

# The Sentinel

## PRESIDENT'S MESSAGE Dr. Bruce T. Robinson, MAJ, USA, Ret



Hi Everyone –

I want to use this month's column to talk about membership. MOAA National has made some significant changes in that area. They now offer three levels of membership:

- Basic – expands MOAA's reach to younger officers currently in uniform by offering a relevant and compelling electronic experience (at no fee), and emphasizes no one advocates more strongly for them than MOAA.
- Premium – as Basic members decide to remain in the career force or think about transition, our message to them will be to upgrade their membership to Premium. We will offer a better package of transition and other services to help these members navigate a significant decision point in their lives. Premium members must choose a one-, two-, or three-year paid membership term.
- Life - the regular commissioned component of MOAA membership, which represents half of all MOAA members today. MOAA will capitalize on the activism of Life members by encouraging them to continue to serve in their communities.

MOAA National has also shifted their focus to chapter membership. The "Give Me 10!" Program ended on 31 January 2012. It has been replaced with "Chapter Recruiting 2013" which incentivizes chapter recruiting and retention. Our chapter membership team of Glen Williams and Chris Downing is actively implementing these changes, and we hope to see the chapter membership rolls expand.

You can help. Know a National MOAA member who does not belong to the chapter? Bring him or her to a meeting and sign him up. You, the members, are the chapter's greatest asset in recruiting and retention.

- Bruce

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### *Get Involved!*

#### REMINDERS

**Monthly Membership Meeting:** Next meeting Wednesday 27 February 2013, 1100 hours at the Summit Club. Guest speaker is Huntsville Mayor Tommy Battle.

**Auxiliary, WOW Support Group & MOAA Widow's Luncheon** are scheduled. See articles inside for dates & times.

**Breakfast:** Next breakfast is Saturday, 23 February 2013, 0900 hours at the Steak and Shake – Madison Square Mall.

**Governing Board:** Next meeting Thursday 14 February 2013, 1100 hours at the Summit Club.



## Legislative Corner

Lt Col Gerald W. (Jerry) Haynes, USAF-Ret



**COLA UPDATE:** The consumer price Index (CPI) fell 0.3 % in December 2012. over the first three months of FY 2013, inflation down 0.5%. This makes five consecutive years (and nine of the past 12) that consumer prices fell the first quarter.

**HAGEL FACES CONFIRMATION HEARING JANUARY 31, 2013:** Defense Secretary nominee Chuck Hagel will appear at his January 31, 2013 Senate confirmation hearing with newly won support from key pro-Israel Democrats but also will face opposition from some on the Senate defense panel. The former U.S. Republican Senator from Nebraska, who needs 60 votes to be confirmed, is a decorated Vietnam War veteran and was awarded two purple hearts for wounds incurred in Vietnam, and a past U. S. Senator who has been criticized by some lawmakers for his views on Iran and Israel. This may be an improvement in President Obama's cabinet. He was a non-commissioned officer (Sergeant). Chuck also served in the President Reagan's administration as Deputy Administrator of the VA. With his combat experience he should understand the needs of our front line troops. I think he may be an improvement for the Pentagon.

**GOVERNMENT SHUTDOWN AND YOU:** How could you be affected if Congress' Political squabbles prevent an agreement to renew FY-2013 funding and the Government shuts down at the end of March 2013?

- Currently serving military pay - We know the troops still will be on duty. But if the shutdown includes military payday, they might not get paid.
- Federal civilian Pay - If there's no money to pay them; many civilians would effectively be furloughed until funding restarts.
- Government Services - During the 1996 shutdown, national parks were closed, passport applications were not processed, toxic-waste cleanups were stopped, and many federal contractors were not paid.
- Social Security - Checks for those currently eligible will continue, but processing of new applications likely would be suspended.
- Military and federal civilian retired pay and survivor annuities - Those checks would not be affected, because retired pay and Survivor Benefit annuities are entitlements that aren't subject to annual appropriations. But the Social Security answers the question would new applicants be processed.

