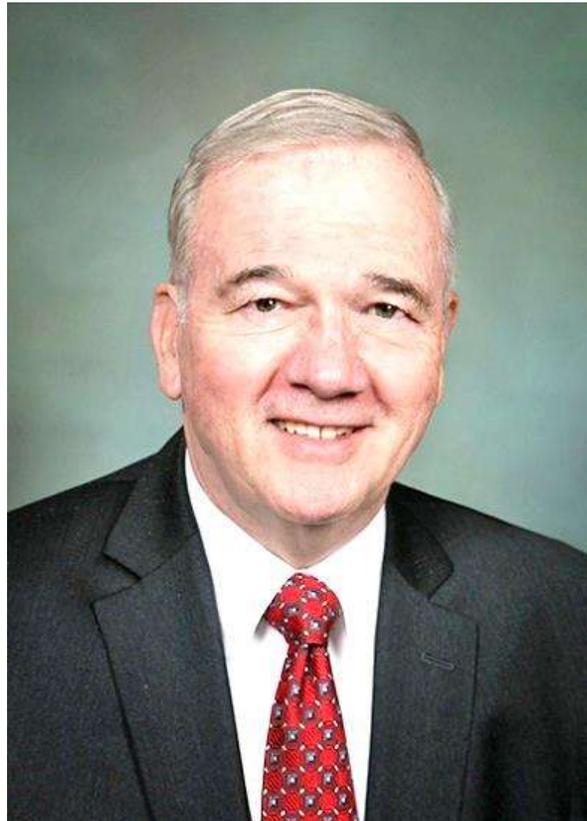




Heartland of America Chapter

-- **We Never Stop Serving** --
-- **We Are One Powerful Voice** --
--- **for Every Officer at Every Stage of Life and Career** ---

***** **September 2019** *****



***NOTE !! Our Special Guest !!
Chairman of the Board, MOAA
Admiral Walt Doran USN (Ret) will be our September speaker***

-- **Our Next Official Dinner Meeting is Wednesday, 18th September** -

(see inside back cover for details)
Check out our website at
www.heartlandMOAA.us
or call (402)339-7888

The Bulletin Board

Is the Newsletter of the Heartland of America Chapter of the Military Officers Association of America. Content is from members, MOAA's [Take Action](#), [Legislative Action Center](#), and other military-oriented sources. Material used is public domain or attributed as to source and copyright. Our editorial policy is the same [non-partisan policy as MOAA](#).

Lt Colonel Patrick L. Jones, USAF(Ret) Editor & Webmaster - (402)650-4457

Volume XXXIII

Number 9

September 2019

PRESIDENT'S REPORT



Congressman Don Bacon, Brig Gen, USAF (Ret) was our speaker at our well-attended August meeting. He has been a Chapter member for five years and has been our Chapter Chaplain for most of that time. He grew up on an Illinois farm, graduated from Northern Illinois University, and joined the Air Force where he served in electronic warfare, intelligence, reconnaissance, and public affairs. His almost 30-year career included Wing Commander at Offutt and Ramstein, Group Commander, and Squadron Commander in Arizona, and Expeditionary Command in Iraq.

Following his retirement in 2014, Congressman Bacon served as the Military Advisor to Congressman Jeff Fortenberry and was an assistant professor at Bellevue University teaching Undergraduate Leadership and American Vision and Values. He and his wife Angie have four children and three grandchildren. He currently sits on the House Armed Services and the Agriculture Committees.

Congressman Bacon gave his three priorities when he entered Congress almost four years ago: national security and the need to improve readiness, repairing a stagnant economy, and improving healthcare. With the recent increase in the defense budget, he now places his priorities on healthcare, immigration, and trade agreements. He noted how some farmers are forming cooperative groups to reduce costs of healthcare. On immigration, he noted that approximately 30% of the children coming to the border are with adults who are not their parents.

