



HOUSTON AREA
PO BOX 1082
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www.moaahoustonarea.com

Newsletter to Members

Vol. XLVI No.7

September 2008

NEXT MEETING SEPTEMBER 27, 2008 BRIAR CLUB

President's Message

This chapter is really starting to hum once again. Carol Wilson is really putting out a first-class newsletter, and attendance is up at the luncheons, with a positive attitude from all. Our massive mailing with the University of Houston for our MOAA-Houston Area Corps of Cadets Endowment will take place in early September.

Our most critical need now is to increase membership. This is September. Therefore, all new membership for the rest of 2008 of any type are free. This includes regular, reserve, retired, auxiliary, or former officers of all services. Have a friend? Invite him or her to try us out with no cost. What a great way to introduce us.

Bill Taylor, Acting President

IN MEMORIAM

All MOAA members grieve with Wayne and Juanita Ritter and their family over the recent loss of their son Bruce. Our prayers are with you, dear friends.

Officers

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1st Vice President Program
Wayne Ritter Lt. Col. USAF
713.947.2087

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Val G. Henneberg Maj. USA
713.729.8217

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Martin J. Harris Maj. USMC
713.436.0429

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281.495.2202

Legislative Representative

ROTC Scholarship
William Taylor Capt. USAR
28.482.7315

Assistant Legislative Representative

George McDowell Col. USAF
713.723.5166

Liaison

Eugene Tulich Cdr. USCG
281.376.0061

ROTC

Edward Hale Col. USAR
713.644.3796

Editor

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**MOAA Houston Area
Board Meeting**

**Tues. Sept. 23, 11:30
Rudi Lechner's
2503 S. Gessner**

Future mtgs:
10/21, 11/25

**MOAA
Houston Area
Monthly Meeting
and Luncheon**

Sat. Sept. 27 11:30

**Briar Club
2603 Timmons Lane**

Menu

House Salad
Chicken Breast Sautéed
in White Wine with
Mushrooms
or
Baked Tilapia with Rice
Pilaf
Fresh Sautéed Vegetables
Key Lime Pie
Coffee, Tea, Rolls
\$30

*Reservations to Jeannette Evans,
281.495.2202, by Wed. before.*

**Speaker
Zeb D. Alford**

“During the Nation’s 232 Years
Only Three—I Repeat
Three—National Policies
Have Determined When
We Went to War”

Zeb, a Naval Academy ‘44 graduate, was selected by Admiral Rickover and joined the nuclear Navy in 1958. He was Commanding Officer of the *U.S.S. Shark* in 1962, later served as Exec. Asst. to the Undersecretary of the Navy. After his ‘73 retirement from the Navy, his second career has been in energy.

Future meetings:

10/25 River Bend Country Club
11/20 Men join women at
Petroleum Club
12/6 Christmas Dance
7-10 p.m., Briar Club

**Military Officers Wives
Association
Thurs. Sept. 18 11:30
Vargo’s**

Menu

Salad
Grilled Salmon OR
Chicken Marsala
Starch and vegetables
Rolls and butter
Coffee OR Tea
Cheesecake OR Chocolate Roll
\$25

*Reservations to Jeannette Evans,
281.495.2202, by Wed. before.*

**October 15 meeting at
Courtyard on St. James
November at Petroleum Club**

\$\$\$ Treasurer’s Report

Income	Expenses
\$1,008.00	\$1,659.09
Balance	\$4,369.23

Martin J. Harris, Treasurer

Membership

Welcome to **Robert B. Goss, O-A, USAF**. His address is 5470 Braesvalley Dr., Apt. 322, Houston TX 77096-6305. Bob is an attorney who handles veterans matters. His other practice areas are consumer law, health law, and intellectual property and information. His office is in the Galleria area, telephone number 713.572.4VET (4838). His Web site is at www.attorneyforveterans.com, and his e-mail address is bob.goss@sbcglobal.net.

We also welcome **Roger VanDuzer, Capt., USN**, and his wife Diana, who also joined the auxiliary. They live at 121 E. 10th St., Houston TX 77008-6926, telephone 713.426.3320; e-mail dvanduzer@sbcglobal.net.

Bob, Roger, and Diana, we look forward to seeing you at our monthly get-togethers!

*Thanks to Margot Standiford
for sending this poem:*

The Last Word

Are you an active member,
the kind that would be
missed,
Or are you just contented
that your name is on our
list?
Do you attend the meetings
and mingle with the flock,
Or do you stay at home
and criticize and knock?
Do you take an active part
to help our work along,
Or are you satisfied to be
the kind that just belong?
Do you ever voluntarily help
at the guiding stick,
Or leave the work to just
a few and talk about the
clique?
Come to the meetings often
and help with hand and
heart.
Don’t just be a member;
take an active part.
Think this over, Member—
you do know right from
wrong.
Are you an active member,
or do you just belong?