**SUPPORT GROWING FOR HIGHER TRICARE FEES:** President Obama Is expected to push this year for higher TRICARE fees, and there are signs that he may succeed, experts say. In the past, Congress has blocked proposed increases, but recently legislators have indicated that they support raising fees as a way to reduce personnel costs.

*(Continued on page 12)*

### 2012-2013 GOVERNING BOARD

#### EXECUTIVE COMMITTEE

President: MAJ Bruce T. Robinson USA-Ret, 256-450-2252, [brobinso@mitre.org](mailto:brobinso@mitre.org)

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2nd Vice President: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, [charles.clements@mda.mil](mailto:charles.clements@mda.mil)

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Air Force Representative: Col Edward L. Uher, USAF-Ret, 256-882-6824, [biged992K@aol.com](mailto:biged992K@aol.com)

Immediate Past President: COL Harold J. Hicks, USA-Ret, 256-233-3548, [halnpat@aol.com](mailto:halnpat@aol.com)

Second Past President: Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, [glenncrawley@comcast.net](mailto:glenncrawley@comcast.net)

#### STANDING COMMITTEES

Membership: LTC Glen Williams, USA-Ret, 256-585-3406, [eaglepacific@msn.com](mailto:eaglepacific@msn.com)

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Legislative Affairs: Lt Col Gerald Haynes, USAF-Ret, 256-882-7857, [jerry.haynes@irtc-hq.com](mailto:jerry.haynes@irtc-hq.com)

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Public Affairs (Publicity): CH (COL) Danny W. Burtram, USA-Ret, 256-651-6378, [dburtram198@gmail.com](mailto:dburtram198@gmail.com)

Chapter Historian: Vacant

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

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#### Life Membership Trust

MAJ Robert C. Szeremi, USA-Ret, 256-883-5127, [szeremi@comcast.net](mailto:szeremi@comcast.net) (June 2014)

CAPT William L. Howard, USN-Ret, 256-881-3168, [whoward@juno.com](mailto:whoward@juno.com) (March 2013)

CW3 William C. Billingsley, USA-Ret, 881-0513, [bill.billingsley@sparta.com](mailto:bill.billingsley@sparta.com) (March 2013)



**X / Commissary**  
**CW4 William W. Wright, AUS-Ret**



**Need Addresses**

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

**EXCHANGE (Formerly the PX)**

We have a new Exchange Manager, Roberto Montalvo, who spent two years as Manager of the Columbus AFB Exchange and now is also our Exchange Manager. He immediately had my attention when he said he grew up Army. Like some of you, I lived on Army bases such as Fort Benning, and Camp Forest, Tennessee while growing up. His parents come from Puerto Rico and “Monty” is fluent in Spanish. He has 32 years of experience in the Exchange system including Fort Hood, TX and others. We should be in capable hands.

Plans continue in for a second gas station (Mall Express Gas Station AND Burger King AND Subway next to where the New Redstone Federal Credit Union will be across from the CD Center (CDC). Construction of the Exchange will begin in May 2013.

**COMMISSARY**

I asked for a Fruit Basket (remember the promises last November) today back in produce. “They do not have any!” Scratch that promise back in November/ December. Sorry!! We still have the Super Bowl coming up and the Commissary will have displays and plenty of things to help you celebrate. We already have our Canada Dry ginger ale laid by in the handy quart bottles. There is plenty of Candy for Valentine’s Day and any other occasion. 🍬

**Concerns**

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

**None this month**

Persons to contact are:

Army Representative:

**LTC Arno Hoerle**

256-837-6253

[arhoerle@mediacombb.net](mailto:arhoerle@mediacombb.net)

Navy/USMC Representative:

**LCDR Harold F. Swanson**

256-527-6217

[halaurel@att.net](mailto:halaurel@att.net)

Air Force Representative:

**Col Edward L. Uher**

256-882-6824

[biged992K@aol.com](mailto:biged992K@aol.com)

**27 February Membership Meeting**  
**Guest Speaker**  
**Huntsville Mayor Tommy Battle**



In 2008, Tommy Battle joined a very elite club that has inducted only seven members in more than 80 years - that happens to be the number of Mayors that Huntsville has elected since 1926. Tommy Battle was elected on October 7th, 2008 with nearly 60% of the vote. In Mayor Battle's first year in office, the City of Huntsville was named the #1 city in America by Kiplinger's Personal Finance for 2009 and received a historic AAA bond rating by Standard and Poor's (S&P) - the highest bond rating given and the first in Alabama state history.

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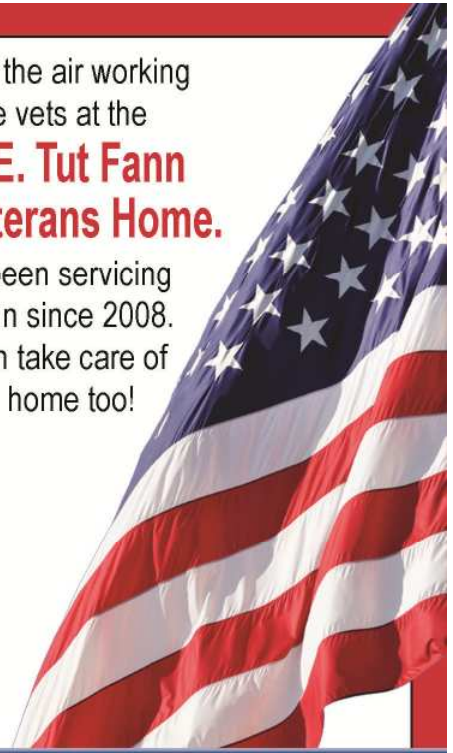


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## Carrie's Notes

**Mrs. Carrie Hightower, 256-882-3992**

### MOAA Auxiliary

The Auxiliary met on January 15<sup>th</sup> for cards. Lunch was enjoyed at Applebee's restaurant on South Memorial Parkway by a few of the members afterwards. Our next meeting will be on Tuesday, February 19<sup>th</sup>. Please call Ursula Spicer at 256-881-4741 for more information.

### WOW Support Group

Due to circumstances beyond our control, a winter storm rolled into Huntsville and only three of our brave members and Chaplain Paige Heard showed up for our luncheon at the Tai Pan Palace. Thank you for your support. Our next luncheon on February 21<sup>st</sup> will be held at Logan's Roadhouse on Balmoral Drive. Reservations are required.



## Fox Army Health Center

**Col Edward L. Uher, USAF-Ret**



### Way to Wellness Begins With a Plan

If your weight is in a healthy range for your age and body type take a look at other aspects of your health, such as whether or not you've been in for a wellness exam recently, or managing your cholesterol and blood pressure. Regardless of your size, setting small lifestyle goals, such as fitting in the recommended 150 minutes of activity a week and eating two cups of fruit and two and a half cups of vegetables each day, will also help you on the path to wellness.

It's easier to accomplish than we realize, but we need to look at where we're at. "Where can I add more? Where will it be easy?"

To meet the recommended daily serving of fruit and vegetables, simply bring an apple for a morning snack and a banana for an afternoon snack, or blend up a smoothie for breakfast and throw in some veggies for good measure – the taste of broccoli and spinach is easily masked by fruit. Pack a salad for lunch or throw one together with lean meats for dinner and you've easily met your daily quota. When it comes to exercise, start slow and spread the 150 minutes out throughout the week, committing to 30 minutes a day five times a week, or fitting in 10 minutes as time allows. If you're looking to lose weight however, how much time you need to put in may be a different story.

