



Heart of Texas Chapter  
Military Officer Association of America  
P.O. Box 23964 Waco, TX 76702-3964

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September 2019

**PRESIDENT'S COLUMN**

Greetings:

September is here and we continue to have overwhelming hot days and nights. I never thought I'd say that it is too hot for golf, but Waco is close to making this guy a believer. Be careful out there and look out for others.

It appeared that everyone enjoyed the August Heart of Texas MOAA dinner meeting with Sheriff Parnell McNamara and Captain Steve January. Both of them have had interesting experiences in their law enforcement careers and don't mind sharing.

Here are a few special days to remember and observe. September 2: V-J Day: Japan Signed the Formal Surrender in 1945 and we observe Labor Day on the 2<sup>nd</sup>. September 8: Grandparents Day. September 11: Patriot Day (Remember to fly your Flag at Half Staff until Sunset) and National Day of Service and Remembrance is also on the 11th. September 17: U.S. Constitution was approved in 1787 and the 17<sup>th</sup> is also Constitution and Citizenship Day. September 18: The U.S. Air Force was established in 1947. September 20: POW/MIA Recognition Day. Also on September 23, Autumn Begins; however, you may not notice it in Texas.

Please help us have a nice turnout for the September 19 membership meeting. Our speaker, Felecia Mulkey, is the Head Coach of the Acrobatics & Tumbling Team at Baylor University. Coach Mulkey has a winning record at all the universities she has coached at and has certainly turned the Acrobatics and Tumbling program around since coming to Baylor in 2014. Plan to attend our September MOAA meeting and greet Coach Mulkey and some of her team members. Hope to see you there.

As always, thanks to our members for continuing to recommend guest speakers, entertainment and new members. Your help is greatly appreciated.

Please remember MOAA members, your friends and neighbors that are experiencing health and personal challenges. Your encouragement will be greatly appreciated.

Drive carefully and remember that schools are back in session. Have a safe month of September and enjoy family and friends. As always, Bless You and Military Members around the world, Bless the United States of America and "Never Stop Serving".

Respectfully,

Gary Urban

**PROPOSED SCHEDULE FOR 2019-20**  
**Ridgewood Country Club (RCC) is at 7301 Fish Pond Road**

**17 October, Thursday, RCC**, Dinner meeting with guest speaker to be announced.

**21 November, Thursday, RCC**, Dinner meeting with speaker Bobbi Stewart and proposed Baylor AF ROTC awards.

**12 December, Thursday, RCC**, Dinner meeting, Election and live entertainment by band, The Morticians.

**5 June, 2020, Friday afternoon**, Annual Fundraiser Golf Tournament at Cottonwood Creek Golf Course.

**HOT CHAPTER BOARD MEETING**

The monthly Board meeting will be held on Tuesday, **September 24, 2019, 5 p.m., UNCLE DAN'S BBQ & RIBHOUSE**, 1001 Lake Air Drive.

## Upcoming Events and Information Items

### **SEPTEMBER 19 THURSDAY DINNER MEETING AT RIDGEWOOD COUNTRY CLUB BANQUET ROOM,**

**Guest Speaker, Felecia Mulkey, Baylor Head  
Coach for Acrobatics & Tumbling**

**\*\*SOCIAL HOUR: 6:00 P.M. \*\*, \*\*CALL TO  
TABLES 6:30 P.M. \*, \*INTRO &  
ANNOUNCEMENTS, 6:35 P.M. \*\*, \*\*DINNER  
6:55 P.M. \*\*, \*\*DRAWING & GUEST  
SPEAKER 7:55 P.M.**

**MENU: Garden salad, chopped steak, tilapia,  
Chef's choice of starch, vegetable and two  
desserts, Fresh Rolls and Butter, Fresh Brewed  
Iced Tea or Hot Tea and Coffee. Please note new  
dinner charge is \$33 per person, payable at  
registration table, cash or check made to HOT  
Chapter MOAA. Please call Vince Tobola, 254-  
709-5795 or e-mail vtobola@aol.com, NLT  
Tuesday 17 September, 6:00 p.m. for sign-ups.**

**After this time, please contact as soon as possible  
if plans change and desire to attend and we will  
work to accommodate you at the dinner meeting.**

**NOTE: Summer dress code will be in effect,  
gentlemen collared shirt with slacks, coat and/or  
tie optional and ladies attire as desired.**

### **2019 CHAPTER MEMBERSHIP DUES**

The Board is always looking for prospects to join the chapter. Please contact Vince Tobola, or call 709-5795 or e-mail [vtobola@aol.com](mailto:vtobola@aol.com) if you need a membership application form. Chapter member dues are \$25 and due starting January and will be prorated for new members joining later in year. These can be paid at the dinner meeting or mailed to the PO Box address on first page of newsletter. Thank you for your support.

