran groups and activities. Our future engagement with the CAX, along with being technologically connected, will be essential for our continued growth and purposefulness.

Recently I started a Veteran Student group at my college medical arts school and a surprisingly large number of OEF/OIF Veterans attended. They wanted the comradery, but they also wanted information that met their needs, i.e., getting their VA benefits, finding a job, and securing financing for their education. They wanted the information from the meeting texted to them; but they also asked when would the next face-to-face meeting be held— they wanted it too.

(Cont'd on p. 3)

Respectfully,

LTC Eugene Vecera, USA, President



Eugene A. Vecera,
LTC USA

Officers

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**MOAA Houston Area
Board Meetings for
2017**

Tuesday before Monthly
Luncheon Meeting

7/25/17 11:30
Rudi Lechner's
2503 S. Gessner

2017 Meetings Remaining
8/22 9/26 10/24 11/14?
None in Dec

All members are welcome.

**MOAA-HA
Monthly Meeting
and Luncheon**

Saturday July 29
11:30 fellowship
12 Noon Luncheon
BraeBurn Country Club

8101 Bissonnet St
Houston TX 77074
(713) 774-2586

MENU

House Salad
Fried Chicken Breast with
Southern Gravy
OR
Sliced Roasted Sirloin with
Onion Gravy

Mashed Potatoes
Asparagus

Warmed Rolls, Butter

Coffee, Tea

Pecan Ball

\$30

Complimentary
Valet Parking

Reservations by Wed.
7/26, to Don Couch,
832.205.2009

**2016 MOAA-HA
Monthly Meetings Remaining**

8/26 9/23 10/28
11/16 (with MOWA)
12/2 Christmas Gala

**Military Officers
Wives Association**

MOWA

**We Will
Not Be Meeting
For the Summer**

See you in September!

MOAA-HA

**\$ Treasurer's Report,
July 1, 2017**

Receipts \$ 410.00
Expenses \$ 1,144.56
Balance \$ 4,179.13

*Don L. Couch, Treasurer
LTC USA Ret.*



HAPPY INDEPENDENCE DAY!



**Chaplain's
Message**



Kerry B. Magee,
CAPT USNR-
Ret.

**SHALOM!
PEACE BE
WITH YOU!**

**THAT RAGGED OLD
FLAG!**

A poem by Johnny Cash

I walked through a County
Courthouse Square
On a park bench an old man
was sitting there.
I said, "Your old Court House
is kinda run down."
And said, "Your old flag pole
is leaning a little bit.
And that's a ragged old Flag
you've got handing on it."

He said, "Have a seat," and I
sat down.
Is it the first time that you've
been in our little town?
"Well," he said, "I don't like
to brag
But we're kinda proud of that
ragged old Flag.

"You see, we got a little hole
in the flag there.
When Washington took it
across the Delaware.
Ant it got powder burns, the
night Francis Scott Key
Sat watching it, writing, 'Oh,
Say Can You See?'

"And it got a bad rip at New
Orleans,
When Packingham and
Jackson took it to the scene.
And it almost fell at the
Alamo beside the Texas Flag,
But she waved on through.
She got cut with a sword at
Chancellorsville
And she got cut again at
Shiloh Hill.

"There was Robert E. Lee,
Beauregard, and Bragg

The South wind blew hard on
that Old Ragged Flag.
On Flanders fields in World
War One,
She got a big hole from a
Bertha Gun.

“She turned BLOOD RED in
World War Two,
And she hung limp and low a
time or two.
She was in Korea and
Vietnam
She went from our ships
upon the briny foam.

“Now they’ve about quit
waving her back here at
home.
In our good land she’s been
abused.
She’s been burned,
dishonored, denied, and
refused,
And the Government for
which she stands
Is scandalized throughout the
land.

“She’s getting threadbare and
she’s wearing thin,
But she’s in good shape for
the shape she’s in.
Because she’s been through
the fire before,
I believe she can take a
whole lot more.

“So we raise her up every
morning, and
We take her down every
night.
We don’t let her touch the
ground,
and we fold her right.

“On second thought, I DO
LIKE TO BRAG,
BECAUSE I’M MIGHTY
PROUD OF THAT
RAGGED OLD FLAG!”

God bless you all!

*CAPT Kerry B. Magee
USNR-RET
Chaplain/Past President*

President’s Message (Cont’d from p. 1)

So our purpose for existing is valid,
and our method of meeting together
is valid as well; but we do need to
become more attentive to the needs
and modes of communication of the
younger Veterans. Then we will
grow stronger—together!

