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December 2017



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members –

The months seem to fly by! Just recently it was hot Alabama summer and now it is dipping below freezing! Don't let time get away from you. Our Christmas Party is fast approaching on 16 December – at the Overlook.

Entertainment will be provided by a Chapter DJ, so there will be a wide variety of music to listen and dance to. It's not too late to sign up – a reservation form is inside – get your reservation in ASAP.

December also means that it is time for annual members to renew their memberships in our award-winning chapter. A renewal form is inside. And a reminder that there is no monthly breakfast in December. We will resume after the first of the year.

We ask that you help the Chapter improve – volunteer your time and talents. For those of us who have been given much – much giving should be expected. Lend your talents to your Chapter. Your abilities are very much needed to keep us moving forward. Upcoming, we need volunteers for the Christmas Gift Wrapping fundraiser at the PX on 24 December. Please contact Bruce Robinson or Rick West if you can help us out.

Save the date – the March member meeting will be held at Chapter member Nick Mikus' restaurant, aptly named "Nick's Ristorante". A flyer will be in the January *Sentinel*.

With world events providing constant worry and stress, remember to take time out for yourself. That way you can also have time look after those important people in your life.

Wishing you all a very Merry Christmas and a Happy New Year.

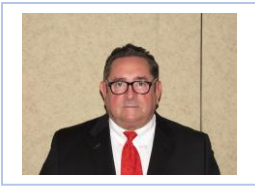
Gerald Maxwell

Get Involved!

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Note: National MOAA and the Huntsville Chapter are non-partisan organizations



Legislative Corner

Lt Col Charles Clements, USAF-Ret



**Take
Action**

→ <http://www.moaa.org/takeaction/>

“All politics is local.” The big news is still the upcoming vote for US Senate on 12 December 2017. A poll reported on AL.com that former Judge Roy Moore has a 10-point lead in the race; however, that was back on 3 November. Since then I saw a TV report during the week of 8 November that had Moore with 46% of the vote and Jones with 40%; the difference (14%) being undecided voters. The report went on to say that a low (20%) turnout is expected.

There is another special election coming our way. As you may recall, Jim Patterson, state House of Representative for District 21, passed away recently. The primary election for the District 21 seat is set for 9 January 2018. A runoff election, if needed would be on 27 March and the general election is set for 12 June.

In other news Governor Ivey has increased her lead in fundraising for the governor’s race with donations totaling \$1.8M. Among the challengers on the Republican side: Mayor Battle’s war chest is \$1.3M, State Senator Hightower has \$628K, and evangelist Scott Dawson has \$425K. On the Democratic side former justice Sue Bell has \$320K and Tuscaloosa Mayor Walt Maddox has \$75K.

Please take time to look at <http://takeaction.moaa.org>. There are key bills MOAA thinks are important to you; some are listed below. Let you representatives in DC what you think of them. This webpage allows you to prepare e-mails or print out letters your representatives.

Senate 66. A bill to amend title 10, United States Code, to permit certain retired members of the uniformed services who have a service-connected disability to receive both disability compensation from the Department of Veterans Affairs for their disability and either retired pay by reason of their years of military service or Combat-Related Special Compensation, and for other purposes.

Senate 339. A bill to amend title 10, United States Code, to repeal the requirement for reduction of survivor annuities under the Survivor Benefit Plan by veterans' dependency and indemnity compensation, and for other purposes.

HR 303. A bill to amend title 10, United States Code, to permit additional retired members of the Armed Forces who have a service-connected

Continued on page 9

2017-2018 GOVERNING BOARD

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Membership: CDR Christine Downing, USN-Ret, 256-828-9740, cdowning@bellsouth.net

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Legislative Affairs: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, ctcbama76@gmail.com

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Public Affairs (Publicity): Mrs. Jan Camp, 256-464-8622, janetecamp@aol.com

Chapter Historian: Vacant

Auxiliary Liaison: Mrs. Jan Camp, 256-464-8622, janetecamp@aol.com

Chapter Hospitality: Mrs. Carrie Hightower, 256-882-3992

Constitution and By-Laws: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

Chapter Chaplain: CH (LTC) Bert E. Wiggers, AUS-Ret, 256-617-0055, chbwig@gmail.com

Commissary & Post Exchange: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

FAHC Liaison: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net / Col Don Kimminau, USAF-Ret, 256-489-5880, don.kimminau@gmail.com

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The SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2017)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandits.com (July 2018)

LTC John C. Franks, USA-Ret, 703-489-2701, john.franks@ingenuityinc.net (July 2016)



PX / Commissary
Col Gerald C. Maxwell, USAFR



Main Exchange

30 Nov – 3 Dec check out the Vitamix demos. Fitbit demos 1 – 2 Dec as well.

Coupons, rebates, interactive ads, specialty stores, and super daily specials? Your Exchange has it all at: <https://www.shopmyexchange.com/savings-center/>. If you have a Military Star Card, each time you use it through 31 Dec, you will automatically be entered to win a chance to get your Star Card bill paid in full!