—Author Unknown

ROTC Endowment Fund

The MOAA, HA, and the University of Houston have entered into an Endowment Agreement to support the ROTC cadets who drill at the U of H.

Army, Air Force, Navy, and Marine ROTC cadets at all Houston universities (e.g., Houston Baptist, Rice, Texas Southern, Saint Thomas) drill at UH. All funds donated through the Endowment Fund for the Houston Corps of Cadets are fully tax deductible, as MOAA, HA, is a 501(c)(3) charitable organization recognized by the IRS. We hope that you will be interested enough to pledge your support to this worthy undertaking.

This endowment will provide funds for outstanding cadets, selected by the professors of Military Science and Tactics, who want to join the ranks of the United States Armed Forces but find it difficult financially to stay in school.



A form you may use for your tax-deductible contribution or pledge is on page 7.



Get Your Flag Ready

Please join us in this FLY THE FLAG campaign and PLEASE help us spread the word quickly, all across this great land and into every community in the United States of America.

The Program:

On Thursday, September 11th, 2008, an American flag should be displayed outside every home, apartment, office, and store in the United States. We should make it our duty to display an American flag on this seventh anniversary of one our country's worst tragedies. We do this in honor of those who lost their lives on 9/11/01, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

In the days, weeks, and months following 9/11/01, our country was bathed in American flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism. Sadly, those flags have all but disappeared. Our patriotism pulled us through some tough times, and it shouldn't take another attack to galvanize us in solidarity. Our American flag is the fabric of our country, and together we can prevail over terrorism of all kinds

Action Plan:

So, here's what we need you to do:
(1) Give this information to at least 11 people, as you take a moment to think back to how you felt on 9/11 and let those sentiments guide you.

(2) Fly an American flag of any size on 9/11, and keep it flying. Honestly, Americans should fly the flag year-round, but if you don't, then at least make it a priority on this day.

Thank you for your participation. God Bless You and ***God Bless America!***

From Our August Meeting



Wayne Ritter (l.) presenting Certificate of Appreciation to our August speaker, Katherine Cabaniss, Executive Director of Crime Stoppers of Houston. She was a great speaker and kept us spellbound with tales of their success, making Houston's Crime Stoppers the most effective and productive in the nation!

713-222-TIPS

This is the number to call if you have information about a felony that has been, or even is about to be, committed. You will remain anonymous, being given only a code number. If your information leads to an arrest, you will be paid a cash award, determined by an awards committee.

Since its founding in 1981 by a group of businessmen,

Crime Stoppers of Houston has caused more than 20,000 felons to be arrested and paid out cash rewards of \$7 million. That is significant. What's more, the rewards are tax-free, due to a special provision in the Internal Revenue Code. So keep your eyes open, because the average cash award is now around \$5,000!

In 2007, 652 felons were taken off the streets of Houston with information from ordinary citizens and Crime Stoppers, and of those 652, 13 are awaiting trial on capital murder charges and 18 on aggravated robbery. Most of them pled guilty.

Crime Stoppers of Houston works with all of the 72 law enforcement agencies in Harris County, and they even network with surrounding counties. Since they are a 501(c)(3) nonprofit, your donations are tax-deductible, and you can even donate online at www.crime-stoppers.org. Their annual fundraising gala is October 16 at the Hilton downtown, and James Baker will be the keynote speaker.



Our founder, George McDowell, Col. USAF, recently celebrated his 95th birthday! He brought

his lovely daughter, Linda Novasad, to our meeting. George says his rule for success is to "Always associate with younger people!"



Linda Novasad, daughter of Col. McDowell

Below, Janice Taylor (r.) with the winners of the two drawings at our



July meeting: John Burget (l.), who won our cash prize, and Sylvia Naypaver (c.), who won our drawing for a free meal. Congratulations!



Ben Schleider, a member since 2006, attended our August meeting at Houston Racquet Club.



Ed Hale (l.) and Ben Schleider, who discovered, at our August meeting, that they were *both* graduates of Texas A&M Class of '43!



Also at our August meeting was Ervin L. Eggleston, Capt. USN, who recently celebrated his 85th birthday.

