



Heart of Texas Chapter (TX-07)
Military Officer Association of America
P.O. Box 23964 Waco, TX 76702-3964

Volume MMXX, Issue X

October 2020

Chapter Web Site: hotmoaa.org

PRESIDENT'S COLUMN

Greetings,

Our September dinner guest speaker was Detective Sgt Chad Ashworth of the Waco Police Department's Traffic Division. He gave an enlightening and entertaining presentation at our September dinner meeting. Sgt Ashworth illustrated the concern by policemen for interactions with members of the community and public at large. He also showed that police work, including arrests, is done by selected, trained individuals in a professional manner according to established protocols, as opposed to some depictions on popular media of haphazard actions by policemen.

I generally favor the use of vaccines to help control and prevent spread of significant contagious diseases. Most of us recall getting small pox vaccinations as children, then polio vaccine; those two were highly effective, and some of us have had those vaccinations repeated more recently due to threats of resurgence of the viruses, usually from laboratories. Recently we have had annual influenza (flu – not the common cold) vaccinations which have been mostly effective; influenza can be an incredibly significant illness. Now we are facing the need for a vaccine that will take care of COVID-19; and there is a lot of confusing rhetoric with political overtones concerning effectiveness and safety of the vaccines currently being researched and tested. My personal perspective and opinion is that we do need an effective COVID-19 vaccine and the sooner the better, especially for those of us in the "at risk" categories including advanced age and underlying conditions that compromise our health. While I cannot offer specific individual medical treatment advice in this forum, I will say that barring a

report of significant dangerous side effective of a vaccine, I plan to get the vaccine just as soon as it is available.

Respectfully,
William Milnor

MEETING SCHEDULE FOR 2020

Ridgewood Country Club (RCC) is at 7301 Fish Pond Road.

- **19 November, Thursday, RCC**, Dinner meeting, Guest speaker will be Mark Childers, Baylor VP for Public Safety and former Secret Service agent.
- **10 December, Thursday**, Dinner meeting with election and live entertainment.

Note: The annual fundraiser golf tournament is scheduled on June 4, 2021, Friday afternoon at Cottonwood Creek Golf Course, Waco.

OCTOBER SPECIAL DAY RECOGNITION

Birthdays: Lynn Day, Frank Drew, Michael Garcia, Bill Hearn, John Householder, Nora Householder, Penny Lull, Scott Pitzer, and Richard Sweeney, Norma Thronburg, Pat Young, and Doug Young.

Anniversaries: George and Pam Holmes, Rusty and Susie Rowe, and John and Su Wells.

CONGRATUATIONS TO ALL

HOT CHAPTER BOARD MEETING

The next Board meeting is scheduled for Tuesday, October 27, 5 p.m., at Uncle Dan's BBQ on Lake Air Drive.

MCLENNAN COUNTY VETERANS ASSOCIATION (MCVA) CANCELS 2020 EVENTS

The MCVA announced cancellation of the October VETS FEST lunch at the Outback Restaurant and the November 11 Veterans Day Parade in downtown Waco.

Upcoming Events and Information Items

OCTOBER 15 THURSDAY DINNER MEETING AT RIDGEWOOD COUNTRY CLUB BANQUET ROOM,

Guest Speaker, William Milnor

SOCIAL HOUR: 6:00 P.M. **, **CALL TO TABLES 6:30 P.M. *, *INTRO & ANNOUNCEMENTS, 6:35 P.M. **, **DINNER 6:50 P.M.*, **DRAWING & GUEST SPEAKER 7:50 P.M.

MENU: Champion salad, pork loin, fried catfish, Chef's choice of starch, vegetable and two desserts, Fresh Rolls and Butter, Fresh Brewed Iced Tea or Hot Tea and Coffee. Please note 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 Monday, 12 October 6 p.m. for sign-ups.

Early RSVP's are welcome and appreciated.

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

NOTE: Winter dress code will be in effect, gentlemen, coat and tie and ladies attire as desired.

DINNER MEETING HEALTH PRECAUTIONS

- Masks shall be worn inside at all times and all locations except when sitting at the tables.
- Drinks will be available at the bar.
- Buffet line and dessert table will have Club staff serving food items.
- Only one table at a time for food service since only one side available with Club staff serving.
- Tables will have six chairs versus normal eight.
- Please be aware of your personal conditions since fever is one of most likely symptoms of coronavirus and we all need to take proper care to protect others.