For people who are looking to lose weight, 30 minutes five times a week is generally not enough. You may need to add a little bit more, but it's always based on health. You've got to be careful to listen to your body. Pain is not a good thing; it's usually a warning sign. Always talk to your provider before starting something new."

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

**Pure and Undefined Religion**

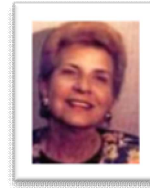
**“Pure and undefiled religion in the sight of our God and Father is this: to visit orphans and widows in their distress.”  
James 1:27**

**Nazi troops were raiding orphanages and taking Jewish children to concentration camps. Upon hearing about these raids, Christian Dutch men reacted by dressing as SS officers and took the Jewish children to safe houses. The Boom residence was one of these safe homes; there Peter and Corrie ten Boom assisted there parents in the care for several Jewish babies.**

**After the war, Peter served Christ as an evangelist many years. Later in his life, he was preaching in Israel, and while there he suffered an unexpected heart attack. Peter was rushed to the hospital, and the doctors decided that an emergency open-heart surgery was necessary to save the evangelist. Before surgery a cardiologist asked, “I see your last name is ten Boom. Are you by any chance related to the ten Booms of Holland who sheltered Jews during World War II?” Peter said, “Yes, that was my family.” The teary eyed doctor said, “I am one of the babies your family saved...now it is my turn to help save your life.” The surgery was successful.**

**Are widows and orphans the only groups of people who need grace today? In the New Testament days there were no social programs to help these particular people. Furthermore, a study of church and world history reveals that Christians were the ones who established hospitals, schools, orphanages, and rescue missions. Also Christians built alm houses for the poor, infirmaries for the mentally handicapped, and homes for the elderly.**

**Who needs your help today?**



**MOAA Widow's Luncheon**  
**Liz Townsend**  
**256-721-9762**

**8 February 2013**

The MOAA widow's luncheon will be held on Friday, 8 February 2013, at the Outback Steakhouse, 7640 Highway 72 West, Huntsville, AL, phone 256-895-8493. Lee Barnes, phone 256-464-9207, will be our hostess. We will meet at 11:00 AM.

Please call the telephone committee: Fran Tyra, 256-881-6938 for reservations.

**MEMORIALS**

In memory of: **LTC Robert F. Sullivan**

By: BG John G. Jones  
LTC James K. Scott

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

**WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA**

**LTC Robert W. Hearon, USA**  
**MAJ James L. Stanley, USMC**

**Mine was earned  
aboard USS HANCOCK.  
By my dad.**

Susan S., USAA member



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*Fox – continued from page 5*

To stay on top of your resolutions, consider tracking them, whether using an app on your phone or going the old fashioned way and putting them to pen and paper.

Have a resolution, make a decision, and actually set goals to accomplish it. “We want it to be a lifestyle, not just start it and stop it at the beginning of the year. It has to go throughout the year.”

Fox Army Health Center’s Wellness Clinic is available to assist individuals as they strive to achieve better health in 2013. To schedule an appointment, call 955-8888 ext. 1026. 🇺🇸

## 2012 Holiday Party







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**Huntsville Chapter**  
**Military Officers Association of America**  
**P.O. Box 1301**  
**Huntsville, AL 35807-0301**

## Membership Application or Renewal Confirmation

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

	New	Renewal			Interested in a chapter Life Membership?
	One year \$10.00				Contact us for pricing (based on your age)
	2 years \$20.00				
	3 years \$30.00				
	Optional hard copy Sentinel \$10.00 per year				Our award-winning newsletter, <i>The Sentinel</i> , is delivered via e-mail
					If you would like to receive a hard copy through the US Mail instead,
	Total amount enclosed				please include \$10 to help defray the cost of printing and mailing
First Name		MI	Last Name		
Preferred Name		Birthday	Spouse's Name		
Grade	Branch of Service		MOAA National Membership Number		
Active	Retired	Former Officer	Reserve	NG	Surviving Spouse
Mailing Address			City	State	Zip Code
Telephone Number			Email address		

### Attention Annual Members

A friendly reminder that memberships renew at the end of the calendar year. Make sure you fill out the above form and mail it in with your check for \$10.