On gun control, he truly believes the focus should be on "straw" purchases and punishing those who



Congressman Don Bacon speculating the bottle of wine, labeled BACON, presented to him by B/Gen Paul Cohen. USAF (Ret). More proof that Bacon goes well with all good things in life!

make such purchases (buyin guns for those who can not buy them). He also believes law enforcement needs a “fused” intelligence system to bring together the information about dangerous individuals from multiple agencies. He successfully managed to obtain \$1.3 Billion for Offutt AFB. Gen Bacon stated that the F-35 is a giant sensor that can relay time sensitive data to other airborne aircraft. He added that we need to find a way to download this data for future flights. Gen Bacon responded to several questions and was applauded for his superb presentation.

I had the opportunity to attend Congressman Fortenberry’s Townhall Meeting at Bellevue University’s Military Veterans Service Center on July 31st. It was very crowded but I managed to find a seat in the front row (as did Chapter member Rita Salucci). I thanked the congressman for being a sponsor of the legislation to eliminate the “widows’ tax.” When a constituent asked him for an update on HR-222, the congressman said he did not recognize the legislation and asked me if I knew. I said I did not recall and that I would look into it.



LtGen Leo Smith USAF (Ret) sharing a good laugh with chapter president Col. Dan Donovan USAF (Ret) during the social hour before our dinner and speaker. A great time to renew friendships and to make new ones.

The Congressman asked me to talk to the constituent. I did and I learned the gentleman had been medically retired with less than 20 years of service (a Chapter 61 retiree). Similar to the “widows’ tax,” his adjusted retiree pay was offset by the amount of his VA payment. HR-222 would eliminate that offset. I sent a report to Congressman Fortenberry’s Deputy Chief of Staff and a copy of it to Col Dan Merry of MOAA Government Relations. A few days later, I attended Senator Sasse’ meeting at the Millard Airport. It was a very hot, humid day and a ½ mile walk to the hanger which was also hot and very humid. I had the opportunity to talk to Governor Ricketts and both Congressmen Bacon and Fortenberry.

Dan Donovan d.donovan1@cox.net 402-339-7888

Programs

Sep – 18 – MOAA Chairman, Admiral Walt Doran

Oct – 16 – Tim Burke, OPPD board and member of Offutt Advisory Council

Nov – 20 - ROTC Cadets, AF, Navy, Army, Marines from UNL, UNO, and Creighton

Dec – 11 – Christmas & Holiday celebration, election of officers, and Sarpy Serenaders music program (starts at 6:30pm)

Changes to Military Health Care Coming Sooner Than You Think

(MOAA Newsletter 15 Aug by: **Capt. Kathryn M. Beasley, USN (Ret)**)

In baseball, it's good practice to never take your eye off the ball. The same could be said regarding DoD with its efforts to reform military medical care.

MOAA has been the leader focused on holding DoD and the Defense Health Agency (DHA) accountable to provide transparency with its plans to reduce military treatment facility (MTF) capabilities and personnel. Last year's NDAA required the DoD to provide any plans to do so to Congress ahead of time. And we are sorry to report not much has been revealed to date.



LtCDR Jack Nelson USN (Ret) and his wife, Linda, were having a nice conversation with LtCol Mike DeBolt USA (Ret) but paused long enough for a photo op.

However, MOAA has other ways to gather information.

First, from members who live, work, and get care on military installations. Reports of reduced health care services at MTFs and unofficial referrals to civilian providers are trickling in already. Last week, MOAA received an email from an active duty Navy spouse who reported that enrolled beneficiaries — including military families with children — are being told to seek civilian providers outside the MTF and few in her area accept TRICARE, the email says. Beneficiaries with special needs who use the system most have been targeted first. This has resulted in military families being placed on long wait lists.

[TAKE ACTION: [Ask Your Lawmaker to Protect Military Medicine](#)]

This is happening at the peak of school physicals and immunization season. This is the first glimpse into the new world of military medicine, and we want to know if it is happening elsewhere.