2020 GENERAL ELECTION DATES INFO FOR TEXAS

- October 5 is the last day for voter registration.
- Early voting will start on Tuesday, October 13th and continue through Friday, October 30. The normal early voting period has been extended a week.
- The general election will be held on Tuesday, November 3.

EARLY COUNTY VOTING LOCATIONS – OCT. 13 – 30

- McLennan County Elections Administration Office Records Building, 214 N. 4th Street, Suite 300, Waco
- Robinson Community Center, 106 W. Lyndale, Robinson
- Waco Multi-Purpose Community Center, 1020 Elm Avenue, Waco
- First Assembly of God Church, 6701 Bosque Blvd., Waco
- Hewitt City Hall/Library, 200 Patriot Court, Hewitt

Times vary by dates:

Oct. 13 Tues. – 16 Fri, daily are 8:00 a. m – 5 p.m.

Oct. 17 Sat. 7:00 a.m. – 7:00 p.m.

Oct. 18 Sun. 1:00 p.m. – 6:00 p.m.

Oct. 19 Mon. -23 Fri. daily are 8:00 a.m. – 5 p.m.

Oct. 24 Sat. 7:00 a.m. – 7:00 p.m.

Oct. 25 Sun. 1:00 p.m. – 6:00 p.m.

Oct. 26 Mon. – Fri. 30 daily are 7:00 a.m. – 7:00 p.m.

GENERAL ELECTION NOVEMBER 3

There will be 34 Election Day vote centers in the county available on Tues, Nov. 3. The vote centers will be open from 7 a.m. to 7 p.m. More information can be found at office phone number is 254-757-5043 or

<https://www.co.mclennan.tx.us/337/elections>.

OCTOBER MILITARY OBSERVANCES

13TH – Navy Anniversary

26th – National Day of the Deployed, a day set aside to honor all of the brave men and woman who have been deployed and are sacrificing, or have sacrificed, their lives to fight for our country and acknowledges their families that they are separated from.

All Month – Recognition of the Military Family

PROPOSED ADDITIONAL COVERAGE BY VA ON AGENT-ORANGE RELATED DISEASES

Senators have ramped up efforts to add three new diseases to the Department of Veterans Affairs' list of Agent Orange-related diseases, pressing the House and Senate Armed Services Committees to include them in the final version of the national defense policy bill.

Sen. Jon Tester, D-Mont., and 45 other senators sent letters in late September to leaders of the committees, imploring them to amend the fiscal 2021 National Defense Authorization Act to add bladder cancer, hypothyroidism and Parkinsonism to the VA's list of conditions linked to herbicide exposure in Vietnam and elsewhere.

The bipartisan group, including four Republicans, said an amendment is needed to support 34,000 "frustrated and desperate veterans living and dying from these health conditions."

"Tens of thousands of Vietnam veterans suffer from these three conditions due to their military service, yet these veterans continue to be denied the care and benefits they have earned and desperately need," they wrote.

The House and Senate have both passed their versions of the fiscal 2021 defense bill and a group of members from both chambers is supposed to meet to confer on a final draft. However, the conferees have not been named and a date has not been announced for the conference, making it unlikely that a vote will occur before the Nov. 3 election. The amendment named in the letter, S.A. 1972, passed the Senate with 94 votes. A similar amendment was introduced in the House by Rep. Josh Harder, D-Calif. Thirty veterans groups and military groups support the proposals.

CONGRESS MOVES ON VA LEGISLATION

At end of September, the House unanimously passed six pieces of veterans' legislation. Among the bills passed was H.R. 7795, the *Veterans Benefits Fairness and Transparency Act of 2020*, which would require VA to publish disability benefits questionnaires (DBQs) on its website for use by the public. Additionally, the Senate Veterans' Affairs Committee advanced S. 4393, the *Toxic Exposure in the American Military (TEAM) Act of 2020*, and S. 4511, the *Veterans Benefits Enhancement and Expansion Act of 2020*. The *TEAM Act of 2020* would reauthorize key provisions of the *Agent Orange Act of 1991*,

including a requirement for the VA Secretary to enact regulations to add conditions to the list of presumptive conditions associated with exposure to Agent Orange. The legislation would also establish an independent commission to inform VA about new toxic exposures related to military service, require VA to enter into a partnership with the National Academies of Science, Engineering, and Medicine (NASEM) to determine levels of association regarding the incidence of disease and exposure to toxic substances, and require VA to implement regulations on the basis of NASEM recommendations.

