



# AFSA *Heartbeat*



**HEART OF AMERICA CHAPTER 804**  
**P.O. Box 213 – Belton, Missouri 64012**

[afsachapter804@gmail.com](mailto:afsachapter804@gmail.com)

April-June 2018

## CHAPTER PRESIDENT

2018 is off to a great start for our Chapter and its Members. Foremost in our thoughts and actions is our continued work in the Legislative arena with emphasis on recruiting new members and retention of our present roster and devoting all our energies toward the various important projects pertaining to our Air Force and their Families, our Community and AFSA.

Our Division 3 Conference is April 5-7 at the Drury Plaza Hotel Broadview, Wichita, KS. We will take care of the business of AFSA, elect new Division leaders, present Division awards to our most deserving members, visit with old friends and make new ones. Our members who will be vying for the Division awards are as follows:

<b>AFSA Member of the Year</b>	Charlie Dalzell
<b>Family Member of the Year</b>	Barbara Veach
<b>Legislative Award</b>	Harry McLane
<b>VA Volunteer Services Award</b>	Hershell Spurlock
<b>Volunteer Service Award</b>	Wanda Kiefer

Congratulations to these most deserving people and good luck at Division. At this time, I would like to personally thank Mark Clark for all his hard work and time for completing our award packages. **You did a marvelous job!**

As many of you know, during the year our Chapter works with many deserving projects such as AFSA's Worthy Charities, Air Force Enlisted Village, Topeka Air National Guard, St. Michael's

Veterans Center, Veterans Administration Hospital, Hope Haven for Abused Women and Children, Stamps for the Wounded, Cents-Off Coupons for military families overseas and the list goes on. Our fundraisers give us the freedom to carry on with these charitable projects and we definitely appreciate the support you give to assist with these events.

The Executive Council and I cannot begin to express our many thanks for all your ongoing dedication and support to this Chapter and its many areas of responsibilities. This is why our Chapter has the treasured heritage and continues to build on it. **YOU ARE THE BEST!**

***KATHY ODEN***  
*Chapter President*  
*International Past Auxiliary President*  
*Home: 816-331-4058*  
*E-mail: [kcoden@sbcglobal.net](mailto:kcoden@sbcglobal.net)*



## **LEGISLATIVE**

**Tricare for Life Users Surprised by Drug Cost Increase.** *Military.com* tells us, “Over the last few weeks, I have heard from many Tricare for Life beneficiaries caught off guard by the recent increase to pharmacy costs, including a change that moved drugs that had been completely free to a charge of \$7 for a 90-day supply. Drug prices increased Feb 1 for all Tricare users, including retirees over 65 on Tricare for Life.

A 90-day supply of generic drugs received through the system’s Express Scripts mail-order pharmacy went from free to \$7. Co-pays on brand-name drugs received through the mail went from \$20 to \$24 and from \$49 to \$53 for non-formulary drugs.

For prescriptions filled at retail pharmacies, a 30-day supply for generic drugs increased from \$10 to \$11, while brand-name drugs went from \$24 to \$28; non-formulary drugs went from \$49 to \$53.

Drugs filled at a military treatment facility continue to be free.

Drug costs typically increase slightly every Feb 1, but the increase from free to \$7 for generics received by mail came as a surprise for many users on TRICARE For Life according to feedback I’ve received by email. Many users had read that changes to TRICARE happening Jan 1<sup>st</sup> didn’t really impact them. So what caused the confusion? Too many changes at once.

TRICARE For Life users really are not impacted by the big changes to TRICARE that hit Jan 1 beyond this minor calendar shift that most users won’t even notice.

What was poorly communicated, perhaps, was that the pharmacy increases were completely separate from the Jan 1 updates. Like all pharmacy cost changes in years past, those updates do impact TRICARE For Life users.”

Source: <https://www.military.com/militaryadvantage/2018/02/22/tricare-life-users-surprised-drug-cost-increase.html>

## **MEMBERSHIP**

As of March 19<sup>th</sup>, we had 875 active members, which is a decrease of 20 members since last quarter. This is primarily due to the non-renewals for the period Jan-Mar.

To date, our Chapter recruited 2 members and retained 26.

For our Chapter to receive credit for the retention, **PLEASE** be sure to renew via the form you receive from me versus the form you receive from Headquarters.

