

THE

VOICE

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Dean Sorell, 1921 – 2004

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FROM THE EDITOR

By Kim DeCoste

Dear TREA Members,

Happy Autumn to all of you! We hope you had a wonderful Summer and are looking forward to cooler weather, time with friends and family, and the holidays. This is the annual convention issue with coverage from the convention that was held in Denver in September. In it you will find messages from the new Board members, a summary of convention happenings and the most recent financial and legislative updates. All in all, the convention was a success and there were good outcomes in the voting on some changes that will be of interest. We enjoyed seeing familiar faces and some new faces also, and we encourage you to consider joining us again or for the first-time next year. Enjoy this issue and the new season! God bless you and God bless America.

~The Editorial Team

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LETTER FROM THE PRESIDENT

by Philip Hilinski, TREA National President

First, I want to thank all the delegates and board members for their attendance and representation at the 2019 TREA: The Enlisted Association Annual Convention, which will be called the Annual Membership Meeting in the future. We were successful in completing several action items and many new and exciting initiatives for TREA were brought forth. One of our newest initiatives is the establishment of the eVoice and the recorded information line. We are making moves in the right direction.

I do need to make a correction to an announcement that was made at the President's Dinner during the recent convention. It was announced that the 2020 membership meeting site would be Dayton, Ohio; that is incorrect. After tallying the votes from both the TREA delegates and the Auxiliary delegates, San Diego won by 2 votes. Any member wishing to find out more about the ballots or any other questions, please contact DfO Osborne for additional details. Another clarification is that members who do not use the new online or mail-in voting system approved by the Membership, can still cast their vote at the 2020 Annual Membership Meeting. Please start your preparations for San Diego. We will immediately begin ours. I did announce that the comparison offered by the Board between the two locations showed a more expensive venue at San Diego; however, the TREA Board will do all we can to keep the costs at San Diego as low as possible.

All Board Members gave excellent reports and I suggest you go back over them in case you missed something. The TREA Board will be working on the new changes to the voting system; if you have any suggestions, please contact 3VP Coley (3rdvice@trea.org). Just to be clear, you can still vote at the 2020 Membership Meeting by the way that the Bylaw/Standing Rule change was written. I received many compliments on reports such as the Treasurer, IT, Washington Office and Membership. The TREA Board closed an Investigation at our Post-Convention Meeting that was performed prior to this Convention on Friday; you can call the Information Line for a more detailed report. (888-389-4211).

There were many positive comments and feedback on the convention activities. A special congratulations goes out to Andrea Garcia, from Chapter 20, on winning the TREA trip to Washington, D.C. for our Veteran's Day Ceremony; we hope she will have a good time while representing TREA. The information shared by our Director of Veterans and Military Policy, Mr. Greenberg was especially insightful. Mr. Greenberg received many comments and questions, not to mention handing out many business cards. We were honored to have our corporate sponsor, USAA on site as well. Laura Lule from USAA spent Friday morning in an open discussion with the TREA members on the many programs that USAA provides. It was a wonderfully informative time for everyone.

I hope everybody was able to get something from our Guest Speakers at the Opening Ceremony and President's Dinner. We had two vivacious speakers for the Opening Ceremony on Wednesday night – Ms. Shawn DeBerry Johnson from Denver Mayor Michael Hancock's office who encouraged everyone to work together for the betterment of our country and CSM Bill Woods, the Command Senior Enlisted Leader of the Colorado National Guard who let everyone know just how important the National Guard is to the United States military mission. I personally enjoyed Dr. Bryce Carpenter's update on Veteran Cemeteries and the Legacy Program associated with him. Dr. Carpenter spoke at the President's Dinner on how Native Americans contributed to the military mission of the United States. It was interesting and fit perfectly into our western theme event. All the photos from the convention are posted on our website (www.trea.org) under Gallery — there were some pretty good ones.

Speaking of our Western Theme, it was a wild time and I hope you all had fun. I would like to thank our Emcee Hank Reisig, the Sheriff Doug Osborne, the Ghost Rider Erin Trowbridge, Auxiliary President Pat Mitchell-Winds, the Staff for keeping things on track, and don't forget about me, The Trooper. Speaking of the Staff, they are our unsung heroes. They take our requests, complaints, suggestions and a shoulder to cry on, so please take a moment of your time to say thanks in an email or call. Our Staff tries so hard to help each of us and they went beyond the call of duty at this year's Convention.

I look forward to seeing all of you in San Diego in 2020.
Phil

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SCHOLARSHIP COMMITTEE CHAIR

Greg Barnett, 1st Vice



This year's Scholarship Program had 43 participants and 15 winners. A total of \$18,000 was provided for this year's Scholarships. We will be anticipating more participants and more winners for next year's. Next year's applications will be available by January 1, 2020, on our website (www.trea.org) or you may contact TREA Headquarters (303-752-0660) for a mailed copy.

At this year's convention it was recommended that we establish a Memorial Scholarship in the name of "PNP Dottie Holmes", which will be addressed at our next committee meeting.

APPLICATION: TREA Scholarship Applications will be available on the website January 1st, 2020. You can also get a scholarship packet by calling TREA Headquarters at 303-752-0660. Your chapter should also have them available upon request. All packets must be completed and returned to TREA Headquarters no later than April 30, 2020. Incomplete applications and/or applications post-marked after April 30 will not be considered.

Eligibility – Applicants must have dependent status. TREA follows the guidelines established by the IRS, if you have at least half of your support provided by another person, you can be considered a dependent of that person. In order to apply for the TREA scholarship, you must be the child or grandchild of a TREA member in good standing, (or for deceased TREA members, a member who was in good standing at the time of his/her passing).

TREA CONTINUES TO WORK HARD FOR YOU IN WASHINGTON

Ken Greenberg, Director of Veteran & Military Policy

TREA: The Enlisted Association Calls on Administration to Start Processing Claims for Eligible Blue Water Navy Vietnam Veterans

On Tuesday, September 24, 2019, TREA: The Enlisted Association joined with nine Veterans Service Organizations holding a press conference at the U.S. Capitol. The event called for the administration to start processing claims for eligible Blue Water Navy Vietnam Veterans immediately.

TREA continues to push VA to implement the benefits now. TREA's Director of Veterans and Military Policy, Ken Greenberg (middle-left) is pictured at the press event fighting for the Blue Water Navy Act.



Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health

by David Waxman

Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.



A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is **1-800-748-5068**. Only a limited discounted supply of AloeCure is currently available.

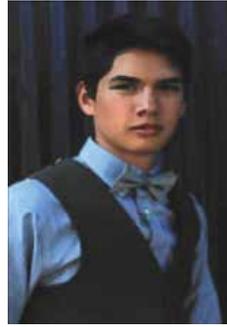
Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call **1-800-748-5068** today.

CONGRATULATIONS TREA SCHOLARSHIP WINNERS



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Elizabeth Wong
Attending: Abilene Christian University



SPECIAL AWARD
In Memory of TREA Co-Founders

Joshua Wong
Attending: University of Alabama



SPECIAL AWARD
In Memory of all TREA & Auxiliary Past National Presidents

Kaylee Sonntag
Attending: Southeastern University



SPECIAL AWARD
In Memory of Frank Cusimano

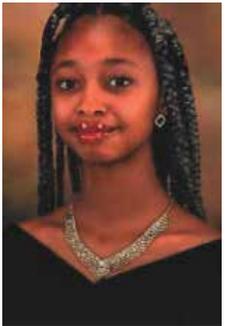
Michael Ward
Attending: Southern Virginia University



Dayna LeClair
Attending: University of Wisconsin - Milwaukee



Jacob Lange
Attending: Ripon College



Saana Lucas
Attending: Clemson University



Derek LeClair
Attending: University of Wisconsin - Milwaukee



Elizabeth Felix
Attending: U.S. Coast Guard Academy



Hannah Sonntag
Attending: Southeastern University



Kaylei Diefenbach
Attending: UTSA



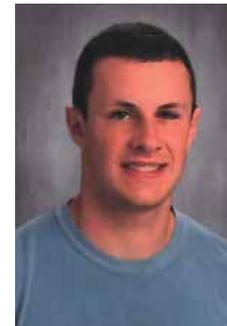
Elijah LaPlaca
Attending: Vermont Technical College



David Rainwater
Attending: Duachita Baptist University



Brianna Coleman
Attending: Texas A & M



Joshua Kaiser
Attending: Liberty University

A MESSAGE FROM 3RD VP

Walt Coley



The convention is over, and with many changes, we move forward. I'm writing this with an understanding that your Board of Directors can't make the changes necessary to move our association forward without you the membership. We need all of TREA to get involved – we must get back to an activist footing. We must actively promote what we are doing and what we want for the enlisted forces of the United States and their families.