What does this fee buy you?

- Twelve copies of our informative newsletter, *The Sentinel*
- Ten membership meetings to socialize with friends and hear informative speakers
- A summer and a Christmas party
- Opportunities to support worthwhile veterans- related causes

### If you receive a hard copy Sentinel though the US Mail

Use the above form to remit the annual \$10 fee to defray the printing and postage costs



# LEGACY PLANNING



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## **Scholarships**

The Chapter has instituted an active scholarship program. In conjunction with the Redstone Women's Club, we will issue one scholarship each year to a deserving student.

Please consider making a donation to our program. Contact Norb Patla for details.



## **TAPS**

**COL William W. Holmes III**

Our deepest sympathy to the families of our departed friends

## **27 Birthdays in February Happy Birthday!**



CDR Edgar Kilborn, USN	COL Charles Bunnell Sr, USA
COL Don Stotser, USA	COL George Jobczynski, USA
MAJ Craig Ailles, USA	LTC William Johnson, USA
LTC Frederick Neidermeyer, USA	LTC Ruby Lardent, USAR
CDR Christine Downing, USN	Mrs Irene Lang
CDR Roger Berg, USN	Mrs Ouid Ann Turner
COL Dean Bekken, USA	COL Charles Perry, USA
LtCol Patricia Schuessler, USAF	COL Norman Holland, USA
Mrs Gwen Parks	COL Patrick Stone, USA
MAJ Houston Yarbrough, USA	CW3 Ernest Williams, USA
CW4 Robert McCall, USA	LTC Glen Williams, USA
LTC James McWhorter Jr, USA	LTC Lowell Twitchell, USA
COL Frederick Bisch, USA	Lt Col Kenneth Delano, USAF
Mrs Mary Tyra	

## **Treasurer's Report CAPT Richard West, USN For the Month of December 2012**

Beginning Balance	\$7028.69
Credits	2207.00
Debits	462.57

Ending Balance      \$8773.12







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**Web Page: [huntsvillemoaa.org](http://huntsvillemoaa.org)**

*(Legislative – continued from page 2)*

**JOINT CHIEFS:** Military readiness “is at a tipping point”- The U.S. is in danger of risking national security by squeezing the military budget, the Joint Chiefs of Staff warned lawmakers in a letter this week that calls for congressional action. “We are on the brink of creating a hollow force due to an unprecedented convergence of budget conditions and legislation that could require the Department to retain more forces than requested while under funding that force’s readiness.” The army is preparing to cut back dramatically on training, maintenance and other expenses that aren’t directly tied to the war in Afghanistan, according to a memo sent by Army leaders this week. A recent report indicated that the Pentagon does not have complete or uniform data on the total costs of Active and Reserve Component forces. It does not know, use or track the fully –burdened and life-cycle costs of its most expensive resource-its military personnel. When General Eisenhower became President of this nation one of his first requirements was to validate this cost per individual of the military and during his administration he balanced the nations budget and we were not in debt to any foreign nation.

**TRICARE PRIME:** The military’s managed–care option will end October 1, 2013, for retirees, their family members and for military survivors who reside more than 40 miles from a military treatment facility or from a base closure site, TRICARE Management Activity announced on January 16, 2013. Most of the 171,400 beneficiaries will need to shift health coverage from Prime to TRICARE Standard, the military’s fee-for-service health insurance option.

**MEDICARE REIMBURSEMENT RATES 2013:** On 1 January 2013 Congress reached a last minute deal to avert a 26.5% Medicare physician payment cut which would have resulted in a large reduction in available physicians to service the senior community. This is good news for TRICARE users as physicians in TRICARE are reimbursed at the same rate as Medicare physicians. Current physician payment rates have been extended through December 31, 2013.