***PATTI DALZELL***

***Membership Chair***

***International Family Matters Trustee***

***Home: 816-331-7594***

***E-mail: [afsachapter804@gmail.com](mailto:afsachapter804@gmail.com)***

## **BUCK-A-MONTH CLUB**

Members of the BAM Club donate \$12 yearly to help us offset the printing & mailing cost of the *Heartbeat* newsletter.

**You can also help save the Chapter money by signing up to receive your *Heartbeat* via email by emailing us at [afsachapter804@gmail.com](mailto:afsachapter804@gmail.com) or calling Charlie Dalzell at 816-331-7594.**

A HUGE thanks to our recent contributors:

**Melba Keppen**

**George Lewis**

## **CHAPTER HISTORY**

### ***“Reflections”***

#### **AMERICA'S MOST BELOVED VETERANS**

A few years ago, I read an article in an American Legion Magazine that listed the results of a survey listing the top 100 choices of America's Most Beloved Veterans. More than 70,000 votes were cast. The choices span our nation's lifetime. Following are the top ten choices and a few brief facts about their time of glory.

1. **AUDIE MURPHY**: The most decorated American Veteran of World War II, receiving every Military Combat award for valor available from the U.S. Army, as well as French & Belgian awards for heroism. He received the Medal of Honor for valor at the age of 19. Other awards received included the Distinguished Service Cross, Silver Star (2), Legion of Merit Bronze Star (2) and the Purple Heart.
2. **GEORGE WASHINGTON**: As first President, he is celebrated as the Father of his Country. He forged the Continental Army into a well-trained force of professionals and is recognized as the true father of the U.S. Army.
3. **THEODORE ROOSEVELT**: He is remembered for his heroic battlefield performance in Cuba in 1898 and leading his "Rough Riders" in driving the well-armed Spanish forces from the San Juan Heights during the Spanish American War.
4. **ALVIN YORK**: Awarded the Medal of Honor for his heroic accomplishments in 1918 during World War I in the Forest of Argonne.
5. **GEORGE PATTON**: One of America's most popular military figures during World War II, he was a winner who knew how to convince his soldiers that they were winners also. After the war, many German generals claimed he was the best Allied general.
6. **DWIGHT EISENHOWER**: The supreme commander of the World War II Allied Expeditionary Force landing in Normandy on June 6, 1944, on the eve of the greatest military endeavor in history.
7. **NORMAN SCHWARZKOPF**: When anyone thinks of Desert Storm, they think of Stormin' Norman, the Bear, the Commander. He was a larger-than-life figure who, by his performance, his articulateness and his brilliant strategy, lit up the world.
8. **ROBERT E. LEE**: A brilliant General, who served with distinction in the Mexican War, then served as superintendent of West Point. During the Civil War, in loyalty to his home state of Virginia, he commanded the Confederate Army of Northern Virginia.
9. **JIMMY DOOLITTLE**: He is most known for his planning and execution of the famed April 18, 1942, bombing raid against Tokyo, Japan, that bears his name. He went on to command the 12th, 15th and 8th Air Forces.
10. **ULYSSES S. GRANT**: Best known as the Northern General who won the Civil War, he earned the gratitude of millions who believed he was both the General who saved the Union and the President who made sure that it stayed together.

(Ref. The American Legion Magazine, November 2014) – An extended version of the 100 America's Most Beloved Veterans can be found on-line at <https://www.legion.org/belovedveterans>.

***HARRY MCLANE, CMSgt, USAF, Retired***  
***Vice President and Historian***

## LUNCHEONS

Our monthly luncheons are at the **Golden Corral** in Raymore, MO, on the fourth Thursday each month at 11:30 AM (unless otherwise announced).

Our luncheon dates for April thru May are as follows:

- ❖ April 26
- ❖ May 24
- ❖ June 28



**GAYNELLE BARNETT, 816-779-6732**  
*Chairperson*

## SPECIAL ACTIVITIES

Tuesday, **April 17<sup>th</sup>**, is fast approaching and it will be time to go see “*Barefoot in the Park*” at the **New Theatre Restaurant** and I’ve heard that the show is good. I have a couple of tickets available if anyone is interested.

On Thursday, **June 21<sup>st</sup>**, we will plan on going to the **Ameristar Casino** for lunch and a day of gaming. We will meet at 11:30 AM at the Falcon Diner for lunch. Do join us for a day of fun!