Check out our website at www.trea.org . You will see clearly displayed who we are, what we are here for (our purpose), what we promise you we will do, and the rules we will abide by to do what we do – our guiding principles. A large portion of the site will be under construction as we are making sure what is here is true and as complete as we can make it. Updates and changes are also coming to Facebook and LinkedIn. Look for the legislative updates to start as soon as we can set up the feeder systems. I'm looking into training videos on YouTube. If you like the ideas I'm sharing let me know at 3rdvice@trea.org. I'll answer all mail.

More to the point, your Board of Directors will be moving to implement changes approved to the Bylaws and Standing Rules. The most far reaching and complex is implementing a new voting system where each TREA member in good standing has a vote, whether they choose to attend the business meeting (convention) or not! This drives a voting by mail or by internet system, which we've been researching possibilities since the last convention. We have only a short time to get this in place because the next year is a major election year for us. All board positions are up for selection. With that in mind, I'm building a continuity book for all my positions so what we've learned won't be lost.

Our strategic planning continues with a clear understanding that the world has changed for the non-profit community and we must change with it. Our organization must work to provide value for the enlisted force and their families. We understand how we are helping, but we are not that good at conveying it to present and future members. We also understand how important access to a strong VSO program is to you and your future. We are actively working on that program because TREA members had in the past and deserve now and in the future first class help with VA issues.

We do this because no matter our differences, we are still united in the knowledge, based on historical fact of Who We Are. That United We Stand; and if not united, we will fall.





MOVING IN THE RIGHT DIRECTION

Deb Oelschig, TREA National Treasurer

There is excitement and renewed enthusiasm throughout TREA as we act upon the changes that were voted on at the recent convention.

Those who attended the convention experienced firsthand how collaboration and teamwork come together to make great things happen. Even through contentious moments and controversial discussions, TREA members from throughout the country, even as far away as Hawaii, worked through their differences to cast individual votes for the betterment of TREA, the organization. I won't go into all the details in this report as I know that there is another report on that elsewhere in this publication, but I do encourage all of you to review all the changes that were submitted and voted on and understand the underlying meaning to each one.

We are certainly 'moving in the right direction' and for that, everyone should be proud that the attending members saw fit to vote for TREA's future. I, for one, am proud of this accomplishment and am looking forward to TREA's continued forward momentum.

It would not be 'my' report if I did not discuss finances, so here goes – The TREA Board of Directors understands the dynamics of TREA's current financial portfolio, and I want to take a moment to share that with you. To put it simply, our revenue model is no longer working. We continually talk about spending and expenses, simply because that is what we can control. The reality is – expenses are not the issue. While you try to understand that, let me explain – our expenses and spending has decreased by over 20% in the past several years. That is quite the accomplishment when everything from supplies, to paper and postage has increased. The problem lies in our revenue structure. Simply put – our income has decreased to the point that our programs are not paying for themselves. This is not a successful operational structure and one that the Board is working hard to change. I am not saying that we should not be aware of and continue to cut costs and expenses everywhere that we can, but more importantly, we must find a way to bring in more income. We cannot control the political atmosphere and regardless of your personal political affiliation (or lack of), everyone agrees that what happens in Washington impacts the rest of the country. This impact is not lost on TREA. We see it in the fundraising responses we receive – members writing notes that they are uncertain of what is going to happen and are worried about their individual future and because of that, they are choosing to not donate at this time. Those who used to give \$25 are now only sending in \$10. We are seeing a decrease in our monthly donations as well – not because people do not believe in TREA, our mission, and our actions, but simply because they are uncertain. We hear all the time that 'I hope to be able to donate again in the future'. The desire to be supportive is still present, but individual and political uncertainty has created this time of caution and donations to charities, TREA being one of many, has felt the effect.

Trust that your TREA National Board of Directors is doing all they can to work amid this dilemma. I am not saying that we can fix what is happening in our country, but I am saying that we will find a way to work in spite of it. After all, we are ENLISTED, and that is what we do – we accomplish the impossible!

TREA'S HOLIDAY PROGRAM – DID YOU KNOW?



Did you know that TREA has supported and cared for over 500 wounded and/or deployed military/veteran families through our Holiday Program? This will be our 4th year with the program and we could not be happier or prouder of what we have been able to accomplish and provide for these families. We provide each family with food, clothing, gifts, and a handwritten card. We have even personalized over 140 stockings for young children and filled them with holiday candy and gift cards.

By the time you receive this magazine and read this article, we will be well in the middle of this year's program, but that does not mean that you can't still be a part of it.

You can adopt your own family (come on TREA Chapters...), you can provide financial assistance so that we can make our funds stretch even farther, or you can buy a gift (or two) that we can use to send to a child or family member.

All families are vetted through Soldiers Angels and forwarded to us for support.

It is a wonderful program and provides support for so many families – think about adding a little Holiday Cheer into your life by participating in this great program.

Go to our website (www.trea.org) and click on the link on our homepage to see photos and read the thank you notes and letters from families we have adopted in the past.



Call TREA Headquarters at 303-752-0660 to get involved this year or to get your name on the list for next year.

There was so much information to bring back from the convention that we simply could not include it all in this issue of The VOICE. We have included as much as we possibly could. There were some great photos - lots of smiles and laughter. They are definitely worth seeing. You can see them all on our website. Go to www.trea.org and click on the Gallery on the top tool bar.

If you have photos that you would like to share, please send them to me at treaHQ@trea.org. We will post them in the Gallery for everyone to enjoy. I know that there were some members who were really enjoying those photo props --- we would love to see the results.

For a complete list of the winners for 2019,
click on Committees on the top tool bar, then on Awards Committee.
For the complete packet of Bylaws and Standing Rules, click on Committees on the top tool bar,
then on Bylaws & Standing Rule Committee.

If you have any comments, suggestions or feedback for the board or staff, please use Form 100-99, located under the Resources (on the top tool bar), then Forms & Documents. There is a fillable word version and a printable PDF version. Of course you can send any comments or suggestions to me at treaHQ@trea.org.

TREA CONTINUES TO WORK HARD FOR YOU IN WASHINGTON

Ken Greenberg, Director of Veteran & Military Policy



Hello TREA members, family, and friends. The last few months have been a busy time for TREA's Washington office in tracking Congressional activities as well as Department of Defense (DOD) and Department of Veterans Affairs (VA) policies and actions. TREA is pleased to protect the benefits and services you have earned as well as provide updates on important issues in Washington.

Swearing in of New VA Deputy Secretary

James Byrne was confirmed by the Senate to be VA's Deputy Secretary on September 12, 2019. The vote was 81-11. Byrne took the oath of office and was officially sworn in by Secretary Robert Wilkie on September 16. I represented TREA at the swearing in and congratulated Mr. Byrne on his new position. Byrne previously served as the acting Deputy Secretary and as VA's General Counsel. I had already met earlier this year with Byrne to discuss TREA's priorities and will be scheduling a follow up meeting in the near future.

SVAC Chairman to Retire

Senate Veterans Affairs Committee (SVAC) Chairman **Johnny Isakson (GA)** announced his retirement as of **December 31, 2019, due to health concerns**. TREA has worked with the Chairman on many issues over the years including Navy Blue Water, MISSION Act, GI Bill updates, and Appeals Modernization Act. **Senator Jerry Moran (KS)** is expected to be named the new SVAC Chairman in January 2020. Moran has been a strong supporter of veterans and service member programs and initiatives. TREA will continue to work with SVAC officials and assure a smooth leadership transition.

Navy Blue Water Vietnam Veterans Act signed into Law

VA announced that it will implement the Navy Blue Water Vietnam Veterans Act (P.L. 116-23) on January 1, 2020. TREA has asked **VA to immediately begin the processing of claims** and not wait until 2020. If you were in the territorial waters within 12 miles you may be eligible for a disability rating and compensation. See the Veterans Benefits Administration (VBA) website for additional information at <https://www.publichealth.va.gov/exposures/agentorange/locations/blue-water-veterans.asp>. VBA was recently given access to ship logs by the National Archives and Records Administration to assist in examining claims. If you had previously filed a claim and been denied you may want to refile now under the new law.

Continuing Resolution signed into Law – Government Funded to November 21, 2019

As the new fiscal year began on October 1, 2019, TREA noted that the House has passed 10 of 12 appropriations bills including Defense and VA- Mil Con at record levels. Unfortunately, the Senate passed none. In order to prevent a government shutdown Congress passed and the President signed a Continuing Resolution funding the entire government through November 21, 2019. As of October 9th, 2019, Congress is considering another Continuing Resolution that will fund the government through Feb/Mar 2020.