Holiday Price Guarantee – Find an identical item elsewhere for less and we will give you an Exchange gift card for the difference. Computers, laptops, tablets and I-pads – layaway without charge.

Redstone Arsenal Exchange is located at Building 3220, Redstone Arsenal, Alabama 35898-7210. You may call us at 256-883-6100, fax 256-880-0588, or [email us](#). Have you visited the Redstone Arsenal Exchange website online? [Check it out now!](#)

To contact the Exchange about corporate information, visit our [Customer Service](#) page or write to: AAFES HQ, Attn: Marketing Directorate, 3911 S. Walton Walker Blvd., Dallas, TX 75236-1598.

Shopette

Make a purchase of \$50 or more (excluding gas) for a chance to win a \$25 gift card. One will be given away each Friday in December.

Check out the tasting events on 1, 8 and 15 December from 1500-1800. A Knob Creek etching event will soon be announced as well.

Stop in and see all the Holiday gift packs! All your favorites - now with promotional items included. Perfect for stocking stuffers.

Commissary

Hummus is good for you, and your Commissary has a wide variety! Edamame, black bean, white bean, carrot, original, garlic, and roasted red pepper. Find it near the salads. Also, check out Jack's special sweet onion salsa. There is also a wide variety of Marzetti products – not only the usual salad dressings, but now ranch and cream cheese fruit dips too! Don't forget the ready-made salads from Bistro – in spinach Dijon, Santa Fe, Greek inspired, cranberry walnut, Italian, chef, turkey & bacon, and kickin' BBQ.

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Need Addresses

COL James Mills, USA

We have lost track of the above member. If you know their whereabouts, please have them contact Chris Downing at 256-828-9740 to update their addresses.

Concerns

This month the following people were reported as being ill or recuperating and need our support and prayers:

CW4 Aniceto Bagley
Mrs. Mary Anne Woodard

Persons to contact are:

Army Representative:
COL James D. Treadway
 256-859-1484
jttreadway51@mchsi.com

Navy/USMC Representative:
CW4 Louis J. Kubik
 256-859-3054
lkubik@mediacombb.net

Air Force Representative:
Col Edward L. Uher
 256-882-6824,
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Fox Army Health Center
MAJ Bruce T. Robinson, USA-Ret



**Fox Army Health Center Dietitian Heather Hough shares
recommendations for eating around the holidays**

Pumpkin pie, Grandma's homemade mashed potatoes, turkey and dressing – oh my. While the menu offerings may be plentiful over the next few months, the pounds packed on need not be, according to Fox Army Health Center Dietitian Heather Hough, who recommends a dose of discipline and balance to curb holiday weight gain and unhealthy habits.

“The biggest thing we need to do around the holidays is assess how much food is available,” Hough said. “If you can truly say that Thanksgiving and Christmas, and the delights that come with those, are limited to one day, then I don't think any of us would say, ‘You shouldn't have a day when it just doesn't matter.’ – we have to elicit some sort of control over the fact that it is a lot of things. We really want to work on balance.”

Having a game plan in place for the buffet is helpful in achieving that balance. Personally, Hough ranks her options in order of importance at each eating encounter. Decide what sounds most delicious at that moment, but balance the less healthy options with healthier offerings. One area Hough does advise scaling back during the holiday season is in regard to their alcohol intake.

“It's very high calorie and carbs, and on top of that it lowers your inhibitions, so now all of a sudden that buffet looks even better,” Hough said. “If you limit or eliminate alcohol it's easier to stick to your portion sizes, and alcohol in excess can be stored as fat.”

What to limit or eliminate while attempting to satisfy holiday cravings – without overindulging – is still a matter of personal choice, one that will vary widely from individual to individual.

“The thing is, we shouldn't eat the cookies or the dessert, or drink the alcohol – we shouldn't have any of it – but I would hate to say eliminate anything, because for some people that could ruin their holiday experience,” Hough said. “You have such memories or fondness for things. I do not ever want to ruin someone's holiday. I just want to teach them how to have a portion of the pie instead of the whole pie.”

Hough also recommends maintaining one's level of activity throughout the holiday season, and to get the whole family together for some physical fitness at gatherings, whether it is a walk, football, Wii, or bowling. The meal does not necessarily have to be the main event.

Continued on next page

Fox - continued from previous page

For individuals looking for some health and wellness accountability all year long, they might consider signing up for “Project Lifespace”, Hough’s 12-week weight loss and lifestyle change program. Open to anyone with access to the installation, the program educates participants about all aspects of the Performance Triad – sleep, activity and nutrition – providing him or her with a place to hear from experts who offer tips in each area, while setting individualized behavioral goals with Hough.