Respectfully,
**LTC Eugene Vecera, USA,
President**

SPEAKER FOR OUR JULY 29 MEETING JOE BEATTY

Joe Beatty
founded
EXTRO, Inc.,
and EXTRO-CIS
“OOO” in
Moscow 25



years ago to
service Russia and former Soviet
republics representing USA and
European advanced technology
companies. With a team of Russian
engineers EXTRO installs and
maintains advanced safety and
energy savings systems.

After graduating from The Ohio State
University and ROTC flight training,
he was assigned to an OV-10
USMCR warrant officer program. He
joined AMOCO with various
assignments in marketing, corporate
planning, and international crude oil
trading. In the later 1980s Joe was a
turn-around executive managing
troubled pipeline companies in the
federal bankruptcy courts.

With his Airline Transport Pilot
rating he has flown many missions
for nonprofit organizations. He flew
Marine PBJ (B-25) Devil Dog of
Squadron VMB612 as a flying
museum to honor “the greatest
generation” and on several occasions
had “Dolittle Raiders” as co-pilots.

Joe has volunteered his management
experience to organize
funding and construction of
eye clinics, schools and
seminaries in Haiti, Belize,
and Russia.



The Price of Liberty

Joe is a
board
member
of
Texas
War
Memori

al funding and constructing
“The Price of Liberty”
monument to honor our
225,000 Texas GWOT service
families.

Please come to our July 29
meeting at BraeBurn Country
Club on July 20/9 to hear his
very interesting message.

Photos from June 24 Meeting

Thanks go to **Pat Collins** and
Solange Ann Magee for
helping out in **Andy Parsons’**
absence.



BrigGen Don Wagner,
our Excellent Speaker



MAJ Dan Gutierrez presents
certificate to BrigGen Wagner



Winner Stancie Chamberlain with LTC Don Couch

See p. 6 for Stancie's report on our speaker.

June 14 Was Flag Day But Also a Very Special Birthday!

The Army was created by the Continental Congress on June 14, 1775.



The next day, **George Washington** was elected Commander-in-Chief and soon issued orders that set the tone for the military, including one declaring:

The blessings and protection of Heaven are at all times necessary but especially so in times of public distress and danger. The General hopes and trusts that every officer and man will endeavor so to live and act as becomes a Christian Soldier defending the dearest rights and liberties of his country.

Over the 242 years since its inception, the US Army—and indeed the entire American military—have repeatedly lived up to the high ideals set forth by Gen. Washington.

After the Civil War, in 1871, **Frederick Douglass** reminded the nation:

We must never forget that the loyal soldiers who rest beneath this sod flung themselves between the nation and the nation destroyers. If today we have a country not boiling in an agony of blood (like France)—if now we have a united country, no longer cursed by the hell-black system of human bondage—if the American name is no longer a by-word and a hissing to a mocking Earth—if the Star-Spangled Banner floats only over free American citizens in every quarter of the land, and our country has before it a long and glorious career of justice, liberty, and civilization—we are indebted to the unselfish devotion of the noble army who rest in these honored graves all around us.

During WWI, **General John Pershing** reminded Americans:

Three thousand miles from home, an American army is fighting for you. Everything you hold worthwhile is at stake. Only the hardest blows can win against the enemy we are fighting. Invoking the spirit of our forefathers, the army asks your unflinching support, to the end that the high ideals for which America stands may endure upon the Earth.

And in WWII, **General George Marshall** spoke about the mission of the United States:

We are determined that before the sun sets on this terrible struggle, our flag will be recognized throughout the world as a symbol of freedom on the one hand and of overwhelming force on the other.

June 14, 1777, the Continental Congress passed a resolution “that the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.” And so we also commemorate Flag Day each year on June 14.

On that day, and all other days, we celebrate the flag as well as the Army

and American military who so ably defend our God-given freedoms and God-blessed nation!



NEWS and EVENTS for MOAA-HA MEMBERS

We have several items of news, requests for prayers, and upcoming events of interest to our members.

MAJ Val Henneberg, who served MOAA-HA as its Secretary for many years, is under hospice care at his home. Our prayers go out to him, his wife Erika, and their family.

Capt. Matt Mancuso, USAF, also served as our Secretary. He is back in Afghanistan as a contractor for the U.S. Air Force. He sends his greetings to all of us back here and also asks that we keep him in our prayers

October 7 is Retiree Appreciation Day at Ellington Field, and we need help in manning our table at the event.