Army and Air Force Exchange Services (AAFES) Update

The 2019 National Defense Authorization Act (NDAA) became Public Law 115-232. AAFES will be publishing specific information on how newly eligible persons may access their stores and exchanges effective January 1, 2020. AAFES is coordinating within DOD and VA to provide an access card or device for these newly eligible persons.

TREA CONTINUES TO WORK HARD FOR YOU IN WASHINGTON

(continued)

The Act includes provisions to allow Purple Heart and Medal of Honor recipients, former prisoners of war and **veterans with disabilities connected to their military service** to shop at the discounted on-base store. It also extends that access to veteran caregivers. This will strengthen the commissary system in the long run, which is good for both active-duty personnel, veterans and retirees as it will increase the number of persons eligible to use commissaries.

In addition, the NDAA also expands access to Morale, Welfare and Recreation and Post Exchange privileges to these Purple Heart recipients, **service-connected disabled veterans**, former POWs, and their caregivers. Previously, this benefit was only offered to Medal of Honor recipients and 100-percent disabled veterans.

New Eligibility Rules for Burial in Arlington National Cemetery

The new restrictions are likely to cause controversy within the military community, since veterans groups have long opposed restricting eligibility at Arlington.

Department of Army officials are moving to limit the number of individuals eligible for burial at Arlington National Cemetery in Virginia, restricting below-ground sites to combat heroes, battle casualties and a small pool of notable dignitaries. Under the proposal, **which still needs to be finalized through a public rulemaking process**, some other veterans will still be eligible for storage of cremated remains at the famed site in above-ground columbarium, which will allow planners additional flexibility and space in coming decades.

The move by the Army, which administers the cemetery, is part of an ongoing effort to extend how long the cemetery can be used as a final resting place for America's service members. Army officials have for the last two years considered a series of site expansions and facility changes to deal with dwindling space at the site. The 154-year-old cemetery has become one of the most hallowed military sites in America. More than 3 million visitors travel to the site annually.

According to the Army, only about 100,000 burial sites are left at the cemetery. Expansion plans are expected to keep burials on pace into the 2040s, but not much beyond that. Under the latest proposal, 1,000 grave sites would be set aside for current and future Medal of Honor recipients, to ensure space is reserved for those recipients of the highest military honor.

In addition to them, below-ground burials would be restricted to these other military groups:

- Troops killed in action, to include repatriated remains
- Purple Heart recipients
- Award recipients of the Silver Star or a higher honor
- Combat-related service deaths “while conducting uniquely military activities”
- Former prisoners of war
- Veterans with combat service who “made significant contributions to the nation's security” in other government posts
- Former presidents and vice presidents of the United States

Spouses of eligible individuals would also be allowed burial at their loved-ones plots.

Above-ground inurnments of ashes will be open to any veterans from World War II, military retirees, veterans who served in combat and spent at least two years in the ranks, and veterans without any combat service who “made significant contributions to the nation's security” in government posts.

Currently, any military retiree is eligible for below-ground burial at the site, and any veteran who left the service under honorable conditions is eligible for inurnment of ashes. The former group would only be eligible for



TREA CONTINUES TO WORK HARD FOR YOU IN WASHINGTON

(continued)

inurement now, while many of the later would not be eligible for any admission to Arlington. Army officials said the new changes will not affect any burials already scheduled, or any planned between now and the completion of the rulemaking process, expected to take at least nine months.

TREA Official Co-Chairs Retired Affairs Committee of The Military Coalition (TMC)

TREA is pleased to announce that Ken Greenberg, Director of Veterans and Military Policy has been named Co-Chair of the Retired Affairs Committee at TMC. In this Committee role, he will lead TMC efforts in the review of Congressional, DOD and Department of VA actions and make recommendations to the full TMC regarding retired affairs issues and policies.

TREA Continues to Support Concurrent Receipt – H.R. 333 and H.R. 303

Seek the enactment of legislation that authorizes comprehensive expansion of concurrent receipt of uniformed services retired pay and VA disability compensation, by expanding Concurrent Retirement and Disability Payments (CRDP) to beneficiaries with 20 or more years of service with less than 50 percent disability rating and all those medically retired with less 20 years of service (Chapter 61) who are not eligible for concurrent receipt.

Department of Veterans Affairs – September is National Suicide Prevention Month

With a goal of eliminating suicide, everyone has a role to play: families, communities, Veterans Service Organizations (VSOs), state and local leaders, medical care, and others. Let's take a closer look.

All of VA's suicide prevention efforts are guided by the National Strategy for Preventing Veteran Suicide. Published in 2018, this long-term strategy expands beyond focusing solely on crisis intervention and provides a framework for identifying priorities, organizing efforts, and focusing national attention and community resources, like TREA: The Enlisted Association, to prevent suicide among veterans through a broad, public approach with an emphasis on comprehensive, community-based engagement.

Preventing suicide among the nation's 20 million veterans cannot be the sole responsibility of VA — it requires a nationwide effort. As there is no single cause of suicide, no single organization can tackle suicide prevention alone.

The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) Executive Order 13861 focuses on improving the quality of life of our nation's veterans and developing a national public health roadmap to lower the veteran suicide rate using a government approach and integrating public and private entities to work across the nation.

To better understand veteran suicide, we need to look at trends among the broader veteran population and veteran subgroups, over time. This helps us to identify complex risk factors that may have an impact on veterans, to develop appropriate programs and resources, and to better measure our progress. This is another example of how critical it is that our partners, especially our VSO partners, embrace the public health approach to help us reach veterans outside the VA system of care. Suicide is preventable and treatment works. Here are several links if you want information

https://www.veteranscrisisline.net/support/be-there?utm_source=bethereforveterans.com

https://www.mentalhealth.va.gov/suicide_prevention/

https://www.mentalhealth.va.gov/mentalhealth/suicide_prevention/data.asp

Remember you can review all Washington Updates at www.trea.org and click on legislative to see the full list of legislative actions during the 116th Congress.

Texas Grandmother with Leg and Feet Problems Goes from Near Cripple to Walking Her Dog Daily

You don't have to suffer anymore. Doctors never tell you about these 7 natural herbs, yet millions of people in China have used them for relief of leg and feet problems for 3,000 years. In fact, they are guaranteed to relieve your problems and provide soothing comfort - or you pay nothing.

By Michael Plane —
National Health Press

Mary Lentz of Plano, Texas suffered for over twenty years from leg and feet problems. Doctors prescribed one prescription drug after another. Then electrical stimulation. Then surgery. But after all these treatments - her legs and feet actually felt worse.

Mary was fed up with suffering. She took matters into her own hands. At wit's end, she discovered the best herbs for natural relief. She took them, and within just days, her leg and feet problems began to disappear. Now she walks her Golden Retriever Max every day (which she couldn't do before), works in her garden and regularly plays tennis with friends.

"If I kept listening to my doctors, I'd be a cripple today. I'd be in a wheelchair or in a nursing home. I am so thankful for these remarkable herbs."

Leg and feet problems could have been almost like a death sentence for Mary - and a shame for her suffering family. It is a terrible way to live out what should be the best year of your life.

Neuropathy is like a wildfire. It starts with a small flame, but then quickly turns into a raging fire in your feet that never stops. Left alone or treated in a way that doesn't work, it can lead to constant suffering - or even one of the 86,000 Americans who need a limb amputated each year according to the National Institutes of Health.



"I had so much pain from burning nerves in my feet I could barely move...but this makes it calm down so I can walk and sleep. I really love this stuff. Other pills didn't work. It stops the nerves from hurting so bad. It is amazing. NeuroFlo lets me move and sleep pain-free. It is wonderful."
- Katerina King-Mccausland, Murrieta, CA

At Last - You Don't Have To Suffer Anymore

Here's why you have these problems: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The 7 herbs in the pill NeuroFlo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine all these herbs into one pill without losing their full potency, but finally, they have succeeded.

Dr. Ryan Shelton, M.D. says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them." From word-of-mouth, over 30,000 doses of this Chinese miracle have already been sold in America.

Instead of letting their doctors control their health with no real relief, people are taking this natural approach. They are staying active and independent as they age - and creating a bright future they are excited about, instead of fearing. Now you too can enjoy your best years yet.

Conventional Treatments All Wrong

In America, drugs and other OTC formulas try to superficially suppress the symptoms. This may be going after the problem completely wrong. Traditional Chinese Medicine (TCM) believes nerve problems are largely caused by stagnant blood circulation. This causes your legs and feet NOT to get enough oxygen-rich, nutrient-rich blood they need to heal. The ingredients in NeuroFlo get this crucial blood flowing to your legs and feet like a fast-running river stream so they can feel better fast.