MOAA continues to tell Congress — office by office — that DHA has failed to address how these medical reductions will be carried out in a way that ensures services are not disrupted, wait times are not exacerbated, and access to subspecialty care is not crippled.

[TELL MOAA YOUR HEALTH CARE STORY: [Email msc@moaa.org](mailto:msc@moaa.org)]

Second, the study cited in [this article by Military Times](#) echoes much of what we've been hearing: While medical needs are greater in the military community

than other demographics, access to high-quality care doesn't match up. The short version: Experts and advocates agree that the Military Health System (MHS) already has room for improvement when it comes to dealing with anything beyond routine care for military dependents, and MHS reforms designed to streamline the system could come at the expense of some of the most vulnerable members of the military community.

This aligns with what MOAA is hearing from other associations, another way MOAA receives information. At a recent MOAA-hosted Facebook Live Town Hall with a panel of military family members and other health care stakeholders, the panel discussed how the planned reductions in military medical providers would affect all categories of beneficiaries — especially military families.

[RELATED: [What Medical Cuts Could Mean for You: Watch MOAA's Town Hall](#)]

During the discussion, panel experts noted there is already insufficient medical workforce capacity to handle many of the basic health needs of our military personnel and their families. Reports and studies continue to point to long wait times for many civilian care providers, as well as significant geographic disparities in care. A group of 17 professional medical organizations are equally concerned and have let Congress know; read their letter to key House and Senate leaders [here](#).

We need to keep the heat on Congress, and early indications show it is working. MOAA members do make a difference as we need to let Congress know what is happening in military communities across the U.S. and overseas. Thank you to our members and the other military beneficiaries who have sent thousands of emails and letters and made phone calls to legislators in every state. We are being heard – but we need to keep our eye on the ball to knock this out of the park in the home stretch of the FY 2020 NDAA process.

Let Congress hear your voice! Write a letter to your lawmakers [here](#), and learn more about this and other MOAA advocacy priorities during the Summer Storm [here](#).



Our newest member LtCol Dean Eckel USAF (Ret) surprises his former Air Force boss Col Bob Wicklund USAF (Ret). Your editor and Eckel worked for Wicklund in the early eighties. Our hair wasn't snowy back then!

Here's What You Need to Know About the New Debt Collection Rules

_(MOAA Internet Newsletter update 8 Aug)

Keeping a security clearance is vital to one's military service. For this reason, financial education and protections such as the Military Lending Act are essential for our military. Reporting by the Government Accountability Office shows financial issues are among the **top reasons DoD and DHS members lose their clearances. According to the National Foundation for Credit Counseling, servicemembers **carry more debt** than their civilian counterparts.**

When servicemembers return to civilian life, the financial costs of transition often leads to challenges. A **report on Texas veterans shows they are turning to predatory lending like payday and auto title loans at higher rates than their civilian counterparts.**

[RELATED: [MOAA Seeks Continued Protection for Military Families From Predatory Lenders](#)]

When these Texas veterans were contacted by debt collectors, **65% reported experiencing illegal threats and harassment. With both servicemembers and veterans taking on debt at higher rates, regulating debt collection practices is essential to protecting our troops, veterans, and their families from undue harassment. Debt collection is a major issue for servicemembers, accounting for the **26%** of the Consumer Financial Protection Bureau's (CFPB) **complaints from 2018**. Of this percentage of complaints, **39%** is regarding attempts to collect debts the servicemember does not owe. The proposed rules will only compound this issue by allowing debt collectors to effectively turn a blind eye to debt that has been forgiven due to passage of time.**

Servicemembers and veterans and their families receive protections under the Fair Debt Collection Protections Act (FDCPA). Congress enacted the FDCPA in 1977 to prevent abusive debt collection **because of the negative impact it has on people's lives.**



Family members are always welcome at our events. Ginny McBlain, wife of LtCol David McBlain USA (Ret) was happy to share her son Evan and granddaughter Kelsie with us. Hope they come again!