Our **October Meeting** will be held at a place to be announced in the Ellington Field area, in an effort to accommodate those who live in the southern part of the Houston metro area.

Our Nominating Committee is busy looking for members to fill the vacant positions on our Board. If you are willing to serve, let **Eugene Vecera** or **Andy Parsons** know. WE

NEED YOU! That committee will also be working on Bylaw Amendments we need to make, in light of the MOAA national bylaw amendments. We really appreciate Andy's help, as he is also serving as caretaker for his wife **Bobbye**, who is currently battling some health issues and also needs our "Get Well" prayers.

For the **Veterans Day Parade on November 11**, Don Couch and Dan Gutierrez have committed. Can you join them?

Endowment Fund & Houston Corps of Cadets

We are now entering the second half of 2017, and I am sure you have been able to save a little bit to help fund the Houston Corps of Cadets Endowment Fund at the University of Houston. I know you may be tired of hearing about this, but please chip in what you can, receive a tax deduction, and be proud that you have contributed to the future of America.

Thank you very much,

William Taylor
Cpt. USA Ret

If we ever forget that we are One Nation Under God, then we will be a nation gone under.

—Ronald Reagan

Deal with the faults of others as gently as you do with your own.

—Author unknown

MOVE! www.move.va.gov



The MOVE! Weight Management Program is supported by VA's National Center for Health Promotion and Disease Prevention (NCP) and is celebrating the 10th anniversary of MOVE!. A tremendous amount has been learned about weight management since our inception. Over the years we have refined MOVE! to keep up with this new knowledge. As a result, we at NCP are proud to make available to our Veterans the most up-to-date approaches for weight management.

MOVE! is a weight management health promotion program designed to improve the lives of Veterans. In 2015 more than three quarters of Veterans receiving care in VHA facilities were considered to be overweight or obese. Their goals are to annually screen every Veteran who receives care at VA facilities for obesity, refer individuals to weight management services, and make available treatment options that fit the needs and preferences of our Veterans. This makes MOVE! the largest and most comprehensive weight management program associated with a medical care system in the United States.

They encourage healthy eating behavior, increasing physical activity, and urge that even small weight losses can reduce health risks, prevent or reverse certain diseases, and improve quality of life and longevity. The site is full of Success Stories you will want to read.

A recent one is that **Donald Johnson**, who lost more than 67 pounds with the help of the Overton Brooks VA Medical Center's MOVE! Weight Management Program. The 62-year-old U.S. Army Veteran struggled with his weight for more

than five years, was pre-diabetic, and suffered from a host of preventable health-care illnesses, to include elevated blood pressure and depression, before joining the MOVE! Program.

Johnson's doctor suggested VA MOVE! and urged him to enroll in the weight management program. The day he enrolled, he weighed 317 pounds. Johnson said, "I had trouble getting around like I used to, tying my shoes, and getting in and out of the bathtub." Johnson began the eight-week diet and exercise group, where he lost 22.4 pounds. He tried to lose weight with other diets such as low-carb and the Slim Fast diet plan, with little success. Since his initial weigh-in and enrollment in MOVE! Johnson has lost a total of 67.6 pounds. His goal was to weigh 250 pounds. On 9 MAY, he met that goal, weighing in at 249 pounds.

Johnson met individually with his dietician and MOVE! Program Coordinator, Emily Walker, who said, "Mr. Johnson is one of our success stories. He's an inspiration to our other Veterans who are just starting their weight-loss journey."

Johnson says, "If you are a Veteran and want to lose weight, try MOVE! You have to commit and you have to want to lose weight."

At their Web site, you can simply enter your ZIP Code and find several centers nearby who can help you.

CRSC

Are you eligible for this DoD Retired Vet Program? Have you heard about a retired veterans program called Combat-Related Special Compensation (CRSC)? If you haven't, don't worry, you are not alone. If you are familiar with CRSC, it's likely you're still not sure if you qualify or how retired veterans can apply for this benefit. To shed light on the program, the Army CRSC office at Fort Knox, Kentucky, offers the following helpful tips and information.

Potential applicants should understand that CRSC is a Department of Defense (DOD) program, not a Department of Veterans Affairs (VA) program, and is authorized under 10 U.S. Code § 1413a. CRSC is a form of concurrent receipt paid monthly to eligible military retirees. In other words, CRSC restores military retired pay that is offset when a retiree accepts compensation from the VA for a disability or condition that can be directly linked to a combat-related event as defined by the CRSC DOD program guidance. The CRSC benefit allows eligible retirees to concurrently receive an amount equal to or less than their length of service retirement pay and their VA disability compensation. Retirees must meet all of the following criteria to be eligible for CRSC:

✓Must be retired and receiving military retired pay.