Want proof? To show how important oxygenated blood flow is, hold your breath. Hold it too long and you'll pass out. This is what's happening to your feet and legs now -- they are not getting the oxygenated



Chinese herbs provide fast relief of leg and feet tingling, burning and numbness. They do this by improving the flow of blood, nutrients and oxygen to your legs and feet to repair damaged nerves.

blood flow they need to feel healthy.

Now you can get a good night's sleep - peaceful, restful sleep - with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects - safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk irreversible damage to your feet and hands. Don't get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work great for you - or you PAY NOTHING with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

Special Offer For Our Readers

This is the official nationwide release of NeuroFlo in the United States. And so, the company is offering a special discount supply.

A Regional Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try NeuroFlo. Starting at 7:00am today, the order hotline will be open.

All you have to do is call **TOLL-FREE 1-888-376-4059** and provide the operator with the special discount approval code: **NEF158**. The company will do the rest.

Important: Due to NeuroFlo's recent media exposure phone lines are often busy. If you call, and do not immediately get through, please be patient and call back.



Proven Fast Natural Relief For:

- Blood Sugar Problems
- Varicose Veins
- Swollen Legs
- Spider Veins
- Aches & Weakness
- Many other leg & feet problems

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Results based upon averages. Models are used in all photos to protect privacy.

2019 NATIONAL CONVENTION RE-CAP - DENVER, COLORADO

Debbie Osborne, Director for Operations



The National Anthem was brought to life by the splendor of our Nation's emblem. The Bald Eagle symbolizes strength and freedom.

The majestic Rocky Mountains were the backdrop for TREA's 56th Anniversary and National Convention. Held September 18th – 20th in the 'mile high' city of Denver, Colorado. The DoubleTree hotel, by Hilton was home to over 130 TREA and TREA Auxiliary members. Members from as far away as Hawaii traveled to see old friends, hopefully make new ones and to be a part of TREA's future.

We were honored to have USAA, Concor dia, TSCL and the VA's Million Veteran Program spend time with us this year. Members were treated to a delicious breakfast buffet, sponsored by USAA and were able to spend some one-on-one time with Laura

Lule, TREA's USAA representative. Laura was able to expand upon some of the programs that USAA offers – all tailored to fit the wants and needs of military and veterans.

Throughout the two days of business meetings, there was much discussion of the direction that TREA should or should not take to ensure our future in the VSO world. There were many different opinions, there were questions and there were answers and at the end of the day, the membership pulled together and voted for what they believed was the best course of action for TREA, the organization to take. This resulted in some big changes – but life is all about change, without it we grow stagnant and wither away – with it, we embrace the opportunity to grow and become something bigger and better. I will once defer back to the statement that I make every year – the fact that emotion still exists in our discussions validates that TREA is still important and means something to our members. The promise that we made 56 years to protect the earned benefits of those who served, those who are serving and those who will serve, still holds true.

The work is not done – there are programs to set up, procedures to enact and guidelines and laws to follow, but we are on the move – in the right direction. One of the dilemmas that TREA is going to tackle head-on is the over-reaching problem that all VSO's are facing and that is how to attract and engage the younger active duty servicemember/younger veteran. TREA, one of the ways that we are going to accomplish this was overwhelmingly approved by the membership when they voted to allow on-line and mail-in voting to occur. This action is monumental. This change gives younger TREA members who are still actively employed the ability to be engaged with and be a part of the decision making processes that affect the organization. While this may have been the original driving force behind the bylaw change, it certainly has its benefits to current and aging TREA members as well. For those who have put in the time, the effort and the support – the requirement to physically travel to/from a location away from home is no longer mandated. This will be seen as a blessing to many – to those who are medically unable to travel, for those who are not financially able to spend the additional funds, those who have time, job, pet and family obligations. This change allows them to participate in the process that drives TREA forward.

There is a new hope for TREA and we are excited to see it play out
While there was a lot of business to attend to, there was also time for fun – and a lot of it!

ARMED FORCES RETIREMENT HOME – WASHINGTON, D.C. AND GULFPORT MISS

Affordable Independent Living for Eligible Veterans!

The Armed Forces Retirement Home is an affordable retirement community for eligible veterans who served primarily in the enlisted ranks.

Whether it's at our scenic, wooded campus in Washington, DC, or on the beach-side campus in Gulfport, Miss., AFRH offers supportive care and shared camaraderie.



INCLUDED:

General Services:

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Full Service Library
Dining Facility
Computer Center
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Mail Room
Campus BX/PX
Barber & Beauty Salon
On/Off Campus Shuttle

Major Amenities:

Private Room-Shower
Internet-TV connection
Deluxe Fitness Center
Movie Theater
Bowling Center
Hobby Shops

Gulfport, Miss:

Walking Path to Beach
Outdoor Swimming Pool
Ocean-view balconies

Washington, DC:

9-hole Golf Course
Stocked Fishponds
Scenic Walking Paths

For more information or to obtain an application,
call **800.422.9988**

admissions@afrh.gov | afrh.gov
3700 N. Capitol Street, NW, Washington, DC 20011



2019 NATIONAL CONVENTION RE-CAP - DENVER, COLORADO (continued)

Local Chapter 39 hosted two events, one on Tuesday night that provided the chance for members to display their intellectual, and one on Thursday night that allowed for members to showcase their entertainment ability as they took to the stage one by one to perform their favorite karaoke songs. The week ended with a special President's Dinner and Program, complete with a step back into the 'Old West'. The solemn and reflective POW/MIA ceremony provided the opportunity to pay homage to all POW's and MIA's – (they may be gone, but they are not forgotten) and the swearing in of the two new TSCL trustees gave way to the light-heartedness of the night's festivities. Where cowboys and cowgirls, rustlers and sheriff's – drew everyone back to a simpler time, if only for this night. An in-prompt fundraising event came to life as members paid to have individuals put in jail – Bail was, yep, you got it – a donation to the Holiday Program. Over \$100 was raised – thanks to President Hilinski and Chapter 1 President Lonny Barrett for their robust performances of temporarily being the 'bad guy'. It was discussed how long they could be kept 'in jail', but in the end, faithful TREA members doled out the dollars to have them released. (Actually, I think it was President Hilinski's daughter that ended up bailing him out). It was fun to see everyone enjoy the photo props and really get into the spirit of the evening. Members relished in the fun of locating their own 'Wanted' poster. These posters, showcasing a time, a place, a memory – not lost or forgotten – just tucked away. After a believed to 'have never been done before' Military GROG ceremony, led by President Hilinski, members enjoyed a delicious dinner, good friendship, music and dancing.

The first ever, Veteran's Day contest winner was announced. This special contest was for the chance to attend the National Veteran's Day Ceremony held at Arlington National Cemetery (travel and lodging provided) to sit in the TREA box seats during the ceremony and to participate in the wreath laying ceremony with President Hilinski. This contest was created to draw attention to the many benefits of TREA membership. This will be a re-occurring program and is open to all TREA members in good standing and will be held every September with the winner being selected at the Annual Membership Meeting.

Laughter was plenty, memories were rejuvenated, friendships were re-kindled and new relationships were created – this is TREA.

Throughout the week's event, I watched and I listened - to our leaders, to our membership and to our staff. I was once again reminded how blessed TREA is to have these wonderful individuals as members and how truly blessed I am to be a part of it all.

OPENING CEREMONY



Members enjoy the opportunity to mingle with friends at the Welcome Reception. Above left: Director Rice and Paul Chamberlain – Chapter 74 member. Middle: Gilberto Flores, Member-at-Large, Right: Joyce Brown-guest, Harry Blackwell – Chapter 72, Daisy Brown – Chapter 9 and Barbara Barron – Chapter 24



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2019 NATIONAL CONVENTION RE-CAP - DENVER, COLORADO

(continued)

Photo right: The Head Table - CSM Bill Woods, Mrs. Stephanie Woods, Mrs. Judith Hilinski, President Philip J. Hilinski, Emcee Hank Reisig, Auxiliary President Patricia Winds, Mr. Osie Winds, Ms. Shawna DeBerry Johnson and MSgt(ret). Robin Holland



Above left & center: TREA Members stand for the National Anthem, proudly sung by 3rd Vice Coley. Photo Right: A majestic display of strength and freedom.



Left: National President Phil Hilinski and National Auxiliary President Pat Winds perform the Unity ceremony.



Right: Members and guests pay tribute to Chief Dottie Holmes who passed away earlier this year. Chief Holmes was a TREA trailblazer and she paved the way for women in the Armed Forces.



Photo Left: Shawna DeBerry Johnson, from Denver Mayor Michael Hancock's office addressed the membership with a thought provoking and emotional plea calling attention to the need for unity and tolerance and for people, ALL people to respect and value each other and the differences and diversity that make us, as a whole, great.



Photo Right: CSM Bill Woods, Command Senior Enlisted Leader of the Colorado National Guard, gave a detailed and informative presentation on the mission and services of the National Guard.