S. 4511 would also change the statutory definition of "Vietnam veteran" to include individuals who served in the Republic of Vietnam beginning on Nov. 1, 1955, and would expand a variety of other veterans' benefits.

The Senate must now pass H.R. 7795, S. 4393, and S. 4511 in their entirety.

NEW ARMY MILITARY COMMAND IN AUSTIN, TEXAS

The decision to locate Army Futures Command in Austin represents the first time the Army has placed a major command within an urban setting as opposed to an Army post. The goal was to bring itself closer to technology innovators and researchers in one of the nation's top growing technology cities.

The new Army Futures Command is tasked with driving the Army into the future to ensure the Army and its soldiers' overmatch their adversaries in future conflicts. Its creation was announced by Army leaders in October of 2017 and it officially began operations in August of 2018. AFC will be focused on the development of new equipment, processes and doctrine to propel the army into the future. AFC leadership is responsible for the Army's research and development (R&D) effort, the Army's future warfare think-tank and modernizing the Army's training and education efforts.

This command group has been designed to have both deep administrative and combat experience. As a result, Army Futures Command will employ a mix of both civilian and military personnel. Of the 500 people the AFC has said it will employ, about 20% will be active duty military personnel. The remainder will be civilian employees, who will blend in well with the active duty soldiers since current plans call for civilian dress by all employees in the office.

GUEST SPEAKER – DR. BILL MILNOR

Dr. Milnor obtained his MD from Baylor College of Medicine, Houston, in 1971. He was in Orthopaedic and Hand Surgery Residency and Fellowship training at Walter Reed Army Medical Center and Mayo Clinic, from 1975 - 1983.

Bill has had 22+ years as Army Medical Officer and retired as Colonel on 01/01/95. He had various assignments in US and FRG, including faculty positions in Orthopaedic Surgery (teaching) at Brooke Army Medical Center (Ft Sam Houston) and Tripler Army Medical Center (Hawaii). He also served as Chief Surgical Consultant to the Surgeon General, US Army, until 01/01/95. He had a private practice in orthopaedic and hand surgery 1995-2005 and an administrative orthopaedic practice 2005-2018. Bill has treated patients of all ages for traumatic and other musculoskeletal disorders; prescribed opioids as needed.

NEW PARTNERSHIP LINKS VA, DOD IN STUDY OF SERVICE MEMBERS' MENTAL HEALTH

The VA has joined a longstanding research project in a new partnership designed to help troops and transitioning service members stay strong and resilient in mind, body, and spirit.

The department will work alongside the Army, the Office of the Assistant Secretary of Defense for Health Affairs, and the National Institute of Mental Health (NIMH) in the Study to Assess Risk and Resilience in Service members (STARRS) — one of the largest research studies to look at the mental and emotional health of military personnel.

The new research partnership holds promise in not only helping DOD with the health and well-being of its military personnel, but also how VA supports and treats veterans over their lifetime. "We're excited to partner with the Department of Defense and the National Institute on Mental Health on this major research effort aimed at preventing suicides," said Dr. Richard A. Stone, Veterans Health Administration (VHA) executive in charge and a retired Army Reserve major general. "Many veterans experience a difficult transition from the military. This research will promote data-sharing between DOD and VA and thereby provide us with critical information to help these veterans." "It also promises to inform our outreach to veterans who have not yet used VA health care," he said.

This partnership is welcomed by MOAA and other veterans' organizations that have been advocating for years to strengthen the relationship between DOD and VA. It paves the way for more collaborative work in the future.

STARRS was established in 2009 by the Army and NIMH. It expanded to include a Military Suicide Research Consortium, which includes health research experts across government and academia. Older suicide studies by the Army captured data on soldiers at various points in their Army career, but the data was lost once members separated. In recent years, the real struggle faced by service members during their transition from the military has become clear. "There is an increased risk of death by suicide in the first two years following military separation, and includes a specific subgroup within that high-risk area among individuals who were discharged from military service under other-than-honorable conditions," according to Kenneth Cox, the Army's liaison for the STARRS research team.