Since Congress passed the FDCPA, debt collectors developed new ways to harass consumers. The rules need updates to support the new information technologies like email, text messaging, and robocalling. The CFPB proposed new revisions to the FDCPA rules and are available for public comment.

[RELATED: [Use this calculator to see how you can consolidate your debt](#)]

While the CFPB's proposal make many attempts to modernize the rules, there are concerning areas that will affect our servicemembers, families, veterans, and all Americans. The current rules provide no limit on number of contact attempts and have no discussion of modern technologies like email and text.



The photographer thought he was getting a picture of two old Navy comrades (Navy guys get to wear beards) BUT... CAPT Mark Olson USN (Ret) was talking to Evan McBride, the son of LtCol David McBride USA (Ret) and his wife Ginny. Well, he looks Navy!!

However, in the age of spam emails, robocalls, and robo texts, it is increasingly difficult for consumers to detect what is spam and what is not. This is why it is paramount consumers have the right to opt-in to their preferred method for receiving communications regarding debt notices. Over **half the email messages sent each day are spam. **The FCC reports** "robocall volume remains high and may be increasing." **CFPB debt collection surveys indicate consumers believe contact more****

than three times a week is excessive. The proposed rules not only allow for **seven phone call attempts a week per debt, but **do not cap frequency** of text message and e-mail communications.**

This is especially concerning given the unique challenges of service. For example, servicemembers stationed overseas could incur 10 months of text messaging fees without having the opportunity to opt-out. The proposed rules fail to protect consumers by permitting text messaging that is not free-to-the-end-user and is sent without consumer consent.

[RELATED: [Bill to Auto-Erase All Student Debt for 100% Disabled Vets Gains Momentum](#)]

There is more work to be done to protect servicemembers and veterans and their families from debt collection. A **2018 CFPB report shows the challenges**

servicemembers and veterans face from the VA's debt collection and the necessity for the government to follow the FDCPA as well.

This work starts with holding the line on the FDCPA and keeping consumer focused protections. Comments on the new regulations are due by Sep. 18. [Take action now](#) and comment on the proposed regulations.

Tips for Using TRICARE For Life Overseas

_(MOAA Newsletter Update 15 Aug)

We have lots of exciting opportunities for travel. But what happens when an unexpected accident occurs while you are enjoying your vacation overseas? Prior planning for an emergency allows you to focus on fun rather than the uncertainty and panic regarding foreign health care.

Under TRICARE For Life (TFL), you are enrolled in Medicare parts A and B and in TRICARE. In the states, Medicare acts as your primary payer and TRICARE as your Medicare supplement. However, Medicare does not cover overseas expenses, so TRICARE becomes your primary payer in medical emergencies while you are out of the country.



Linda Nelson, Lisa Zuccarello, Col Lou Zuccarello USAF (Ret), and LtCDR Jack Nelson USN (Ret) found a table with a good view.

Overseas, your TRICARE Medicare supplement converts to the TRICARE Select plan. In this case, you will pay TRICARE Select's annual deductible and cost shares. This is different from your familiar Medicare billing process. Additionally, you must maintain your Medicare coverage to remain eligible for coverage overseas through TRICARE.

If you are fortunate enough to be in an area quickly accessible to a U.S. military base or hospital, you might expect the same procedures of treatment that you would receive in a military base in the United States. (Find out if you will be close to one [here](#).) However, do not rely on your proximity to a military installation as the only contingency plan. You can check with the nearest embassy about health care in the area.

[RELATED: [Check Out MOAAVacations.com](#)]

Before you leave for your trip, you will want to make sure that all routine doctor

visits are completed and that you have all necessary medication for the course of your visit. While you will be able to file a claim for emergency visits, TRICARE will not cover any routine care that occurs out of the country. If you have questions or concerns as to what TRICARE will cover, [see this site](#). Be prepared to pay for any service you receive out of the country. You are responsible for paying any amount that exceeds the TRICARE-allowable charge, in addition to your deductible and cost-shares. After you receive the service, you will need to submit a claim. TFL beneficiaries should file claims in the overseas areas where they received care.