Now available in the U.S. without a prescription!

Blood Sugar Pill Used in China for 54 Years Goes on Sale Nationwide

Approved by doctors nationwide; triggers weight loss and lowers cholesterol, triglyceride and blood pressure levels; non-addictive and side effect free



Popular pill: U.S. doctors are now recommending new Plavinol because it lowers blood sugar, triggers weight loss, and restores cholesterol, blood pressure, and triglycerides levels to normal without side effects.

A pill that lowers high blood sugar in 30-days has been used safely in China for 54 years. It is now available in the United States.

This pill contains an active ingredient that also triggers weight loss and lowers high blood pressure, cholesterol, and triglyceride levels.

The active ingredient comes from a natural compound. It is both safe and healthy. In 54 years of recorded medical use, there are no known harmful side effects.

Now an improved version of this pill is being offered in the United States under the brand name *Plavinol*.

"With daily use, *Plavinol* offers 24-hour relief from blood sugar worries," says Vik Swanson, President of the makers of *Plavinol*.

"This is what the clinical studies have shown and that's why so many U.S. doctors are now recommending it to patients," he added.

WHY SO MUCH EXCITEMENT?

Scientists in China have discovered a natural compound with a known ability to restore healthy glucose levels without side effects.

This compound is not a drug. It is the active ingredient in *Plavinol*. Clinical studies in the U.S. have shown it blocks sugar in the foods you eat from entering your blood.

Many users report healthier blood sugar levels in just days. Others claim to lose weight. Many more say their blood pressure, cholesterol, and triglyceride levels return to normal.

"I struggled with high blood sugar for 15 years," said Jack Yates of Henderson, NV. "But now, *Plavinol* keeps my numbers under control. I lost weight, too — and my cholesterol readings are better than ever," he added

With so much positive feedback, it's easy to see why sales are booming for

the newly approved *Plavinol* pill.

IMPRESSIVE CLINICAL RESULTS

The clinical trials were conducted by doctors from the Universities of Mississippi, Minnesota, and several health institutes in China.

The results seem hard to believe. Yet, the findings are published in the world's most prestigious medical journals.

Results show those who take *Plavinol's* active ingredient...

- Reduce after-meal glucose spikes
- Lower high blood sugar levels
- Relieve high cholesterol levels
- Cut triglyceride levels
- Lose excess fat

And while everybody knows the dangers of eating foods that contain excess sugar, one study showed that even after patients consumed almost two ounces of pure sugar, *Plavinol's* active ingredient kept their glucose levels within a healthy range.

HOW IT WORKS

The active ingredient in *Plavinol* comes from a natural plant extract called *Morus Alba*. Scientists believe it works by blocking excess sugar in the foods we eat from entering the blood!

Research shows excess blood sugar is the number one cause of Metabolic Syndrome, which is a group of health conditions that appear together in the body.

According to Swanson, "You may have Metabolic Syndrome if you suffer from two or more of the following issues: Diabetes, obesity, high blood pressure, high cholesterol and high triglyceride levels."

Plavinol's active ingredient is shown to reduce excess sugar in the blood, which is why so many users are seeing a reduction in the symptoms of Metabolic Syndrome.

WHAT DOCTORS ARE SAYING

"In all my years as a doctor, *Plavinol* is the most exciting new solution to come along for those suffering from high blood sugar," said Dr. Decker Weiss, Integrative Cardiologist and Professional Committee Member of the American Heart Association.

"Many *Plavinol* users report a decrease in high blood sugar within days, followed by a reduction in high blood pressure and cholesterol within the first month," said Dr. James Leaper, Chief Medical Researcher for *Plavinol*.

"*Plavinol* is an excellent choice for overweight people. The clinical trials in support of this pill show it causes weight loss over a 90-day period," said Dr. Holly Lucille, who has appeared on award winning T.V. shows like *The Doctors*, and *PBS' Healing Quest*.

HOW TO GET PLAVINOL

This is the official nationwide release of *Plavinol* in the United States. And so, the company is offering a special discount supply to anyone who calls within the next 48-hours.

A Regional Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try *Plavinol*.

Starting at 7:00 am today, the order hotline will be open for 48-hours.

All you have to do is call TOLL-FREE **1-888-998-3448** and provide the operator with the special discount approval code: PLV176. The company will do the rest.

Important: Due to *Plavinol's* recent media exposure on ABC, CBS, and FOX NEWS, phone lines are often busy. If you call, and do not immediately get through, please be patient and call back. Those who miss the 48-hour special discount offer must pay more for *Plavinol*.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. All doctors mentioned are remunerated for their services. All clinical studies on *Plavinol's* active ingredient were independently conducted and were not sponsored by the makers of *Plavinol*.

JOINT AWARD LUNCHEON



Above left: IPNP Adams announces the winners for the 2019 Awards Luncheon. The painting in front was donated by Jerry Moran – Member-at-Large. Above Center: Ed Cates – Chapter 1, receives the TREA Founders Award. Above Right: Daisy Brown – Chapter 9 receives the TREA Member of the Year Award.



Far left: President Hilinski awards Lonny Barrett, from Chapter 1 the President of the Year Award for Large Chapter. Lonny also accepted the award for Outstanding Large Chapter of the Year. Left: President Hilinski awards Chapter 111 President, Andy Franko the Outstanding Small Chapter of the Year award.



President Hilinski acknowledged and thanked the National Auxiliary for their dedication to and support of TREA and its mission. L-R: President Phil Hilinski, IAPNP Irmgard Cates, Sheldria Wallace, Ruby Smoots-Harris, Annette Harris, Sherry Eller, Barb Coley, Pat Winds (Auxiliary President) and Betty Love

JOINT AWARD LUNCHEON



Past National President Irmgard Cates (top left) and Auxiliary President Pat Winds (top right) present awards Auxiliary Awards. Marie Smith, from Chapter 80 in San Antonio, Texas (middle right) received the Overall Chapter Auxiliary Management Award. Sandy Ott from Chapter 29 in Rapid City, South Dakota (middle left) received the Auxiliary Social (Humanitarian) Programs Award. Kitty Jones from Chapter 1 in Colorado Springs, Colorado received the Community Relations Award for Large Chapter, while Barbara Tackitt from Chapter 39 in Aurora, Colorado received the award for Medium chapter (Bottom left). Doris Bryant from Chapter 133 in Fountain, Colorado received the Public Relations Award for Small Chapter while Audrey McCray from Chapter 3 in Aurora, Colorado received the award for Medium Chapter (Bottom right).

THE PRESIDENT'S DINNER – WILD WEST STYLE!





Photo Left: President Hilinski presents guest speaker Dr. Bryce Carpenter with an award. Dr. Carpenter spoke about the many Native American service members and their contributions to the United States' military program. All other photos: TREA Members & Guests having a good time!





RECAP OF CONVENTION VOTING AND WHAT IT REALLY MEANS TO YOU

Debbie Osborne, Director for Operations

The recent convention was very productive in paving the way for better TREA member engagement. One of the biggest changes that was approved by the membership was the ability for ALL TREA members to vote. This is a big deal. I will recap all the changes and try to explain what it really means to you – the TREA Member.

There were quite a few submissions, so for the sake of time and space, I provided a review. If you want to see the full submission, please go the website (www.trea.org) we will have a link to the full file.

BYLAWS:

Article II / Object

This change basically reformatted the wording to make it clearer and more concise. Nothing was taken away or added. It was approved without objection. There is no real impact to the member or to operations.

Article III, Section 1 / Regular

This change defines how a spouse membership will be handled in the case of a divorce from the military member. With an administrative change of adding in the Guard and Reserve, this change was approved without objection.

Following the VA's footsteps and realizing that divorce severs the military ties, a divorce from a TREA member causes the spouse to no longer be eligible for TREA membership. Because of this rule, spouses are not eligible to become life members (exception made for those already in the system). The impact is only to the divorced spouse member in the respect that they would no longer be eligible for membership in TREA. They will be allowed to complete whatever time remains on their current membership but will not be allowed to renew.

Article IV, Section 5 / Audit

This change ensures that TREA and all entities follow the same procedure for financial audits and that proper documentation is provided to the membership. This ensures transparency and fairness across all entities. This change was approved without objection. There is no real impact to the member or to operations as TREA is already in compliance with this procedure.

Article V, Section 1 / Elected Officers

This change eliminated 2 Director positions and was effective immediately. It was approved with a vote of 69 to 18. The impact was the immediate loss of 2 Directors – with the two current positions being up for re-election, no action was necessary as the position were just eliminated. This means that there are 2 fewer positions in which to accomplish the same amount of work, but the hope is that it will be more cost effective as it costs approximately \$5,000 a year for each board member (travel and expenses to midterm and the Annual Membership Meeting).