### **SEPTEMBER SPECIAL DAY RECOGNITION**

**Birthdays:** Jim Buehrig, Debby DeGraff, Mary Duty, Don Edwards, Elizabeth Garcia, Jerry Gordon, Tim Pfanner, Matt Pirko, Robert Ross, and Madeline Sweeney.

**Anniversaries:** Larry and Mary Gee, Rusty and Janet Glover, Pete and Susan Patrick, and Billie and Mauve Sawyer.

**CONGRATUATIONS TO ALL**

### **GUEST SPEAKER**

Felecia Mulkey is the Head Coach – Baylor University Acrobatics & Tumbling Team. She is a 1998 Kennesaw State Health and Exercise Science Graduate.

Baylor acrobatics & tumbling head coach Felecia Mulkey has completely changed the program since arriving in Waco in June of 2014. Entering her fifth season in 2019, she has led the Bears to four-straight National Collegiate Acrobatics & Tumbling Association (NCATA) champions with a 41-1 four-year record and has tutored 13 NCATA All-Americans in her four seasons. Mulkey has won all eight NCATA titles in the sport's history. Baylor is 12-0 in NCATA National Championships under Mulkey.

In 2018, the Bears went 11-0, the third undefeated season in four years en route to winning the program's fourth-straight NCATA title. Mulkey was named NCATA Coach for the Year for the second time in her career. The 11 wins are a program record.

In her eight seasons as a head coach, Mulkey, a native of Atlanta, Ga., has an overall record of 73-4 while winning seven national titles, 48 event titles, coached 20 student-athletes to All-America honors with four earning athlete of the year awards. Off the mat, Mulkey works tirelessly in growing the sport of acrobatics and tumbling. She continues to play a key role in the progression of acrobatics & tumbling's effort to gain NCAA sport status.

### **LOCAL AREA EVENTS COMING**

**Sept 21, Saturday,** the Heart of Texas 20<sup>th</sup> Annual Wine and Food Festival will be held from 6 – 10 p.m. This is major fundraiser for the Humane Society of Central Texas and held at McLane Stadium. Large choice of wines and food, for tickets and more info go to [www.wacowinefestival.com](http://www.wacowinefestival.com).

**Oct 3 – 13,** Heart of Texas Fair and Rodeo.

**Oct 4 – 6,** Friday – Sunday, Waco Cultural Arts Fest at Indian Spring Park and Waco Convention Center. More info at [wacoartsfest.org](http://wacoartsfest.org).

**Oct 17 – 19,** Thurs. – Sat. 5<sup>th</sup> Annual Silo-bration, 601 Webster Avenue. Celebration includes Magnolia Market site, 40+ artisan vendors, midway w/ferris wheel, food trucks and evening concerts. Daytime events no admission charge and charge for evening concerts. More info at [Magnolia.com/events/silobration-2019](http://Magnolia.com/events/silobration-2019).

## **SPACE COMMAND REESTABLISHED**

President Trump announced the official reestablishment of the United States Space Command (USSPACECOM), which will be DOD's 11th Unified Combatant Command. Initially established in 1985, and deactivated in 2002 following the establishment of U.S. Northern Command, the primary mission of USSPACECOM is to focus on the protection of U.S. space assets and to strengthen the military's posture in space as adversaries develop more advanced anti-satellite weapons. Initially, the command will be temporarily headquartered at Peterson Air Force Base, Colo. However, DOD is looking at six possible locations for a permanent headquarters: four in Colo., one in Ala., and one in Calif. On March 22, 2019, Air Force General John W. Raymond was selected to lead the organization, and on June 27, 2019, he was confirmed by the Senate.

## **RETIREES ENROLLED IN TRICARE PRIME MAY GET A REFUND**

Recently, TRICARE released a policy manual update that will be beneficial to some retirees who are enrolled in TRICARE Prime. Prior to the TRICARE reforms that went into effect in 2018, enrollment fees were included in the maximum out-of-pocket payment or catastrophic cap; after the reforms, they were no longer counted toward the cap which effectively increased the cost for some families. The new change, which is retroactive to 2018, will allow the annual enrollment payment to be counted toward the cap again. This means retirees who paid the enrollment fee and exceeded their catastrophic cap could get a refund. The update explains that the contractor will be responsible for notifying the beneficiaries who are affected by the policy change. The outreach letter will explain the credit, how the credit was applied, and the steps to request a refund.

## **RECAP ON WWII AND GEORGE H.W. BUSH**

Seventy-five year ago this month, Navy Lt. George Herbert Walker Bush was rescued in the Pacific. His squadron was conducting a bombing mission on the Pacific island of Chichi Jima when they encountered devastating anti-aircraft fire. Despite an engine fire, he was able to drop his four 500-lb bombs. He headed back to aircraft carrier San Jacinto, but has to crash land in the water. He was rescued by the USS Finback sub. By the time he left his service, he had 58 combat missions and on to a noteworthy future.