Be sure to save any proof of payment that you receive from your facility of treatment as you will be required to submit these with claims for care received overseas. Proof might include a credit card receipt, canceled check, credit card statement, or an invoice from the provider that indicates payment was received.

International SOS administers the TFL benefit overseas and will be working with you if you become in need of their services. Contact information to get you connected to the proper agency is listed below the article. All claims for care outside the U.S. and U.S. territories must be filed within three years of the inpatient discharge.

Still wishing you had more security in your coverage overseas? Travel health insurance might give you more protection and more peace of mind. An example is USAA travel insurance.

We suggest you download MOAA's TRICARE for [Life handbook here](#). It has detailed information about overseas coverage and contacts and helpful cut-out sheets to take with you on your trips. If you are left with additional questions regarding your TFL benefits, Premium and Life MOAA Members have exclusive access to our subject matter experts on staff. If you are not a member but are interested in joining, you can find additional information [here](#).

Contact TRICARE for Overseas Claims (From TRICARE Website)

- **Contact TRICARE Eurasia-Africa**
 - +44-20-8762-8384 (overseas)
 - 1-877-678-1207 (stateside)



Our social hour before dinner gives our speakers a chance to mingle with our members. Congressman Don Bacon and Col Bob Wicklund USAF (Ret) had a healthy in-depth discussion.

- TRICARElon@internationalsos.com
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Keep Your Nebraska State Senator Informed

Contact your Senator and the Speaker of the Legislature - Nothing Ventured, Nothing Gained... You just might make the difference!

VA Announces Yellow Ribbon Schools for 2019-2020 Academic Year

(MOAA Newsletter 15 July)

The Yellow Ribbon Program is a provision of the Post-9/11 GI Bill that allows veterans to attend a private school for little or no out-of-pocket money. Normally, Post-9/11 GI Bill payments at private schools are limited by law to a national maximum amount. Although that amount changes every year, it seldom covers the full tuition and fees that private schools charge for enrollment.

See the list of schools here. (Creighton, Bellevue University, and many more)

Normally, private schools are more expensive than public schools, but schools that participate in the Yellow Ribbon Program agree to waive a portion of their tuition. The VA then matches the waived amount, which allows a veteran to attend a private school at little or no personal cost.

For example: You attend a private university with a tuition of \$45,000 a year. The school is participating in the Yellow Ribbon Program and agrees to waive \$10,000 in tuition costs for veterans. The VA matches that \$10,000 waiver, making the total tuition waived \$20,000. Your Post-9/11 GI Bill will pay the legally mandated maximum of \$24,476.79, and the Yellow Ribbon Program will waive \$20,000. You will be responsible for tuition of \$523.21 that you must pay with financial aid or out-of-pocket.

[RELATED: MOAA's GI Bill Page]

The program is voluntary for schools, and many have limits on which degree programs they allow and may limit the number of participants in the program.

There are certain restrictions on who is eligible for the Yellow Ribbon Program as well: Active-duty members cannot use it, but dependents can. [More details.](#)

Congress Takes Action For Recovery From Recent Flooding

(from Congressman Fortenberry letter Aug 2019)

The House of Representative approved a disaster assistance package by a vote of 354 to 58 that was quickly approved by the Senate and signed by the President. It provides \$3 billion for those who lost crops and livestock. It also provides \$558 million to rehabilitate damaged farmland and \$435 million to restore levees, eroded stream banks, and water control structures.

The legislation specifically aids Offutt recover from the flooding. \$120 million will go to immediate cleanup and operational needs. Repair of the levees that protect Offutt is part of \$2.48 billion for Army Corps projects and \$740 million for accelerated construction flood and damage reduction projects.