The project is funded through 2024 by DOD. In the coming years, researchers are expected to collect billions of data points on soldiers from 46 Army and DOD databases.

Outcomes from the project are expected to improve analysis and improve predictive modeling that translates to practical, actionable information to reduce death by suicide and help in treating service members and transitioning veterans struggling with mental health or behavioral health issues.

COST OF LIVING ALLOWANCE UPDATE

Thanks in part to the economic impact of the COVID-19 pandemic; don't expect a big cost-of-living adjustment (COLA) for your Social Security benefits in 2021.

Experts are looking for about a 1 percent increase starting in January 2021, and possibly less. "Obviously, the amount of the COLA hinges on the economy, which has picked up in the past month," says David Certner, AARP's director of legislative policy for government affairs. "We have a shot at somewhere between 0.5 percent and even as high as 1 percent." Their experts' projections are in the same ballpark as Certner's. Mary Johnson, Social Security and Medicare policy analyst for the Senior Citizens League estimates a 1.1 percent COLA going into effect in 2021. Jim Blankenship, a financial planner and author of *A Social Security Owner's Manual*, has a more conservative estimate: 0.44 percent.

MANAGING YOUR MILITARY PAY

To start, **myPay** is the Defense Finance and Accounting Service's pay management portal that is used by approximately five million military members, federal civilian employees, and military retirees and annuitants. **myPay** provides faster service, security, accessibility and reliability to all DFAS customers worldwide.

WITH myPay YOU CAN

- View, print or save your Retiree Account Statement
- View, print or save your Combat-Related Special Compensation Statement
- Start, stop or change electronic allotments to financial institutions
- Change your mailing or email address
- Make changes to your direct deposit information
- View, print or save your IRS Form 1099R
- Update beneficiary information
- Turn on your Retiree Newsletter notification

How to Create a myPay Account

If you've never used **myPay**, visit <https://mypay.dfas.mil> and click "Forgot or Need a Password" to have a temporary password mailed to you. Once you have received a password, return to the **myPay** home page and click "Create your myPay Profile" to get started. Enter your SSN and temporary password.

If you see the following message in red: "The combination you entered is incorrect. You have already created a LOGIN ID and should not be using your SSN to log in. Please try again" this means you already have a login ID. By now you've probably forgotten it, so you'll need to go back to the **myPay** home page and click "Forgot your Login ID?" Enter your SSN and temporary password to have your Login ID displayed on screen. Then, return to the home page to login. If you have trouble, call **myPay** at 888-332-7411 to speak to a Customer Service Representative.

According to DFAS officials, **myPay** is the agency's primary customer self-help tool and allows many to avoid the need to mail documents to DFAS or wait to speak with a customer service representative, especially during high call volume times.

DFAS – MYPAY ANNOUNCES TWO-FACTOR AUTHENTICATION COMING SOON

Your identity and financial information are valuable to you.....and those thieves looking to steal it. Experts in online security say passwords are no longer a sure-fire means to keep unwanted visitors out of your online business. Two-factor authentication, already familiar to many, is coming to myPay bringing an additional layer of protection in safeguarding pay account information for military retirees and annuitants.

Simply put, two-factor authentication uses your smartphone number or email address to provide a means to verify that you are, well, you and not someone who has discovered your myPay Login ID and password.

Already in use by many banks and credit unions, online accounts are secured with Login IDs and passwords. When an account holder enters this information, a unique one-time PIN is sent to the individual's smartphone via text message or as an email message to an address contained in the user's myPay profile. Once the one-time PIN is entered on the myPay login screen, access to the account is provided.

The one-time PIN verification code remains valid for 10 minutes so it will be important that the user have access to the smartphone or email account previously selected by the user to receive the information. While initially available for myPay account access on a voluntary opt-in basis, it is anticipated that two-factor authentication will be required for all myPay accounts sometime in 2021.

More detailed information, including instructions for updating email addresses and smartphone numbers, will be sent via a myPay SmartDocs email as the date for two-factor authentication nears.