## **MILITARY TROOPS AND CBD PRODUCTS**

As the military services each roll out new policies regarding hemp-derived products like cannabidiol, or CBD, the Defense Department is not mincing words.

"It's completely forbidden for use by any service member in any of the services at this point of time," said Patricia Deuster, director of the Human Performance Laboratory at the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

The warning, along with the policies issued recently by the Air Force, Coast Guard and Department of the Navy, comes as CBD is becoming increasingly ubiquitous across the country in many forms, from coffee additives and vaping liquids to tinctures, candies and other foods, carrying promises of health benefits ranging from pain and anxiety relief to sleeping aids and inflammation reduction.

Hemp was removed from the federal government's list of controlled substances under the Agriculture Improvement Act of 2018, which passed last December. By law, hemp that contains less than .3 percent THC (delta-9-tetrahydrocannabinol, the psychoactive ingredient in marijuana, is legal. But while the legislation removed cannabidiol from the Schedule I list of illicit substances, it did not necessarily legalize all CBD products. And since the products are unregulated and untested, there's no way to tell exactly what a person is buying or using, Deuster told reporters in a phone call from the Military Health System Research Symposium on Tuesday.

Troops could find themselves testing positive for marijuana use if the CBD product they use contains too much THC, she said.

The only Food and Drug Agency-approved CBD product is Epidiolex, a medication used to control epileptic seizures. Both the Air Force directive, released April 30, and the Navy regulation, issued Aug. 7, allow service members to be prescribed the medication.

But all other ingested products derived from cannabis remain off-limits, despite the growing cottage industry. Service members who test positive for THC, and who are not taking Epidiolex or other FDA-approved medications containing synthetic cannabis, are subject to Article 92 of the Uniform Code of Military Justice and may receive an other-than-honorable discharge, which can carry a loss of veterans benefits.

## **BURN PITS PROGRAM STARTED**

The Department of Veterans Affairs is increasing its focus on health conditions linked to burn pits and other airborne pollution in combat zones, establishing a "center of excellence" to better understand the extent of related illnesses and treatments for affected veterans.

The new Airborne Hazards and Burn Pits Center of Excellence was stood up in May at the VA's War-Related Illness and Injury Study Center, or WRIISC, in East Orange, New Jersey. The office will specialize in clinical and translational research, as well as forging partnerships with researchers, physicians and others currently working to support veterans with burn pit-related diseases.

According to Dr. Anays Sotolongo, the center's director, the facility's mission is multipronged: It will work to understand the health consequences of airborne environmental exposures, provide health evaluations for difficult-to-diagnose patients, build a network of specialized clinicians across the country, and facilitate research.

The center was created last September by Congress as part of the legislation that funds the VA. It builds on an existing center of excellence -- the Airborne Hazards Center of Excellence -- and includes \$10 million in additional funds over the next year to study burn pit-related health conditions.

When fully manned, the center will have at least 18 employees, including pulmonologists, occupational medicine physicians, technologists, researchers and more, Sotolongo said. An in-house analyst will study data contained in the VA Airborne Hazards and Open Burn Pit Registry, which contains information from 173,000 veterans who served in the Middle East starting with the first Gulf War and Afghanistan and Djibouti after Sept. 11, 2001.

## **MILITARY SUICIDES CONTINUES**

Active duty and veteran suicides continue at alarming rate. The VA has multiple resources and initiatives to assist veterans and their concerned friends and families. If you are worried about a loved one or yourself, professional help is available through Veterans Crisis Line, call 800-273-8255 and press 1, or send a text message to 838255 or chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net).

## **FEDERAL STUDENT DEBT RELIEF**

President Donald Trump announced Aug. 21 that his administration will expedite the process for forgiving the federal student loan debt of eligible disabled veterans. Trump signed a directive ordering the Department of Education to "eliminate every penny of federal student loan debt owed by American veterans who are completely and permanently disabled."

The memorandum directs the Departments of Education and Veterans Affairs to ease the cumbersome application process for an existing program, the Total and Permanent Disability Discharge program. "I am taking executive action to ensure that our wounded warriors are not saddled with student debt," Trump said. "Altogether, this action will wipe out an average of \$30,000 in debt owed by more than 25,000 eligible veterans."

The Higher Education Act of 1965 and the Higher Education Act of 2008 discharged the student loan debt for totally and permanently disabled veterans. But applying for the program is complex, requiring the Departments of Veterans Affairs and Education to share data to determine who is eligible; the Education Department to send a preliminary application to eligible veterans; and veterans to furnish proof of their eligibility.

Of 42,000 eligible veterans, fewer than half have accessed the program, prompting veterans' service organizations, such as Vietnam Veterans of America, Veterans Education Success and the Retired Enlisted Association, to push for an easier process.