The Defense Appropriations bill is awaiting House/Senate conference resolution in early September. It has \$300 to aid Offutt recover and \$230 million to help Offutt replace RC-135 aircraft infrastructure.

Key Pentagon Official Endorses Commissary-Exchange Merger

(Military.com-23 Aug from article by Patricia Kime)

The Defense Department is prohibited by law from undertaking consolidation without new legislation. But in a memo to defense leadership Aug. 19, Deputy Defense Secretary David Norquist said he supports the move and has directed personnel to undertake planning and determine what can be done under current law to finance a consolidated enterprise. The Office task force found that consolidation could save between \$700 million and \$1.3 billion in the first five years and \$400 million to \$700 million each following year.

It would cost the Defense Department roughly \$75 million the first year to consolidate, increasing to \$150 million a year for three years.

The eventual savings would stem from eliminating duplication that comes with running three separate exchange systems and the commissaries, all of which maintain their own management and back office support systems.

Consolidation would produce benefits such as reducing duplicative costs and creating a more efficient workforce," the report notes.

Under the plan, commissary and exchange buildings would remain separate and each would retain their distinct storefronts, with the Army and Air Force Exchange Service, Navy Exchanges and Marine Exchanges looking largely as they do now.

The commissary and exchange systems differ significantly in that the exchanges, which sell goods and services, operate at a profit to fund military morale, welfare and recreation programs such as fitness centers, child care facilities, outdoor recreation, movie theaters and other quality-of-life benefits.

Commissaries are supported by funds appropriated by Congress, selling subsidized groceries to shoppers at cost plus a 5% surcharge that is used to refurbish and maintain stores and equipment.

In fiscal 2017, commissary operations cost the Defense Department \$1.3 billion, a figure that has prompted calls for eliminating the commissaries or reforming them.

In March, the Military Coalition, a group of 27 military and veterans organizations that represent 5.5 million service members, veterans and family members, wrote a letter to the House and Senate Armed Services committees urging them to conduct tight oversight of the proposal. Starting Jan. 1, 2020, the commissaries and exchanges will see an influx of new customers, with more than three million disabled veterans, Purple Heart recipients and veterans' caregivers gaining access to the stores. The expansion amounts to a 50 percent increase in potential customers.



MOAA's and Heartland Chapter's Missions are the Same

The Military Officers Association of America (MOAA) is a nonprofit, nonpartisan organization, working to support military and their families at every stage of life. It actively petitions Congress on behalf of the military community on issues affecting the career force, the retired community, and veterans of the uniformed services. MOAA offers a wide range of personal and financial services exclusive to MOAA members. Whatever the stage of a career, MOAA membership delivers benefits geared specifically to you – and your family. You become part of the strongest advocate for our military and their families. Those with prior officer service in any of the seven uniformed services can become members. Consider joining today because every voice counts! You will be protecting not only your earned benefits but for all serving today. Our Heartland Chapter also focuses on state and local issues, interfacing with the Legislature and the Governor. We provide a really great environment for camaraderie and mutual support with our meetings, speakers, newsletters, website, and community involvement. You will feel like family.

As MOAA does, WE NEVER STOP SERVING....

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Selection of Membership

<p>When you join MOAA, you become part of the strongest advocate for our military's personnel and their families. The stronger our membership is, the stronger our voice becomes. Consider joining today because every voice counts. Three membership levels to meet the needs of all Officers.</p>	 BASIC	 PREMIUM	 LIFE
Features of each Membership level	No-cost electronic Membership designed for today's junior officers.	Full access to MOAA's career resources, countless discounts on products and travel, & access to all of MOAA-exclusive pubs & news updates. Full access to a wide variety of member benefits for today's career officer.	Receive all the benefits that PREMIUM membership has plus exclusive privileges and benefits.
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Career transition resources MOAA helps transition efforts by hosting career fairs, resume critiques, training sessions & much more.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Expert advice on your military pay & benefits MOAA's team of highly trained professionals can help you receive the military benefits you've earned through one-on-one counseling.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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National Membership Form

The Military Officers Association of America (MOAA) is the country's leading organization protecting the rights of military service-members and their families. Those who belong to MOAA not only lend their voices to a greater cause, but they also gain access to extensive benefits tailored to the needs and lifestyles of military officers and their surviving spouses. MOAA members proudly hail from every branch of the uniformed services. To them, we have made the same promise that they have made to their country: Never Stop Serving.