✓VA must have awarded 10 % or greater service-connected disability for a condition that meets the combat-related definition as defined by CRSC DOD program guidance.

✓Must have a VA waiver (VA Form 21-651, MAR 2005) in place for by-law reduction of military retired pay in the amount of the VA disability payment.

✓Eligible retiree categories include those who have 20 or more years of service, or a medical retirement under Chapter 61, Temporary Early Retirement Act (TERA), or Temporary Disabled Retirement List (TDRL). A combat-related injury is one that can be attributed to:

- Simulated war training (e.g., combat obstacle course)
- Hazardous duty (e.g., underwater diving, parachute duty)
- Instrumentality of war (e.g., military vehicle rollover during a training mission)
- Presumptive Disabilities (e.g., agent orange, mustard gas)
- Armed conflict (e.g., gunshot wounds, shrapnel wounds, punji stick injuries).

Due to the volume of applications received, the Army's CRSC program is experiencing an average 10-month claims processing cycle. The CRSC program validates your submitted information against your personnel records, available military medical and VA records in making eligibility determinations.

Electronic submission is the best, lowest cost, and most efficient way for you to submit your claim. For more information on CRSC, including how and where to submit an application, visit the Human Resources Command website at <https://www.hrc.army.mil/content/CRSC>, call toll free (866)281-3254 (Mon-Fri / 0800-1800 hours), or email CRSC questions to askhrc.army@us.army.mil.
[Source: *Army Echoes* | JUN-SEP 2017.]

Report on Our June Speaker

Stancie Chamberlain reports on our June Speaker, **Brig. Gen. Don Wagner**, who talked about the United States health care system.



It's fairly well accepted that the U.S. is the most expensive healthcare system in the world, but many falsely assume that we pay more for healthcare because we get better health outcomes. The evidence clearly doesn't support that view.

Americans have unrealistic expectations of health care for all with no raised taxes. Under the current system of U.S. health care, we are on course for the system to break down in the not-too-distant future.

Many Americans are not taking responsibility for their own health through bad choices (*i.e.*, smoking) and not being proactive about their own health and consequences of life style.

Fortune 2016 ranked the world health care systems:

1. United Kingdom
2. Switzerland
3. Sweden
4. Australia
- 5&6. Germany & The Netherlands (tied)
- 7& 8. New Zealand & Norway (tied)
9. France
10. Canada
11. United States

Think about that! –Ed.

MILITARY OFFICERS ASSOCIATION OF AMERICA, HOUSTON AREA
Houston Corps of Cadets ROTC Endowment Fund–The University of Houston
(Army, Navy, Marine Corps, Air Force)

Please Print Donor name: _____
Mailing Address _____

Phone: Day _____ Evening _____ e-mail _____
My pledge of \$ _____ should be designed to support MOAA,HA Houston Corps of Cadets
My gift will be made with installments of \$ _____ to be paid _____ monthly _____ quarterly _____ annually _____.
Beginning date: _____ (The Office of Stewardship will send reminders.)
____ Enclosed is a check (made payable to University of Houston) for the first pledge payable.
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Account Number _____ Expiration date: _____
Name as it appears on card: _____
Signature: _____

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Thank you for your support of the MILITARY OFFICERS ASSOCIATION OF AMERICA, HOUSTON AREA, HOUSTON CORPS OF CADETS ROTC ENDOWMENT FUND, THE UNIVERSITY OF HOUSTON

University of Houston; Advancement Services; P.O. Box 867; Houston TX 77001-0867
Attn: Nancy V. Clark E-mail: uh.edu/giving

Military Officers Association of America, Houston Area

Membership is available to Officers who have held a Federal Warrant or Commission in any of the seven uniformed services of the United States or to the surviving spouse of such a person. Please use this form for application for membership, renewal, or changes to the current directory of members.

NAME:

(Please print) _____
Last First Initial Grade
Service _____
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Spouse's first name: _____ Tel. For Directory _____
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Dues: Regular Membership \$30 first year; annual renewal \$30 (\$20 for each addn'l year pd w/renewal)
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WOULD YOU SERVE ON A COMMITTEE? _____
Comments _____

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