RECAP OF CONVENTION VOTING AND WHAT IT REALLY MEANS TO YOU (continued)

Article IX, Section 1 / Nominee Candidates

This change eliminated the reference to 'chapter delegates' and is in line with the passing of Article X. This change was approved by a vote of 90 to 6 and was done so after the approval of Article X. The impact is relatively simple, with the ability of every TREA member to cast his/her own vote, the need for chapter delegates is eliminated. Instead of chapters having block votes based on their current membership, every member, regardless of chapter or MAL affiliation has the same voting power and count. One for one.

Article X, Section 1a / Frequency

This change simply eliminated the word 'convention' and left everything else the same. This change was approved without objection. The impact is basically internal and allows the organization to call the required Annual Membership Meeting just that – a membership meeting. It does not automatically take out the social aspects that have long been associated with the word 'convention'. Those events can and will still be offered, but will no longer be assumed to be required.

ARTICLE X, SECTION 3 - 5 / MEMBERSHIP SESSIONS

This change affords every TREA member the ability to vote in person, by mail or by an internet based voting system. This change eliminates the need for chapter delegates and proxies. This change was approved by a vote of 65 to 17. The impact of this change gives every TREA member the ability to vote whether they are able to attend the Annual Membership Meeting (previously known as 'Convention') or not and whether chosen as a chapter delegate or not. Chapter delegates and proxies have been eliminated because everyone will have the ability to cast his/her own vote via mail, internet or in person at the Annual Membership meeting.

I do want to take a moment to address a misconception that I have heard over and over at the most recent Annual Membership Meeting (aka: Convention) and that was that we have gotten rid of all the social events that everyone is so fond of. This simply is not true. Everyone is aware of how important social events are to this organization and to our members. It's a part of our mission statement and is taken very seriously. As the person responsible for planning the events that take place during the Annual Membership Meeting, I can assure you that social events will still be planned and coordinated. The difference is that TREA, the organization, will no longer be responsible for them financially. You, the member, will have to participate in the financial burden of these desired events. While the Annual Membership Meeting Committee is still working out the details, there are two ways that I see this being accomplished:

1. Establishing a fee that will be charged to all Annual Membership Meeting attendees and that fee will cover the costs of all events planned during the duration of the meetings – to include all social events.
2. Have a simple, low fee that covers the basics (name badges, planning book, member bag etc..) and then offer a la carte tickets to planned social events. You, the member, then get to decide what events you want to attend and pay for. The downfall to this method is that it would require a very strict adherence to solid deadlines.

RECAP OF CONVENTION VOTING AND WHAT IT REALLY MEANS TO YOU (continued)

Please take a minute to send me an e-mail to let me know which method you would prefer. (treahq@treas.org). I will present all comments and feedback to the Annual Membership Meeting Committee. Remember, our goal is to encourage and foster membership participation and engagement, not hinder it. We just have to make sure that we do it responsibly and do not put the organization at financial risk in the process.

Moving back to the Bylaws and Standing Rule changes.....

Article XVI / Colors, Seal and Logo

This change takes out the specific definition of what the logo is, allowing it to be defined by the current trademark and copyright documents. This change was approved without objection. There is no real impact to members or operations.

STANDING RULES:

SR 1, Para 7c / Other Possible Conflicts of Interest

This change will protect the organization from any perception of self-giving by not allowing the family of any board member/trustee or staff to be eligible to apply for any scholarship or financial program. With the addition of the word 'National' to the change to read, change approved without objection. There is no real impact to members or operations unless you want to be considered for a scholarship or financial aid, in which case, your family member would have to resign from their board or staff position.

SR 2, Para 4 / Resume of Candidate for Elective Office

This change deleted an unnecessary paragraph once Article X got approved. This change was approved without objection

SR 4, Para 5b / Compensation

This change states that no PNP can incur any expenses in which reimbursement is sought without the advanced approval of the sitting President. This change was approved without objection. There is no impact to members or operations.

SR 5, Para 4b / Nominating Committee

This changes the deadline for submitting resumes for Board office to coincide with the printing of the last VOICE magazine issue prior to convention. Since Article X was approved, all resumes will need to be published in The VOICE – no resumes will be allowed to be accepted from the floor. This change was approved without objection and coincides with the passing of Article X. The impact from this change is that last minute decisions to be nominated from the floor will no longer be allowed. Since all members can now cast a vote, information on all candidates must be published in The VOICE (issue immediately prior to the Annual Membership Meeting).

RECAP OF CONVENTION VOTING AND WHAT IT REALLY MEANS TO YOU (continued)

SR 8, Para 5a / Recommendations for Existing Awards

This change adds the requirement of providing verification to substantiate the service provided and for which the award is given. This change was approved with a vote of 73 to 6. The only impact is to the submitter of the request, they will have to provide details and documentation of the service(s) provided that warrant the award.

SR 8, Appendix 1, Para 1 / TREA Member of the Year

This change mandates that this award be given to the TREA members based on actions/activity performed on behalf of TREA at a national level versus a local/chapter level. This change was approved with a vote of 55 to 26. The impact is only to those up for TREA Member of the Year and requires that the actions that they are being recognized for are on a higher level than their local chapter and that they have a positive impact on TREA as a national organization.

SR 8, Appendix 1, Para 2 / Group II – National Chapter Awards

This is a new section – and it adds an award for social media. This change was approved without objection. The impact of this addition is that chapters can now be recognized for more than just a printed newsletter. This award can be recognized for websites, Facebook pages, Twitter, LinkedIn, etc. This award does not take the place of the newsletter award, it is in addition to.

SR 8, Appendix 1, Para 2 / Chapter President of the Year

This changes the award presented to Chapter Presidents of the Year from to a red blazer or other TREA accessory of equivalent value and the convention fee paid for to attend the National Convention (now known as the Annual Membership Meeting) in the following year, to a Certificate of Appreciation and \$50.00. This change was not approved by a vote of 25 for and 50 opposed. There is no impact as there was no change.

SR 8, Appendix 1, Para 2 / Chapter President of the Year

This change prohibits chapter presidents nominating themselves for this award. The nominations must come from a chapter member. This change was approved without objection.

SR 8, Appendix 1, Para 4 / Community Service Award

This change reflects the need for this award to be presented based on community service, not service to TREA, it's chapter or members. This change was approved without objection. The only impact is for those seeking this award – their actions must be for community as a whole and not isolated to a TREA chapter or specifically for TREA members.

SR 12, Para 4 / Delegates

This change allows for the word 'delegate' to be eliminated. Since the passing of Article X, delegates no longer exist. This change was approved without objection and coincides with the passing of Article X. The impact is that 'delegates' no longer exist. Every TREA member will have the ability to vote.

SR 12, Para 5 / Accreditation of Delegates

This change eliminates the entire section that requires the accreditation of chapter delegates. Since

RECAP OF CONVENTION VOTING AND WHAT IT REALLY MEANS TO YOU (continued)

the passing of Article X, delegates have been eliminated, therefore, the requirement to accredit them is a moot point. This change was approved without objection and coincides with the passing of Article X. The impact is that every TREA member has the opportunity and the ability to vote for him/herself.

SR 18, Para 2b / Past National Board Members

This change is to remove the direction to contract Headquarters to purchase this product as it is no longer in production and cannot be purchased. This change was approved without objection. There is no real impact to members or operations. Those who have the pocket insert can still use them, they just cannot be replaced and new ones cannot be ordered.

SR 18, Para 6 / Logo Patch Description and Wear

This change reflects the new circle logo – it is simply an update. With the administrative change of adding ‘any white shirt’, this change was approved without objection. There is no real impact with this change. Since we are TREA: The Retired Enlisted Association, doing business as TREA: The Enlisted Association, it is proper and permitted to where either patch.

I do hope that this recap has provided some information and hopefully cleared up a misconception or two. If you have any questions, or want further details, do not hesitate to reach out to your National Headquarter staff. We are here to help you.



PUBLIC RELATIONS COMMITTEE CHAIR

Greg Barnett, 1st Vice

We need your help!! How can you HELP, you may ask? We are towards the end of the year that America will recognize and honor our heroes in the Armed Forces by parades and ceremonies. We need you to be pro-active by participating and represent our organization by wearing the TREA: The Enlisted Association uniforms or windbreakers and caps, passing out our information about our website www.trea.org, or the phone number (800-338-9337) so prospective members can contact our Headquarters Office for membership information. Be proud of your uniform for which you represent, and never forget our mission and what we do matters not only to ourselves but also to the enlisted ranks on active duty, reservist, retired, National Guard, Coast Guard, and their spouses and dependents.