“I assume that people sign up for a weight loss program because they want to lose weight, so while we’re definitely going to talk about weight loss and how to get to that, their goals are about their behaviors,” Hough said. “It really focuses on the behavior change aspect. I try to get them to set a nutritional goal and an activity goal – what do they want to be doing in 12 weeks in regard to changing that part of their lifestyle?”

Real-Time Tracker of Common Service Wait Times on the Fox Website Improves the Patient Experience

They may not be able to eliminate wait times entirely, but Fox Army Health Center staff are striving to make the patient experience as hassle-free as possible.

It has been nearly a year since Fox implemented a real-time tracker on the FAHC website, www.redstone.amedd.army.mil, showing beneficiaries the approximate wait time in the pharmacy, in addition to the number of people waiting and what ticket is being served. To further improve the patient experience, new queues for common services were added to the real-time tracker last week, so patients can now monitor wait times in the lab, at medical records, and how long they will be on hold if they need to call and make an appointment.

“All of these wait time features are designed so that people can get what they need, when they need it, and get out of here,” said Bill Adams, chief information officer for Fox.

“Redstone Arsenal is about the business of Redstone Arsenal, so we want people to be able to look at their phone and say, ‘It looks like there’s no wait, let me go get that prescription filled or make that phone call now,’ so they can get back to their business, as opposed to everyone showing up at 7:30 a.m. and having to wait.”

Continued on page 8



Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

The surviving spouse group welcomed new member Virginia Wagner at the November luncheon. We are looking forward to having three more potential members at the December luncheon.

We will gather on Thursday, 21 December at 12 noon.
This month's restaurant is the 88 Buffet at 10300 University Drive, Huntsville.
Phone is 256-971-9870.

Reservations are a must. Hope to see you there.

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DID YOU KNOW?

On January 1, 2018, the TRICARE North and South regions will combine to form

TRICARE EAST

TRICARE West will remain mostly unchanged. Humana Military will administer the new East region and Health Net Federal Services will administer the West region. This change will allow better coordination between the military hospitals and clinics and the civilian health care providers in each region.

Find out more at www.tricare.mil/changes.

#takecommand





Chaplain's Corner
CH (LTC) Bert Wiggers, AUS-Ret

CHRISTMAS DAY

“And the Word was made flesh and dwelt among us...”
(John 1:14)

“Upon one more, bright Christmas Day we rejoice together in the birth of Christ. We want to catch at once the pure and fresh simplicity of the story of Bethlehem as if we were, indeed, there today, and all were going on just as it did so long ago. And we want also to get the advantage of living so long after and understanding the richness and meaning of the story more than those first spectators could, from having seen it worked out into countless lives and made the motive of the world's greatest changes. And both of these are offered to us in the Bible...”

“Who is this, the, that lies once more today before the world, the Son of God and the Son of man, at Bethlehem? Mary bows down and learns the Incarnation, and feels the solemnity and sublimity of the human life into which Divinity has entered. The wise men come, and their King is a weak babe. The shepherds see the hope of Israel fulfilled, the Savior come. Oh, on this Christ- mas Day let us be with them all. Let us feel thrilling through this humanity which we so often scorn the glorifying fire of the incarnation. Let us give our lives and our souls to Him and beg that He will rule them. But, more than all, let us give our souls, hungry and sinful, a Christmas leave to go to Him who is their Savior, whom they will know for their Savior if we let them go to Him.”

It is a day of joy and charity. May God make you very rich in both by giving you abundantly the glory of the Incarnation, the peace of Christ's kingship, and the grace of Christ's Kingship and the grace of Christ's salvation.

Reprinted from Phillips Brooks, *SERMONS FOR THE PRINCIPAL FESTIVALS AND FEASTS OF THE CHURCH YEAR*, 7th ser. (New York: E. P. Dutton, 1895), pp 83-96.




Fox – continued from page 6

Response to the pharmacy tracker over the past year has been positive, according to Col. Michael Oshiki, Fox commander, who expects patients will have a similar reaction to the added common services, especially to the phone wait times.

“They love it,” said Oshiki, who welcomes feedback from beneficiaries. “When folks are figuring out if this is a good time to take care of something, all they have to do is look on their smartphone. We know there are certain times, like the first day after a long weekend, when there's always a demand – having the current number showing allows a person to come get their pharmacy ticket, go fill out some paperwork or grab a snack, and they can see where the queue is at. If, for whatever reason, they do have to come at a busy time, they can track where the numbers are. Gone are the days when you miss your number – you can watch it in real-time now.”

“Fox is one of the few military treatment facilities in all of Army Medical Command to provide such a capability to beneficiaries, making it a “best practice” for the Atlantic region, according to Oshiki.