The new memo directs the "Secretaries of Education and Veterans Affairs to develop a new expedited process to help totally and permanently disabled veterans have their federal student loan debt discharged with 'minimal burdens,'" according to the White House.

Trump said that, in addition to improving the process, the directive cancels out any federal income tax on the debt, and he is asking states to waive state taxes on the debt.

## **AIR FORCE A-10 UPDATE**

The last of 173 A-10 Thunderbolt II's have received upgraded wings, which will allow the aircraft to fly into the 2030's. Its future had been in question as the Air Force had considered retiring the fleet. However, the aircraft's fearsome firepower and successful track record of saving ground troops has earned it a fervent fan base and place in US warfare.



### **UPDATED ID CARD COMING**

The Department of Defense is updating its current paper-based uniformed services identification card issued to retired service members, family members and other eligible populations. The “Next Generation” USID card will incorporate an updated design and security features to deter counterfeiting and fraud, and will be printed on a plastic cardstock. DOD is transforming the way service members and their families are supported through modernized ID cards and improved mechanisms to protect cardholder privacy and personal information.

Frequently asked questions:

1. What is changing on the USID card, and why?  
The Next Generation ID card transitions the current USID card to plastic cardstock with enhanced security features and update topology. These enhanced features enable DOD to reduce the number of card types issued to eligible individuals from 10 to three. The Next Generation USID card does not change the populations who are eligible to receive the current card.
2. When can I get the Next Generation USID card?  
Beginning early fall 2019, individuals with expiring ID cards will begin to receive the Next Generation USID card at card issuing facilities as they are equipped with the equipment and supplies necessary to issue the Next Generation USID card. In an effort to conserve resources and limit the impact on ID card issuance facilities, cards will not be reissued solely for the purpose of obtaining the Next Generation USID card.

### **SCHOLARSHIP GOLF TOURNAMENT IN TEMPLE, MONDAY SEPTEMBER 23**

The Central Texas MOAA Chapter will be hosting a golf tournament at Wildflower Country Club, 4902 Wildflower lane, Temple, TX on Sept. 23<sup>rd</sup>. Registration starts at 8 a.m. and shotgun start at 9 a.m. Cost is \$125 per person and \$500 for team of four. It is a 4-person scramble and is open to the public and all military. Lunch and awards are at 1 p.m. Contests include hole-in-one, Stik-it! Ball Launcher, Longest drive, closest to the pin and straightest drive. You can register on line at [www.centexmoaa.org](http://www.centexmoaa.org). For more information, contact Ron Meyer, 573-855-7173 or Jeff Davison, 254-722-2161. Proceeds go to scholarships to high school and college students who plan to attend or are attending ROTC at their school of choice.

### **WACO CHAMBER OF COMMERCE**

The HOT Chapter is a member of the Greater Waco Chamber of Commerce so chapter members can attend chamber events and not pay non-member costs. Web site is [wacochamber.com](http://wacochamber.com). The Chamber is located in downtown Waco at 101 S. 3<sup>rd</sup> Street (254 757-5600). Please check web site for registration info on events.

- Thurs., Sep. 12, 5:00 – 7:00 p.m. at the Melody Ranch, 2315 Robinson Drive, Robinson, Business after Hours. This is a networking opportunity.
- Tues., Sep. 10, 11:45 – 1:00 p.m., Baylor Club, 1001 S MLK Blvd. Young Professionals Leadership Luncheon. Guest speaker will be Ashley Allison, Executive Director of the Waco Foundation. Cost for lunch is \$20. Please register your attendance and pay with credit card.
- Wed. Sep. 18, 10:30 – 11:30 a.m., First Methodist Church, 4901 Cobbs Dr., 1000 Friends of Waco monthly update on downtown area with inputs from Downtown Merchants Assoc., the Public Improvement District, Greater Waco Chamber and others.

### **COMMENTS ON KEEPING BRAINS HEALTHY**

Keeping brains healthy as time goes is a goal but cannot wait for a magic potion. There is a great question on supplements really being able to make a difference. Meanwhile there are things to do. Choosing foods that support a healthy brain helps and involves a diet rich in fruits and vegetables, especially green leafy vegetables and berries. High blood pressure, high cholesterol and diabetics hurt both heart and cognitive health, so “a heart-healthy diet is a brain-healthy diet”.

There are additional steps:

- Be social. It is good for our brains for us to interact with others, feel connected to them and take part in purposeful activities.
- Stay active. Physically active people have a lower risk of cognitive decline. It is preferable to engage in more than one physical activity.
- Get enough sleep. Sleeping seven to eight hours each night is related to better brain and physical health in older adults.
- Be stimulated. Activities such as volunteering, continuing your education, and learning a new skill all help the brain.



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