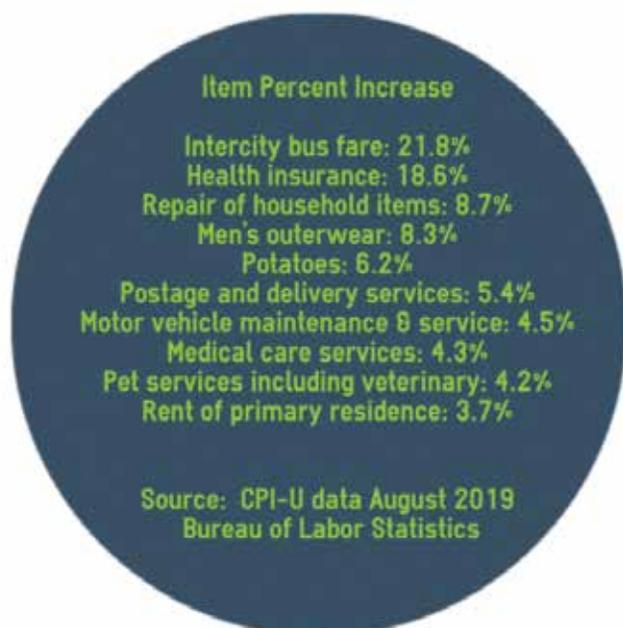
We still have a few Retiree Appreciation Days left this year. There is a listing of the RADs on our website under “RESOURCE” RAD/JOB/RESOURCE FAIRS. When you open the tab, it will display the dates, locations, and telephone numbers for the point of contact for each RAD. Attention: CHAPTERS and MEMBERS-AT-LARGE if you are able or know someone who is able please attend these events, you can contact TREA Headquarters for RAD supplies and brochures. These events are fun, and it gets you out of the house, dedicated a couple of hours to TREA: The Enlisted Association. You are our lifeline we need your HELP. **United We Stand.**

THE SENIOR CITIZENS LEAGUE (TSCL)

Rick Delaney, TSCL Board of Trustee Chairman

The Social Security cost-of-living adjustment (COLA) is provided to protect the buying power of Social Security benefits from rising prices. Yet for almost a decade, retirees have had to manage their household budgets despite COLAs that have been at unprecedented lows. During this period, typical retiree costs have continued to rise several times faster than overall inflation and, consequently, Social Security benefits have lost one-third of their buying power since 2000.

Fastest Growing Retiree Prices August 2018–August 2019



Slowest Growing Consumer Prices August 2018–August 2019



Over the past nine years, COLAs have averaged just 1.4%, so it comes as a frustrating surprise to retirees to learn that, in the decade prior to 2000, COLAs averaged 3% per year, more than twice the average today. Because COLAs compound, and the monthly benefit grows over time, lower COLAs mean less Social Security income than retirees might have planned for. That in turn means spending through retirement savings more quickly than planned.

TSCL has been working to get legislation enacted that would require a minimum COLA of no less than 3%, even in years when inflation falls below that amount. There's a lot of money at stake for retirees. An analysis prepared by TSCL Policy Analyst Mary Johnson estimates that Social Security benefits for anyone retired since 2009 would be 18% higher today had Social Security recipients been protected by such a 3% minimum. An average benefit of \$1,075 in 2009 has increased to \$1,229.60 in 2019. But had beneficiaries received a minimum COLA of no less than 3%, that benefit would be \$1,453.10 per month today — more than \$223.50 per month higher!



THE SENIOR CITIZENS LEAGUE (TSCL)

Rick Delaney, TSCL Board of Trustee Chairman

TSCL supports The Guaranteed 3% COLA for Seniors Act (H.R. 3389) introduced in the House by Representative Eliot Engel (NY-16) and its companion bill in the Senate (S. 1923) introduced by Senator Sheldon Whitehouse (RI). TSCL believes this bill will go a long way toward stopping the erosion in the buying power of your Social Security benefits.

Now it's your turn. You can help draw attention to this legislation by contacting your Members of Congress and asking them to co-sponsor The Guaranteed 3% COLA for Seniors Act. For contact info or to send an email to your elected lawmakers visit the TSCL at www.SeniorsLeague.org.

In the months ahead, The Senior Citizens League will continue to work for enactment of this and other legislation that would strengthen and enhance Social Security benefits for current and future beneficiaries. For progress updates, follow The Senior Citizens League on Twitter and Facebook.

TRICARE/FEDVIP

Open Season is November 9 to December 11, 2019.

DOD's Defense Health Agency has released a Tool kit to educate beneficiaries about the choices they can make during Open Season.

Highlights include:

- **During Open Season, eligible beneficiaries will again have the option to enroll in or change their TRICARE health plan, or enroll in or change their FEDVIP plan.**
- **Open Season is the only time beneficiaries can switch or enroll in a plan, unless they have a Qualifying Life Event (QLE).**
- **Newly eligible beneficiaries, enrolled in a TRICARE plan (including active duty family members), can also enroll in FEDVIP for vision coverage.**

GREAT THINGS ARE HAPPENING AND WE WANT YOU TO BE INVOLVED.

TREA is working on a new benevolent program that will allow us to fill the hole left when the Memorial foundation closed down. This program will be the 'giving' side of TREA and will provide assistance to Enlisted veterans, active duty, Guard and Reserve.

So many of our fellow veterans, active duty service members, Guard & Reservists are struggling to make ends meet. Whether it be food for the table, utilities, rent, medical copays, prescriptions, car repairs – the struggle is real for too many of our brothers in arms. Something as simple as a car breaking down or an unexpected medical bill can wreak havoc on their already stretched tight budget. That is where we can step in and provide some relief.

As we go through the process of creating this new program, we need your financial support. We are encouraging every TREA member to donate to a special fund that will be used solely for this program. Think of how many brave soldiers (past and present) we could help if every TREA Member and Auxiliary Member donated \$25.00. It would be incredible!

By donating \$25 now, you will be in on the ground floor of something special –something will make a difference in the lives of others.

We are running a special fundraising event until January 1st, 2020 to help get this much needed benevolent program up and running. Please send your tax-deductible donation today to: TREA - 12200 E. Briarwood Ave, #250 – Centennial, CO 80112 (please mark in the memo section "TREA GIVES" – that way we will know that you are donating specifically to the Benevolent program). You will have other opportunities to donate throughout the year, but this is a special 'Kick Start' fundraising program – and we need your help.

Become a special 'Founding Donor' by donating \$250 or more. (find out more by visiting our website, www.trea.org).

Let's do this!

THE MISSION OF TREA:

Our Mission is to enhance the quality of life of uniformed services enlisted personnel, their families, and survivors - including honorably discharged to stop the erosion of earned benefits through our legislative efforts; to maintain our esprit de corps, dedications and patriotism; and to continue our devotion and allegiance to God and country.

AUXILIARY



Greetings to All

TREA's 56th Anniversary and National Convention was held September 18 to 20th, 2019, in Denver, Colorado at the Doubletree Hotel. The Auxiliary meetings were very beneficial and successful. It was good to have delegates from the following chapters: Colorado Springs (1), Pueblo (20), Aurora (3) and (39), and Fountain Colorado (113). Rosa Treloar, from New Mexico attended as a MAL. The PNPs (Past National Presidents) who attended were: Sandy Ott (29), Sandy Milner (1), Doris Bryant (113), Renee Keener (39), Marie Smith (80) and APNP Irmgard Cates (1). The attendants for the Auxiliary Board included; Vice President Barbara Coley (34), Treasurer Sherry Eller (113), Sheldria (Dee) Wallace (34), Director/Chaplin Annette

Harris (3), Director Betty Love (39), Secretary Ruby Smoots-Harris (3), and Parliamentarian Audrey McCray (3). Even though PNP Kay Claman was unable to attend, she provided clerical support and sent her regards and blessings to us.

A few highlights of the convention included our special guest speakers; each of which brought to us insightful information. Mr. John May from AMS Management Service Corporation presented information concerning the strengths and weaknesses of the membership and financial structure of the Auxiliary. He also discussed the growth and development of the Auxiliary, showing a large decline in membership and membership renewals. This helped us to understand the decline in monetary and fiscal revenues that are impacting the Auxiliary growth. (If you would like additional information please contact me at Pmitch2121@gmail.com).

Mr. Ken Greenberg, Director of Veterans and Military Policy from Washington D.C. spoke on various subjects that impacts benefits and concerns not only of our Veterans but also how legislative decisions would impact benefits for veterans' family members. He addressed the SBP/DIC and other issues that are currently before Congressional and VA leaders. Mr. Greenberg publishes informative updates in The VOICE. Please take time to read his information.