If there are any suggestions about possible outings, please feel free to contact me.

**KATHY ODEN, 816-331-4058**  
*Chairperson*

## COUPON CONNECTION

2018 is off to a great start. So far, we have mailed 50 pounds of coupons to Turkey and the United Kingdom. We have received two wonderful Thank You letters from Guam and the Netherlands. I know I have a tremendous group of dedicated individuals working on this project, however, it is definitely a real boost to know our efforts are appreciated by the people who benefit from our contributions. **KEEP UP THE GREAT WORK!!!**

At this time, we have a shortage of coupons. It seems as if our main source has weakened and we need different avenues of coupon donations. Please look around for possible places where coupons are available so we can continue to supply the overseas bases with this most-needed commodity.

Until next time, continue to clip those coupons.

**KATHY ODEN, 816-331-4058**  
*Chairperson*  
6101 East 149<sup>th</sup> Street  
Grandview, MO 64030



## CARD DAYS



**April 5<sup>th</sup> & 13<sup>th</sup>**  
**May 3<sup>rd</sup> & 10<sup>th</sup>**  
**June 7<sup>th</sup> & 14<sup>th</sup>**

Pinochle: 10:00 AM at Aaron’s Family Fun Ctr  
17070 Aaron Lane, Belton, MO

Bridge: 10:00 AM at RC’s Restaurant  
330 East 135<sup>th</sup> St., Martin City, MO

If you are interested in being a regular or sub for Pinochle or Bridge, please give us a call.

**ADDY DAVIDSON, 816-322-5658 (Pinochle)**  
**SHARON DAVIES, 816-331-5581 (Bridge)**

## **ADOPT – A – HIGHWAY**

Spring has sprung and it is time once more to take a stroll through the countryside and clean up our section of roadway. I have scheduled a litter pickup for Saturday, April 21<sup>st</sup> at 9:00 AM. We will meet at the eastbound turnaround. Saturday, April 28<sup>th</sup>, will be our backup day in case of inclement weather or due to lack of people. Get your sturdy walking shoes and your work gloves out and plan on being there.

**KATHY ODEN**, 816-331-4058  
*Chairperson*



## **EDITOR'S COMMENTS**

Spring is here and I'm excited! I love watching and listening to the birds in the woods behind our house. Flowers will be blooming, grass will become greener – and it'll be time for some barbecuing. Below is a recipe to accompany those wonderful barbecues you'll be enjoying with family and friends.

### **Creamy Cucumber Salad**

2 long English cucumbers  
1/2 cup plain Greek yogurt (or sour cream)  
3 tablespoons lite Mayonnaise  
1/4 cup fresh dill, chopped  
3 tablespoons white vinegar  
1/2 teaspoon sugar  
1/3 cup sliced white onion (OPTIONAL)  
Salt to taste

Peel the cucumbers and cut in half lengthwise. Scrape out the seeds and slice into 1/4" slices.

Combine all dressing ingredients and toss with cucumbers.

Refrigerate 1 hour before serving.

Take care and God Bless!

**PATTI DALZELL**, 816-331-7594  
*Heartbeat Editor*  
*E-mail: afsachapter804@gmail.com*

## **ARMED FORCES DAY**

### **CARD PARTY/LUNCHEON**

Monday, April 30, 2018  
10:00 AM – 3:00 PM  
Belton Christian Church, 409 Airway Lane

Salad & Dessert Lunch

Cost is \$10 per person

**Members, please bring a salad or dessert!**

**HELEN HATZ**, 816-361-4374

**HAPPY  
FATHER'S  
Day!**



## **2018 PROFESSIONAL AIRMEN'S CONFERENCE**

The 2018 Professional Airmen's Conference and AFSA International Convention will be held **August 25 through August 29, 2018**, at the San Antonio Grand Hyatt, San Antonio, TX.

**THEME.** The theme for the 2018 Professional Airmen's Conference and AFSA International Convention is **"AFSA – UP" or "AFSA -- UNLIMITED POSSIBILITIES."** This theme reinforces our robust 2018 membership campaign strategy to increase member enrollment, involvement and initiatives.