“We hope everyone else will adopt something like this,” Adams said of the new capability, which took about a year to implement.

Real-time trackers will become available for other Fox services once wait times for those services are provided. 

disability to receive both disability compensation from the Department of Veterans Affairs for their disability and either retired pay by reason of their years of military service or combat-related special compensation.

HR 333. A bill to amend title 10, United States Code, to permit retired members of the Armed Forces who have a service-connected disability rated less than 50 percent to receive concurrent payment of both retired pay and veterans' disability compensation, to extend eligibility for concurrent receipt to chapter 61 disability retirees with less than 20 years of service, and for other purposes.

VOTE!

VOTE!

VOTE!

VOTE!

VOTE!

VOTE!

VOTE! IIII

COMING SOON - THE MOAA NATIONAL NEWSLETTER!

We know your email inbox gets filled fast and often. Our revamped newsletter, The MOAA National Newsletter, will allow you to hear from us as much or as little as you would like. You will be able to personalize your new MOAA newsletter by selecting topics that interest you most. Soon, we will provide you with more information about how and when you can customize your newsletter experience. Keep an eye out for future announcements.

Attention Members

The best source of income for the Chapter comes from advertisers like the ones in this newsletter. The next time you go out to dinner, or to shop, or to get a haircut, or to get your car fixed – ask the business manager if they would consider advertising. All they can say is “no”.

New Medicare Part B Premiums: Many Will Pay More

Amid all of the changes to TRICARE this year, we have been happy to report that TRICARE for Life (TFL) has remained unaffected and unchanged. While new Medicare Part B rates will be coming out in the next few weeks, the trustees of the Medicare program project the base amount of \$134 a month used in 2017 will remain the same for 2018.

However, many beneficiaries who have been paying less than that base amount could see increases in their Part B premiums. Those with higher incomes also will pay more. Here's why:

The COLA: Social Security is set to rise by 2 percent at the outset of 2018, in accordance with the COLA. This has some notable implications for Part B premiums. A “hold harmless” provision in Medicare law - which prevents any rise in Medicare premiums to exceed the dollar amount increase in their Social Security COLA - locked many Medicare beneficiaries into their then-current premiums. With a 2 percent COLA set for 2018, many Medicare beneficiaries now will pay the full \$134 a month - an overall increase.

A Shift in Income Brackets: Higher-income Medicare beneficiaries are among the groups who were not protected under the COLA “hold harmless” provision and already have been paying higher premiums. These high-income surcharges will undergo a structural change that is likely to increase costs. A “doc fix” law passed in 2015 resolved a long-standing problem with Medicare payment rates to physicians. The law increases payments to doctors, in part, through higher-income premiums. The legislation shifted the income brackets at which certain increases take hold. The bottom line: If your modified adjusted gross income is more than \$133,500 (as a single filer; \$267,000 if you're filing jointly), your monthly premiums may rise by \$80.



HCMOAA Treasurer's Report October 2017

Submitted by CAPT Richard C. West, USN (Ret.)

1. The October 2017 Treasurer's Report is presented herein. This is the first report for Fiscal / Budget Year 2018. It was approved at the 11/29/17 Membership meeting.

2. Monthly Summary:

	Operating Funds	Savings	Scholarship Fund
Starting Balance	\$ 6691.42	\$ 7998.54	\$14540.58
Income	\$ 770.00	\$ 0.20	\$.30
Expenses	\$ 1396.93	\$ 0.00	\$ 467.80
Ending Balance	\$ 6064.49	\$ 7998.74	\$14073.08

3. Notable income included individual dues and payments for membership meeting meals.

4. Notable expenses included NAVFOC dues, hard copy Sentinel printing and mailing, stamps for potential members mailing, social door prizes, ALCOC travel, and membership meeting meals.

5. Chapter savings account activity was limited to interest.

6. Scholarship Fund checking account activity was limited to a bank error correction and payment of the final tournament expense. A donation of \$10,000 to RSAMCC for HCMOAA Scholarships was approved at the October Membership Meeting.

7. The Chapter holds an \$8000 (current value: \$8133.13) Certificate of Deposit with Renasant Bank for reserve funding and advance dues payment protection.

Note: The FY2018 budget was approved at the 9/27/17 membership meeting.

Scholarships

The Chapter has an active scholarship program. In conjunction with the RSA Military & Civilians Club, we issue scholarships each year to deserving students. Please consider donating to our program. Contact Rick West at rickw675@att.net or 256.776.6901 for details.