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 Check here to have your credit card automatically charged monthly for the remaining installment payments.

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 Annual membership dues include a \$12 subscription to Military Officer magazine.

Send To: MOAA, PO Box 1488 • Merrifield, VA 22116-9820
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Local Membership Form



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Military Officers Association of America
P.O. Box 1756
Bellevue, NE 68005-1756

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(Heartland Chapter members must also be a National MOAA Member)

Membership: Initial or Renewal

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Brief Bio: (entered service: branch: assignment summary: Interesting career anecdotes:

Signature _____ Date _____

Contact Chapter Officers for more info: President Dan Donovan - 402-339-7888,
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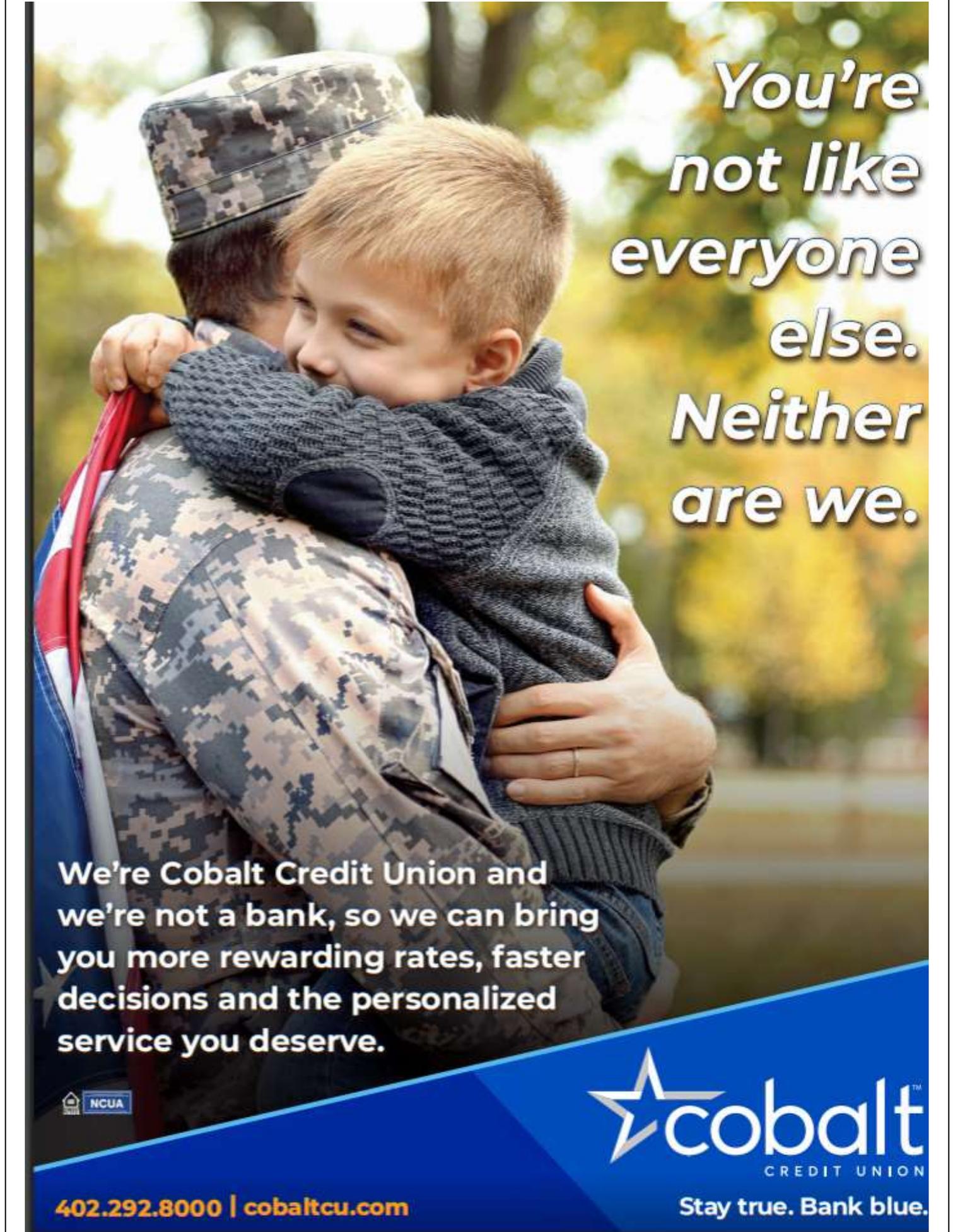
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A photograph of a soldier in a digital camouflage uniform and cap, seen from the back, hugging a young child with light brown hair. The child is wearing a grey sweater and has their arms around the soldier's neck. The background is a soft-focus outdoor setting with trees and a fence.