**THEME PARTY.** *The Theme for the 2018 International Convention Theme Party is "Pajama Party" – So come dressed in your favorite "Pajamas."*

## **AFSA'S 2017 INTERNATIONAL CONVENTION**

**REGISTRATION FEE:** The registration fees are as follows:

- Complete Early Registration (15 March– 30 April) -- **\$300.00**
- Complete Registration (1 May – 31 July) -- **\$325.00**
- Complete Late Registration (1 August – 24 August) -- **\$350.00**

Register via the AFSA Web site:

[https://members.hqafsa.org/Members\\_AFSA/Events/Shared\\_Content/Events/2018\\_Intl\\_Convention.aspx](https://members.hqafsa.org/Members_AFSA/Events/Shared_Content/Events/2018_Intl_Convention.aspx)

Don't forget to make your Grand Hyatt San Antonio reservations.

### **Grand Hyatt San Antonio Room Reservations**

Our contracted room rates are \$124 (plus tax) per night, single occupancy, or \$145 (plus tax) double occupancy.

**NOTE:** The AFSA contracted room rates are guaranteed and available beginning on Saturday, August 25, through August 29, 2018. The last date to make hotel reservations at the AFSA contracted room rate is August 3, 2018.

If you are planning to arrive before August 25, or stay after August 29, 2018, AFSA cannot guarantee the contracted room rates.

Grand Hyatt San Antonio: (210) 224-1234.

**NOTE:** Please make sure you let the reservation agent know that you are with the Air Force Sergeants Association, the Professional Airmen's Conference.

# **CALENDAR OF EVENTS**

## **APRIL**

- 1 Easter Sunday
- 5-7 Division 3 Conference, Drury Plaza Hotel Broadview Wichita
- 5 Pinochle, 10:00 AM, Aaron's Family Fun Center, Belton, MO
- 5 Bridge, 10:00 AM, RC's Restaurant, Martin City, MO
- 10 AFSA General Membership Meeting, 7:00 PM, Belton Senior Center, 609 Minnie
- 12 Pinochle, 10:00 AM, Aaron's Family Fun Center, Belton, MO
- 12 Bridge, 10:00 AM, RC's Restaurant, Martin City, MO
- 16 Coupon-Cutting Session, 9:30 AM, Carnegie Village (The Loft)
- 17 New Theatre Restaurant, "*Barefoot in the Park*"
- 26 Luncheon, 11:30 AM, Golden Corral, Raymore, MO
- 30 Card Party Fundraiser, 10:00 AM – 3:00 PM, Belton Christian Church

**VA Hospital Volunteer Service: 2-3-4-9-10-11-16-17-18-23-24-25-30**

## **MAY**

- 3 Pinochle, 10:00 AM, Aaron's Family Fun Center, Belton, MO
- 3 Bridge, 10:00 AM, RC's Restaurant, Martin City, MO
- 8 AFSA General Membership Meeting, 7:00 PM, Belton Senior Center, 609 Minnie
- 10 Pinochle, 10:00 AM, Aaron's Family Fun Center, Belton, MO
- 10 Bridge, 10:00 AM, RC's Restaurant, Martin City, MO
- 13 Happy Mother's Day!
- 14 Coupon-Cutting Session, 9:30 AM, Carnegie Village (The Loft)
- 19 Armed Forces Day
- 24 Luncheon, 11:30 AM, Golden Corral, Raymore, MO
- 28 Memorial Day – Fly Your Flag!

**VA Hospital Volunteer Service: 1-2-7-8-9-14-15-16-21-22-23-28-29-30**

## **JUNE**

- 7 Pinochle, 10:00 AM, Aaron's Family Fun Center, Belton, MO
- 7 Bridge, 10:00 AM, RC's Restaurant, Martin City, MO
- 12 AFSA General Membership Meeting, 7:00 PM – **NEWSLETTER ARTICLES DUE**
- 14 Flag Day – Fly Your Flag!
- 14 Pinochle, 10:00 AM, Aaron's Family Fun Center, Belton, MO
- 14 Bridge, 10:00 AM, RC's Restaurant, Martin City, MO
- 17 Happy Father's Day!
- 18 Coupon-Cutting Session, 9:30 AM, Carnegie Village (The Loft)
- 21 Trip to Ameristar, meet at Falcon Diner at 11:30 AM
- 28 Luncheon, 11:30 AM, Golden Corral, Raymore, MO

**VA Hospital Volunteer Service: 4-5-6-11-12-13-18-19-20-25-26-27**

**Bingo every Wednesday every month, 5:00 PM, Belton Senior Center, 609 Minnie**

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**April-June 2018**

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