Scholarship Fund Donations Received during November 2017

None

Total received for November:	\$0
Total received FY18 to date:	\$0



**WELCOME NEW MEMBERS TO
HUNTSVILLE CHAPTER MOAA**

Mrs. Virginia Wagner

Membership Statistics

Total Members: 432
Regular Members: 363
Surviving Spouses: 69

New this month: 1
Deaths this month: 1
Renewals: 9

MEMORIALS

If you would like to send a memorial contribution to the Huntsville Chapter MOAA, please send the following information along with your check to: Memorials, HCMOAA, P.O. Box 1301, Huntsville, AL 35807

In memory of:

By:

**Board Member Position
Open**

We have an opening on the board for a Secretary. The position is currently being filled on an interim basis.

The Secretary's duties mainly are to take minutes at the board and membership meetings to document the proceedings.

If you are interested in serving as Secretary, contact any board member.



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Huntsville Chapter
Military Officers Association of America
P.O. Box 1301
Huntsville, AL 35807



Membership Application or Renewal Confirmation

Yes! I'd like to add my voice to the Huntsville Chapter

_____ New _____ One Year \$10*
_____ Renewal _____ Two Years \$20
_____ _____ Three Years \$30

If New, how did you hear about us?

_____ MOAA National
_____ Local event
_____ Letter / e-mail from HCMOAA
_____ HCMOAA website
_____ Friend / acquaintance
_____ Other (Please explain _____)

Interested in a Chapter Life Membership
Contact us for pricing (age-based)

*\$5 for New Members joining between 7/1 to 11/1

New Members joining after 11/1 will have membership paid through following calendar year

_____ First Name MI Last Name
_____ Preferred Name Birthday Spouse's Name Period(s) of Active Duty
i.e. 1965 – 1990
_____ Grade Branch of Service MOAA National Member #
_____ Active Retired NG Former Officer Reserve Surviving Spouse
_____ Mailing Address City State Zip
_____ Phone Number E-mail Address

Attention Annual Members

It's almost time to renew your membership for next year
The Chapter has one of, if not the, lowest membership rates in the country at \$10
You can also renew for multiple years and lock in that low rate

Don't know when your membership expires? Contact CDR Chris Downing at
256-828-9740 or csgiving@bellsouth.net

Don't want to worry about renewing ever again - consider becoming a Chapter Life Member – contact
COL John Fairlamb at 256-539-0161 or fairlambjrf@comcast.net for the details

Members needing to renew this year are listed on page 14

The following members need to renew their memberships by 1 January 2018

LTC	Melville	Adams	USA	COL	Tom	Albertson	USA
COL	James	Allred	USA	LtCol	Brenda	Armstrong	USAF
CW4	William	Barron	USA	LTC	Barry	Blackmon	USA
MAJ	Gordon	Brown	USA	COL	Robert	Brown	USA
CW3	Braxton	Butler	USA	COL	David	Byers	USA
LT	William	Byrd	USN	COL	David	Carpenter	USA
LTC	Richard	Carter	USA	Mrs	Margot	Chabot	
CDR	Andre	Coleman	USN	LTC	Andre	Cota-Robles	USA
LTC	James	D'Arienzo	USA	CW3	John	Davis	USA
LtCol	David	Dunlap	USAF	COL	Louis	Durnya	USA
Col	John	Emich	USAF	LTC	John	Fain	USA
COL	John	Fellows	USA	Maj	John	Finn	USAF
LTC	Earl	Freeman	USA	BG	Leslie	Fullen	USA
COL	Ronald	Funderburk	USA	Mrs	Nada	Gabardi	
LTC	Charles	Gill	USA	Mrs	Sonia	Gojsza	
COL	Dewey	Granger	USA	LTC	Allyn	Griffiths	USA
CAPT	Laurence	Grimes Jr	USN	LTC	Donnie	Henley	USA
LT	Aubrie	Hess	USN	Mrs	Carrie	Hightower	
CW5	Harry	Hobbs	USA	LTC	Arno	Hoerle	USA
COL	William	Holbrook	USA	LTC	Norman	Hopkins	USA
COL	Michael	Howell	USA				
CDR	Paul	Jensen	USN	COL	Gary	Jerauld	USA
LTC	Edwin	Kennedy	USA	CPT	Camden	Kent Jr	USA
Col	Donald	Kimminau	USAF	MAJ	James	Kirsch	USA
CW3	Darrel	LaCanne	USA	MAJ	Mark	LaFlamme	USA
LTC	Ruby	Lardent-Davis	USAR	LTC	James	Leary	USA
Mrs	Mary	Levaas					
LTG	Patricia	McQuiston	USA	MAJ	Harold	Meeker	USA
Mrs	Elaine	Miner		Maj	Edward	Morfenski	USAF
Col	Bernard	Morgan Jr	USAF	COL	Paul	Mullek	USA
LTC	Hector	New	USA	CW4	Edwin	Nickel	USA
COL	Jeffrey	Ogden	USA	CDR	Rudolph	Ohme	USN
COL	Henry	Oldham	USA	MG	Virgil	Packett	USA
COL	Alfred	Paddock	USA				
Mrs	Jean	Parker		CPT	Richard	Pella	USA
COL	Larry	Pigue	USA	LTG	James	Pillsbury	USA
LT	James	Pointer	USN	CAPT	Samuel	Powers	USN
CDR	Harry	Puryear	USN	MG	Kenneth	Quinlan	USA
CDR	Robert	Rolf	USN	MAJ	Ryan	Rushton	USA
Col	Joseph	Rutter	USAF	COL	Christopher	Sargent	USA
Col	Eric	Silkowski	USAF	CAPT	George	Skezas	USN
Col	Lee	Smith	USAF	MAJ	Curtis	Smith	USA
Mrs	Travis	Stewart		Maj	Robert	Stierwalt	USAF
CDR	David	Swindle	USN	LTC	Floyd	Teller	USA
CAPT	Brian	Thrlin	USN	LCDR	Emanuel	Tsikalas	USN
Maj	James	Tynan	USAF	COL	Steven	Walburn	USA
CPT	Arthur	Werkheiser	USA	Mrs	Nancy	Wiggs	
COL	Scott	Wilson	USA	LCDR	Frances	Witt	USN
CAPT	Scott	Witt	USN	CW4	Carl	Woida	USA
COL	John	Womack	USA	CDR	Timothy	Zane	USN