Maintaining your myPay account, including passwords and up-to-date profile information, is vital to protecting your online business with DFAS. Even if you login one time a year to retrieve your 1099R tax statement, now is a good time to prepare yourself to make sure you....and only you....can get the information so necessary in today's digital world.



Heart of Texas Chapter TX07, MOAA
P.O. Box 23964
Waco, TX 76702-3964

Address label

2020 H.O.T. MOAA OFFICERS & BOARD OF DIRECTORS

President

Bill Milnor, COL, USA (ret) (Gerry) 972-533-7874
 416 HCR 2224E, Aquilla, TX 76622 oldognew@gmail.com

1st Vice President

Vacant

2nd Vice President

Bobby Sammon, LtCol, USAF (ret) Donna 254-715-2450
 6662 S. 12th St. Rd., Waco, TX 76706 bgsammon@gmail.com

Secretary

Paul Thronburg, 1LT, USA (Norma) (254) 876-3303 (home)
 910 E. Burlleson Ave, Mart, TX 76664 tmartmgb@sbcglobal.net

Treasurer

Vince Tobola, LtCol, USAF (ret) (254) 709-5795
 1704 Laurel Lake Dr. Waco, TX 76710 vtobola@aol.com

Immediate Past President

Urban, Gary, Maj, USAF (ret) 254-715-6560
 6379 Rosenthal Pkwy, Lorena, TX 76655 garyurban1@inbox.com

Chaplain

John Wells, COL, USA (ret) (Su) coljtw@yahoo.com
 14043 Horseshoe Cir, Waco, TX 76712 254-776-1143

Surviving Spouse Liaison

Carol McHaney
 3309 Pioneer Circle, Waco, TX 76712 (254) 716-6376

Legislative Liaison

Jon Ker, COL, USA (RET) (Terri) (254) 934-2018
 279 Buffalo Run, Valley Mills, TX 76689 jon@jonrker.com

Directors

Dr. Harold Rafuse, LtCol, USAF (ret.) (RoseMary)(254) 717-8112
 Jimmie Hanes, COL, USAF, (ret) (Mary) (254) 848-5493
 Roland Duty, LT, ANG, (Mary) (254) 722-8939
 Bob Lull, COL, USA (ret) (Penny) (254) 751-7824
 Don Speed, CAPT, USAF (Ann) (254) 366-5528
 Jim Milam, COL, USAF (ret) (Laura) 254-845-1310
 Michael Slavens, LtCol, USAF (ret) (Marsha) 703-898-9173
 Joe Augeri, Maj. USAF (ret) Karen 254-366-2544
 Carol McHaney 254-716-6376

ELECTED OFFICIALS

U.S. Senator John Cornyn Chase Tower
 517 Hart Senate Office Building 221 West Sixth St, Suite 1530
 Washington, DC 20510 Austin, TX 78701
 Website: www.Cornyn.senate.gov 512-469-6034, FAX 512-469-6020
 202-228-2856

U.S. Senator Ted Cruz
 404 Russell Senate Office Building
 Washington, D.C. 20510
 202-224-5922

U.S. Rep. Bill Flores (Waco office)
 1505 Longworth HOB 400 Austin Ave, STE 29
 Washington, DC 20515 Waco, TX 76701
 Website: www.flores.house.gov
 202-225-6105; fax 202-225-0350

USEFUL NUMBERS

MOAA Capital switchboard hotline 1-800 272-6622
 MOAA Membership 1-800 245-8762

Free Weekly E-mail Legislative Updates

Subscribe to MOAA's Free Weekly E-mail Legislative Updates:
[\(https://www.moaa.org/\)](https://www.moaa.org/) click on Legislative Action Center or call (800) 234-6622 (MOAA) to get the information.

INSIDE THIS ISSUE:

PRESIDENT'S COLUMN
DINNER MEETING OCT. 15 GUEST SPEAKER –
WILLIAM MILNOR
LEGISLATIVE AND VA UPDATES
EARLY VOTING DATES, LOCATIONS AND TIMES
COST OF LIVING ALLOWANCE UPDATE
MANAGING YOUR MILITARY PAY ITEMS ONLINE
NEW ARMY COMMAND IN AUSTIN