Military Service Mottos

This We'll Defend
U.S. Army

Honor, Courage, Commitment
U.S. Navy Core Values
(No official motto)

Integrity First
Service Before Self
Excellence in All We Do
U.S. Air Force Core Values
(No official motto)

Semper Fidelis
(Always Faithful)
U.S. Marines

Semper Paratus
(Always Ready)
U.S. Coast Guard

Your Health

From Alan Inglis, M.D.:

Most injury-causing falls occur in the home, according to statistics from the American Geriatrics Society.

Here are some safety tips:

- * Put a nightlight in a dark hallway.

- * Put nonskid backing on rugs to avoid tripping.

- * Remove clutter, boxes, and low furniture, especially near staircases.

- * Install handrails near stairs and check that existing rails are all screwed in and screwed down.

- * Put in grab bars near the toilet and bath tub, and no-slip decals in the tub or shower.

- * Check your prescriptions and those of your loved ones. If there are mixes of pills, don't be shy about asking the doctor if any combination might be a risk for dizziness.

Dr. Inglis also warns us about obesity, which is, he says, is more than just being overweight, because it makes your body vulnerable to many other diseases, such as type 2 diabetes, stroke, Alzheimer's, and heart disease. He urges that we avoid high-calorie and packaged foods, mix in more fruits and vegetables, and learn to push back from the table.

The American Geriatrics Society's Web site may be found at www.americangeriatrics.org. It posts plenty of information about aging and health issues, along with links to its advocacy programs. We only pass along this information for your review, and we make no endorsement of any kind.

—Ed.

The Health in Aging Advocacy Center, hosted by the American Geriatrics Society, offers tools for advocating on issues important to the health of older adults. One of their current Advocacy Campaigns asks that we **Help Support Title VII Geriatrics Training Programs.**

In support of the plea, they state that as America's 77 million baby boomers age, the need for healthcare professionals trained in geriatrics will be high in demand. Geriatrics Training Programs are essential to preparing the nation's healthcare professionals to meet the unique healthcare needs of the rapidly growing population of older Americans.

They then offer a way to fill in a form at <http://gal.org/campaign/TitleVIIIFY09>, and e-mail a letter from you to your member of Congress.

The form letter (which would be sent from you to your Congressman if you fill out their form) states:

Dear [Decision Maker],

Now that the Fiscal Year (FY) 2009 appropriations process is underway, we need your help ensuring that older Americans get the healthcare they need. The President's proposed FY 2009 budget would eliminate all funding for important Title VII health professions programs—including Geriatrics Training Programs.

Funding for these programs is a small but highly effective investment in ensuring that older adults receive high quality healthcare now and in the future. A

healthcare workforce that is well versed in the unique healthcare needs of older adults has a tremendous impact on the quality of care provided. In 2005 alone, Title VII-funded Geriatric Education Centers reported delivery of low-cost geriatrics training interventions to over 50,000 health care providers who collectively reported over 8.6 million patient encounters and enhanced quality of care provided to older adults. The 2005 White House Conference on Aging identified investment in geriatrics training as a top priority for the nation with good reason.

As a constituent, I ask you to support continued funding for these programs in FY 2009. As you well know, the President's proposed budget is only the starting point, so please make Title VII a high priority and guarantee Title VII Geriatrics Health Professions Programs funding in FY 2009.

Thank you for your commitment to improving older Americans' access to quality healthcare. Should you have questions about Title VII Geriatrics Health Professions Programs, please have your staff contact Anne Marie Evriviades (212-308-1414) at the American Geriatrics Society.

Sincerely,
[Your name]
[Your address]

The American Geriatrics Society Web site also contains an excellent two-part article on "Geriatric Syndromes," with information on such topics as dementia, sleep walking, dizziness, thinning bones, difficulty swallowing, malnutrition, vision problems, and more. Knowledge is important to all of us as we deal with medical problems.

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Houston Corps of Cadets ROTC Endowment Fund–The University of Houston
(Army, Navy, Marine Corps, Air Force)

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My gift will be made with installments of \$ _____ to be paid monthly _____ quarterly _____ annually _____.
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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

And from your editor:

For those of you who have access to the Internet, there is a fascinating quick history of border changes at <http://www.mapsofwar.com/images/EMPIRE17.swf>.

You will find 5000 years of history in 90 seconds, and it's very impressive.

Till next time, send me your interesting articles, topics, and suggestions. If you know of someone who would like to place an ad with us, the per-issue prices are \$180 for a full page, \$90 for a half-page, \$50 for a quarter-page ad and \$20 for a business card size.

Carol Ann Wilson, Editor

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:

Last	First	Initial	Grade Service	Branch
NAME OF SPOUSE:				

ADDRESS:

E-mail: _____ Dues: Regular Membership: \$10 first year;
 annual renewal \$20
 Auxiliary (spouse of deceased officer) \$10

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