48 Birthdays in December

Mrs Esther Gober
CW3 Donald Wagoner, USA
MAJ Francis Thonus, USA
Mrs Billie Jones
COL Thomas Devanney, USA
COL George Newman, USA
Mrs Stella Myers
LTC Eugene Small, USA
LTC Kenneth Barnwell, USA
Lt Col Robert Barnes, USAF
MAJ Bruce Robinson, USA
LTC Arno Hoerle, USA
COL David Wyatt, USA
CW4 Ronnie Rodgers, USA
Mrs Dalila Carrasquillo
COL Dahl Cento, USA
Mrs Lee Newell
LTC Royal Lewis, USA
Lt Col Gerald Haynes, USAF
COL Scott Wilson, USA
LTG Patricia McQuisttion, USA
CAPT George Skezas, USN
BG Leslie Fullen, USA
LT Aubrie Hess, USN

Mrs Rosemary Bundy
Maj William Burke, USAF
Col Eric Silkowski, USAF
LTC Malcom Sams, USA
LTC Robert Senn, USA
COL David Carpenter, USA
LTC LaVerne Gehm, USA
MAJ James Kirsch, USA
LTC William Katholi, USA
LTC Thomas Means, USA
Mrs Travis Stewart
COL Nathanael Causey, USA
Lt Col Charles Zavadil, USAF
CAPT Thomas Jones, USN
LTC Douglas Oyler, USA
COL Larry Pigue, USA
MAJ Mark LaFlamme, USA
Mrs Edwina Morse
Maj Robert Stierwalt, USAF
LTC Richard Levan, USMC
COL David Byers, USA
CW4 Carl Woida, USA
CW5 William Young, USA
COL Casmere Taylor, USA

If we missed your birthday, it's because we don't have it on file. Please e-mail your birth date to MAJ Bruce Robinson at brucer76@knology.net so it can be included in future newsletters. Thank you.

PX – continued from page 3

New from Red Jacket – Strawberry/Apple juice, Raspberry/Apple juice, and Fuji Apple. All cold pressed, unfiltered, and no added sugar or water. Also located by the salads.

Next to that is the new organic soyrizo – meatless soy chorizo. Like the real thing but without the grease.

New and just in time for Christmas – young tender turkeys by Shady Brook. Grown by independent farmers that use no growth promoting antibiotics – you can get breasts or whole turkeys.

Also, check out the center of the store where warehouse pricing is in effect! Throughout your commissary you will find specials that will make your Holidays the best yet! IIII



TAPS

***Our deepest sympathy and prayers are extended
to the families and friends of:***

Luz Neida Creech, of Huntsville, AL, passed away peacefully on November 18, 2017, at age 92.

Neida was born July 7, 1925, in Jayuya, Puerto Rico, the daughter of Ceferino Negron (and upon his death, stepfather Rosario Rivera) and Maria Frau.

Neida enjoyed the love of an extensive family. She had seven brothers and two sisters, and raised three children, of whom she was very proud. She also had six grandchildren, 10 great-grandchildren, and one great-great-grandchild.

Neida loved to travel, having visited all 50 states and many countries in the Americas and Europe. She was a long-time faithful member of Holy Spirit Catholic Church Hispanic community in Huntsville, AL.

She loved parties and dancing, and was very active socially as a member of the Redstone Arsenal Officers Wives Club and the Huntsville International Women's Club.