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everyone
else.
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May They Not Be Forgotten:

I mean the men and women who have answered the call and paid the ultimate price so that we and future generations could have the freedoms so cherished by human beings. We must ever be vigilant and prepared to defend our way of life against those who would deny it. Callous politicians, power hungry egotists, corrupt individuals, adversarial religions, and even our latest self-oriented generations pose grave threat to the preservation of what many take for granted. Every citizen should take a few moments from time to time and reflect on the benefits we have in our country. They should give thanks to those who have served and preserved our way of life.



Hopefully, they will also pledge to do their part to keep it so. – PLJ

Wandering Mind of An Old Retired Guy



I was thinking about our new neighbors the other day. They are new to our airbase. Nice folks, just finished moving in. It got me thinking about all those moves we made in my career....eight PCS with five extended TDYs. Gee, I thought it was all exciting and lots of fun. Hm-m-m, Barb remembers differently.

LIFE AS A MILITARY WIFE



**"GOOD FRIENDS ARE THE RARE JEWELS OF LIFE,
DIFFICULT TO FIND AND IMPOSSIBLE TO REPLACE!"**

**TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE,
SO ENJOY THIS DAY WHILE IT LASTS."**

Dinner Reservations for September

(for Members and invited Guests)

Note the Date: Wednesday, September 18th, 2019

MOAA BOARD CHAIRMAN, ADMIRAL WALT DORAN USN(RET) WILL BE OUR SPEAKER

Remember the expression, "The more, the merrier"?

We ask you to make our meetings better, with your presence.

**NOTE: IF YOUR RESERVATION HAS NOT BEEN CONFIRMED BY
RON OR LIDIYA, PLEASE CALL THEM**



RSVP: Lt Col Ron & Lidiya Glinka - Tel: 402-672-2020 - heartlandmoaa@hotmail.com

Please specify names of attendees, meal choices and include a phone number in case we need to contact you.

Reservations should be in by Monday night before the dinner! If you must cancel your reservation, please call Ron or Lidiya at (402) 672-2020 prior to 4:00 pm on the day of the event; otherwise the chapter will be charged if you are a NO-SHOW and we will have to send you a bill for the cost.

Meal selections are as follows:

**- 10oz Prime Rib w/ Baked Potato and Steamed Broccoli - \$38
(\$41 w/ Spumoni Ice Cream)**

**Salmon Filet w/ Au-Gratin Potatoes & Fresh Roasted Vegetables - \$29
(\$32 w/ Spumoni Ice Cream)**

**Caesar Salad w/ Chicken - \$21
(\$24 w/ Spumoni Ice Cream)**

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