Our last guest speaker was Mrs. JoAnne Pegues. She is a Registered Dietitian Nutritionist and served as Aging Program and Regional Nutrition Specialist. She has traveled and worked in 14 states and Tribal organizations from Colorado to Alaska and Hawaii. She is published and has released her second cookbook "SIMPLE SOULFUL SAVORY too", which is available at the Tattered Cover Bookstore, Amazon.com and through IJABA Publishing Co. She spoke to us about nutrition and aging. She gave us new insights on how nutrition and proper eating habits could and would improve our health as aging people. We certainly welcomed each of our guests who delivered valuable information and each allowed us time for questions and answers. Our sincere thanks go to each of our special guest speakers.

The National Auxiliary Team also hosted two events this year, the Joint Awards Luncheon, sponsored by the WEF/Benevolent funding presented Auxiliary Chapter Awards to chapters 1, 3, 39, 80, and 113. This year's "Spirit Award" was received by Elaine Moreland from Chapter 80. Congratulations to each of our recipients. The second event was a Hospitably Night; this was held after the Grand Opening Ceremony. We enjoyed an evening of food, wine, and great company. Both events were well-attended and enjoyed by all. Thanks to



everyone who attended the convention and I truly appreciated your support and encouragement.

Next year's convention will be held in San Diego, California. Please place this on your calendar now for September 2020. We want to see more Delegates representing all chapters and would love to see more MAL's (Members At Large) attending. MALs, don't forget there could be a local chapter in your area, just waiting for you to become part of their group. We not only need you but welcome you to become a part of a local chapter.

2020 will be an election year and I will be leaving the Board as President. Upcoming positions for nomination will be: President, Vice President, Treasurer, and 3 Directors. Secretary position is appointed. Please consider becoming part of the Board of Directors and submit your resume for consideration. More information will follow in the upcoming months.

Lastly, we continue to remind you that the WEF/Benevolent program still exists. There are funds available to support widows/widowers of deceased service members. We provide support for dental, vision, hearing, and other medical or benevolent needs. Applications are available and the process is held in confidence and with dignity. Please contact APNP Irmgard Cates at Irmgard@comcast.net, for additional information and eligibility.

Thank you for taking time to read my article. I hope that this information has been useful and I look forward to hearing from you. Pmitch2121@gmail.com.

UNITED WE STAND

Sincerely

Pat Winds



HELLO EVERYONE! GOD'S BLESSINGS TO YOU!

I would like to introduce myself and let you know that I am the TREA National Auxiliary Vice-President and I was appointed as the TREA National Auxiliary Chaplain. Please reach out to me of any illnesses, bereavements, or any other related needs from your local chapter or from Members at Large (MAL's). Let me know with their names and addresses and I will reach out to make a call or send a card. A card can really cheer up that person and let them know that they are in our thoughts and prayers.

Please send information to TREA National Auxiliary Chaplain, PO Box 5852 - Goodyear, AZ, 85338. I look forward to hearing from you.

National Auxiliary Vice-President/Chaplain
Barbara Coley
United We Stand!



CONGRATULATIONS



TREA AUXILIARY

2019 National Scholarship Award Winners!



Saenya Bell



Lindsay Ward



Justin Cook



Caitlin Fuelling



Bethany Hampton



Matthew Hampton



Jeffrey A. Kernkamp



Trevor McGill



Matthew Price



Alecea Reggans



Maggie A. Smither



Joseph Sodano



Paige L. Venrick



Michael L. Ward



Rachel Williams

CHAPTER 16 – SALINA, KANSAS



Photo Left – Standing left to right: Fred Fanning awards guest speaker Kelsey Pfannenstiel, Long Term Care Department, North Central Kansas Flint Hills Area Agency on aging a Certificate of Appreciation. Ms. Pfannenstiel covered a variety of subjects and discussed the services provided by Flint Hill Area Agency on Aging in 18 counties for older Kansans and their families – such as Kansas Medical Assistance, Home and Community based Services and spousal impoverishment provisions of the Medicaid program. Treasurer Shirley Wagner (seated) looks on.

Photo Right - August meeting – Guest Speaker Tammy Fanning (left) gave a slide presentation on “The Old Guard”, the Army’s elite Official Honor Guard and escort to the USA President. Also, how the 3rd US Infantry Regiment soldiers are responsible for conducting military ceremonies at the White House, the Pentagon, National Memorials and elsewhere in the Nations’ Capital. Tammy received a Chapter Certificate of Appreciation from husband Fred Fanning Z(right). He surprised his wife with a free one-year TREA membership.



Photo Above right – Seated left to right at the head table are Chaplain Moses Stewart, resident Richard Trow, Vice-President William Whitman and Treasurer Shirley Wagner. President Trow welcomed everyone to the chapter meeting/picnic and thanked them for coming out to support the chapter. He introduced Guest Speaker John Ethridge, Angel Care Home Health serving Hutchinson, KS and surrounding areas.

Photo Above left – Speaker John John Ethridge (left) accepts a Chapter Certificate of Appreciation from Chaplain Moses Stewart (right)

CHAPTER 80, TEXAS

The Auxiliary and Chapter 80 made a financial donation of \$500 to Haven for Hope in the name of the organization on Wednesday, Aug 24th. Members attending were Don and Juanita Higginbotham, Chapter President and Auxiliary Vice President, respectively, Oscar Pias, Larry Chap Foster and Past National Auxiliary president, Marie Smith. Chapter President Higginbotham made the presentation to D.J. Jackson, Trustee for Haven for Hope.



The chapter has made donations to Haven for Hope, an organization that prepares homeless people for jobs and self-worth, while housing, feeding and educating them. Chapter 80 is an Eight-Year Donor.

CHAPTER 111 OHIO INVITED CHAPTER 72 PITTSBURGH



President Phil Hilinski and members of Chapter 111 Ohio invited President Harry Blackwell and Chapter 72 to join them to help celebrate Marlboro Volunteer, Inc Ride Through History on Sunday, July 21, 2019, 9:00 A.M. to 4:00 P.M. 16125 Armour Street Alliance Start Co Ohio 44601



AND THE WINNER IS....

The winner of the first ever 'Veteran's Day Contest' was Andrea Garcia from Chapter 20 in Pueblo, Colorado.

Andrea and a guest will receive round trip transportation to Washington, DC, lodging, two meals each and be TREA's guest at the National Veteran's Day ceremony at the National Amphitheatre.

In addition to box seats for the ceremony, Andrea will participate in the wreath laying ceremony with TREA's National President and other dignitaries.

It really does pay to be a TREA member!

For more information on this contest and how YOU can win in 2020, go to our website (www.trea.org) or read the upcoming issue of The VOICE.



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**HAVE YOU MOVED? ARE YOU PLANNING ON MOVING SOON?
HAVE YOU CHANGED YOUR PHONE NUMBER OR E-MAIL ADDRESS?**

TREA has been working hard in Washington and we want to make sure that you don't miss any of our important updates and information.

Please take a minute to contact
TREA Headquarters (treahq@trea.org, 303-752-0660)
to let them know of any changes to your membership information.





MEMBERSHIP APPLICATION

- **Regular Membership:** Any honorably discharged enlisted person – retired, active duty, National Guard or Reserve, or the spouse of an honorably discharged enlisted person - retired, active duty, National Guard or Reserve shall be eligible for regular membership. Regular membership entitles the member to all privileges of membership including attending membership meetings, making motions and holding office.

New Member Renewal Membership Number: # _____

Name: _____ Birthdate: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail: _____

Spouse: _____ Your Grade/Rank: _____ Years Served: from _____ to _____

Recruiter Information: Name: _____ Member Number _____

Service: Air Force Army Navy Marines Coast Guard Guard/Reserve

I am : Retired Veteran Active Duty Spouse of a veteran

I acknowledge that I am an Enlisted U.S. Armed Forces Veteran and as such qualify to be a member of TREA: The Enlisted Association
(if joining as a veteran spouse, your signature acknowledges the veteran status of your veteran spouse)

(Applicant, please sign here)

Membership Fees (Does not include Chapter dues, if applicable)

- One Year - \$30
- Two Years - \$55
- Three Years - \$75
- Life Membership (under 70) - \$400 paid in 10, \$42 quarterly payments: \$420 total
- Life Membership (over 70) - \$350 paid in 10, \$37 quarterly payments: \$370 total

Payment:

Visa Credit Card Number: _____
Master Card
Discover Expiration Date: _____
American Express
Check (Make checks payable to: TREA)

Please return your completed application to:

TREA: The Enlisted Association - 12200 E. Briarwood Ave, Suite 250 - Centennial, CO 80112
303-752-0660 800-338-9337
www.trea.org



WE EARNED OUR STRIPES

TREA CELEBRATES ALL OF THE BRAVE MEN & WOMEN
WHO SERVED THE UNITED STATES