Neida is survived by her brothers, Cesar and William Rivera, of Puerto Rico; sisters Doris Cordero and Dixie Velez of Puerto Rico; sons Carlos Velez, Jr. (Marilyn) of Virginia and Eliel Velez (Norma) of Huntsville; daughter Enitza Gillespie (Larry) of Huntsville; and a number of other relatives. She was preceded in death by her first husband, and the father of her children, Carlo R. Velez-Rodriguez, and her second husband of 36 years, John R. Creech.

A wake service was held at Holy Spirit Catholic Church in Huntsville, Alabama at 8:30 a.m., on Tuesday, November 21, 2017, followed by visitation. The funeral mass was conducted at 10:00 a.m., also at Holy Spirit Church, followed by a reception. Father Michael Mac Mahon presided over the ceremony.

In lieu of flowers, contributions may be given in Neida's name to Holy Spirit Catholic Church.

***Gone but not forgotten for their dedicated support and service to our Country. We will
miss these outstanding Leaders and Patriots.***



Take Command: Enroll Now for 2018 TRICARE Coverage

On Jan. 1, 2018, there are a number of changes coming to your TRICARE benefit. This includes a change to the current TRICARE regions. The current three regions (North, South and West) will become two regions (East and West). There will be [new regional contractors](#) for the new East and West regions. Humana Military will manage the East Region and Health Net Federal Services, LLC will manage the West Region. In preparation for this change, enrollments in TRICARE health plans will be delayed while beneficiary files are transferred to the incoming regional contractors. The delay period, or an enrollment freeze, will begin on Dec. 1, 2017 and last approximately three weeks, or until the data transfer is complete.

"You'll still have access to care during the enrollment freeze," said Mark Ellis, senior health program analyst for TRICARE at the Defense Health Agency. "However, if you wish to make changes to your TRICARE coverage, I encourage you to do so as soon as possible."

If you would like to switch to a different TRICARE health plan, or enroll in a plan for the first time, take action before Nov. 20, 2017. You can enroll in certain TRICARE plans online, by phone or by mail. Learn about how to [enroll in or purchase a health plan](#) on the TRICARE website.

You don't have to enroll in [TRICARE Select](#) if you're a TRICARE Standard beneficiary as of Nov. 30, 2017. You'll be automatically converted to TRICARE Select on Jan. 1, 2018, as long as you're registered in the [Defense Enrollment Eligibility Reporting System](#) (DEERS) and are [eligible for TRICARE](#). Learn more about [TRICARE Select](#), which replaces TRICARE Standard and TRICARE Extra next year.

Beginning Nov. 20, 2017, you will not be able to use the [Beneficiary Web Enrollment](#) (BWE) website to enroll in or disenroll from TRICARE Prime options and select or change primary care managers. Additionally, eligible beneficiaries will not be able to use BWE to enroll in TRICARE Young Adult (TYA) or TRICARE dental options. While the BWE website is unavailable, regional contractors will accept enrollment applications through other communications channels (for example, phone and mail). Regional contractors will process these applications once the freeze is complete. Visit www.tricare.mil/changes/enroll to find instructions on how to submit TRICARE enrollment forms during the enrollment freeze.

You'll still have access to care during the enrollment freeze. Save your pharmacy and other health care receipts while your enrollment is pending, so that you can get reimbursed for TRICARE covered expenses once the freeze is complete and your enrollment is processed. If you have a problem accessing care while your enrollment is pending, [contact your regional contractor](#). If you have a problem getting your medications while your enrollment is pending, contact [Express Scripts](#).

This is Your Benefit! Are You Ready?

Take command of your health care and prepare for the upcoming changes to TRICARE:

- Update your personal information in [DEERS](#)
- Make sure you have a current [DS Logon](#)
- Sign up for eCorrespondence in [milConnect](#)
- Sign up for [TRICARE benefit updates](#)

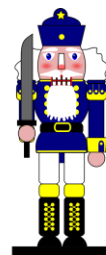
For more information, visit www.tricare.mil/changes. And follow TRICARE on [Facebook](#) and [Twitter](#).

Huntsville Chapter MOAA Christmas Party



Holiday Dinner

Sliced honey glazed pitted ham
Tender oven roasted turkey breast with giblet
gravy
Country Style corn bread dressing with giblet gravy
Candied yams with toasted marshmallows
Whole green beans almandine
Yeast Rolls & Butter
Ice Water – Coffee – Sweet or Unsweetened Iced Tea
Carrot cake



HUNTSVILLE CHAPTER MOAA CHRISTMAS PARTY

THE OVERLOOK

SATURDAY EVENING, 16 DECEMBER 2017

COCKTAILS - No Host/Cash bar - 5:00 pm

President's Remarks and Dinner - 6:00 pm

DOOR PRIZES

CHAPTER MEMBER of the YEAR

DRESS: Business Casual – khakis/slacks and collared shirts/polo shirts for the men – slacks/skirts and blouses/collared shirts for the ladies – of course you can always dress more formally

\$15.00 PER PERSON (Members & Family) - \$20.00 PER PERSON (Guests)

RSVP by 6 December 2017 (with check made out to HCMOAA) to:

**CDR Christine Downing
116 Spring Tanner Road
Hazel Green, AL 35750-8483
256-828-9740**



Huntsville Chapter Objectives

- Promote the aims of the national MOAA organization
- Further the legislative and other objectives of MOAA through grassroots activity
- Foster fraternal relationships among retired, active and former officers of the uniformed services
- Maintain liaison and a positive relationship with the Redstone Arsenal Garrison and other military commands in the Northern Alabama area
- Provide a social venue for members to meet periodically and enjoy fellowship with people of similar interests and backgrounds
- Promote and assist worthy community activities
- Provide useful services and information for members and their dependents and survivors
- Provide representation to the Alabama Council of Chapters of MOAA
- Provide representation to the Northern Alabama Veterans and Fraternal Organizations Coalition
- Protect the rights and interests of service retirees and active duty military members in matters of state legislation through the Alabama Council of Chapters

Benefits of Membership

We are the largest of the 13 chapters in Alabama and have about 450 members. We have been recognized by National MOAA for the last four years with Level of Excellence awards. We provide grassroots support for issues that affect us, and are active in both the Redstone Arsenal and Madison County communities. Why should you join our chapter? This is what we do, and what's in it for you:

- Partnership with Redstone Arsenal agencies – Fox Army Health Clinic, Army Community Service, MWR, PX/Commissary, Military Retiree Council
- Membership in the North Alabama Veterans and Fraternal Organizations Coalition (NAVFOC) – plugged in to the larger Veterans associations “big picture”
- Recognizing leadership – JROTC/ROTC awards and “gold bar” ceremonies
- Recognizing potential – Scholarship Awards program with the Redstone Community Women's Club
- Community service/relations – annual Tut Fann Veterans Home BBQ, Memorial Day wreath laying ceremony, Veterans Day parade and events, Retiree Appreciation Day
- Camaraderie – Monthly meetings & breakfasts, parties, golf tournament
- Information – Monthly newsletter, web site, Personal Affairs, guest speakers
- Legislative action – grassroots activities, support for National MOAA agenda
- Venue for getting involved

Please visit our award-winning chapter website at <http://huntsvillemoaa.org> where you can find out more about chapter activities.

Annual PX Gift Wrapping Fundraiser

The Chapter wraps gifts for tips at the PX each year. This year, we will be wrapping on Christmas Eve, Sunday, 24 December, from 1000 to 1800. We have broken the day down into four 2-hour shifts: 1000-1200, 1200-1400, 1400-1600 and 1600-1800.

All the supplies are provided. All that is required is your creative flair to decorate the gifts that will end up under assorted Christmas trees. And there is plenty of food available at the PX Food Court!

If you are interested in helping the Chapter raise some capital, and socializing with fellow members, and helping those last-minute shoppers – contact Bruce Robinson or Rick West. Don't miss out on this great opportunity to continue serving.

Important Dates in December

- 1 December – Civil Air Patrol founded (1941)
- 1 December – Rosa Parks arrested in Montgomery, AL (1955)
- 2 December – Napoleon Bonaparte crowned Emperor of France (1804)
- 2 December – United Arab Emirates formed (1971)
- 5 December – Prohibition repealed (1933)
- 6 December – Thomas Edison demonstrated the phonograph (1877)
- 7 December – Pearl Harbor Day
- 8 December – John Lennon assassinated (1980)
- 8 December – USSR ceased to exist (1991)
- 11 December – Marconi transmits first transatlantic radio signal (1901)
- 11 December – King Edward VIII abdicated the throne of England (1936)
- 12 December – MRC Holiday Luncheon – Garrison HQ
- 13 December – New Zealand discovered (1642)
- 14 December – Monthly Board Meeting – Java Café**
- 14 December – George Washington died (1799)
- 15 December – *Gone with the Wind* premieres (1939)
- 16 December – Christmas Social – The Overlook**
- 16 December – Boston Tea Party occurred (1773)
- 16 December – Battle of the Bulge (1944)
- 17 December – Wright Brothers first flight (1903)
- 20 December – South Carolina secedes from the Union (1860)
- 21 December – First day of Winter
- 21 December – General George Patton dies (1945)
- 23 December – Transistor invented (1947)
- 24 December – Wernher von Braun launched the first V-1 rocket (1942)
- 24 December – Gift Wrapping at the PX**
- 25 December – Christmas Day
- 31 December – New Year's Eve

