Volume 52, Issue 7 July 2013

The Sentinel

Wilitary Officers Association of America

Huntsville Chapter

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



Hi Everyone -

The year is half over – it went by fast. For those of you who attended the summer party on June 22nd, you already know it was a super evening. The food was excellent, and the AMC Dixieland Band really rocked. Many thanks to Carrie for organizing the evening and getting some great door prizes.

On Memorial Day, the Chapter participated in the wreath-laying activities at Maple Hill cemetery. See the great photos of Carrie and Arno Hoerle famously representing HCMOAA in the ceremony.

We also presented a \$1500 scholarship to a deserving young lady who will be attending Auburn University. Again, check out the photos inside.

A significant source of income for the chapter comes from advertising in *The Sentinel*. If you have dealings with local businesses that you feel might benefit from advertising in the Sentinel, please let me know and I will approach them.

The Chapter is always in need of volunteers who want to get more involved. We currently could use some help in the areas of Membership and editor of *The Sentinel*.

Let me know if you are interested in getting involved.

- Bruce

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REMINDERS

<u>Monthly Membership Meeting:</u> Next meeting Wednesday 31 July 2013, 1100 hours at the Summit Club. Guest Speaker is Richard reyes, President of NAVFOC.

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

<u>Breakfast:</u> Next breakfast is Saturday, 27 July 2013, 0900 hours at the Steak and Shake – Madison Square Mall.

<u>Governing Board:</u> Next meeting Thursday 11 July 2013, 1100 hours at the Summit Club.



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



The Rising?? Cost of Military Healthcare?

Probably one of the areas of the most interest among our membership is Healthcare (Promised to be free for life if you do 20 years active, right? HA). Well, there are many factions, politicians, and others that would like to see the cost of providing it reduced in favor of other giveaways, no matter who suffers the consequences. There is circulating a misconception that military (including retirees) healthcare costs are continuing to rise. In fact, you should be skeptical of claims that military personnel and health care costs are "rising out of control." In fact, they're still a third of the defense budget - the same as they've been for decades. And projected force cuts will reduce them further. Be sure to mention this as you continue to be in contact with your elected representatives in Washington, DC [as I KNOW you all are. Right?]

MOAA Objectives

Do you really know what the purpose and objectives of MOAA are, at the national level? I believe it is appropriate from time to time to review the actual objectives that your national dues support. There are a number of issues that the national organization wishes to further. If you know what these are, you are in a better position to voice your views to your representation tries to further as they strive to keep a close eye on the Executive and Legislative branches of our government and try to influence the vectors of actions to change or support current federal law.

Below are the objectives for this year (2013):

- Active/Reserve Force/Family Issues:
- Sustain active duty, Guard and Reserve force sizes to meet mission requirements
- Sustain military pay comparability with private sector
- Protect currently serving and retiree benefits against significant degradation based on sequestration's arbitrary cuts
- Credit all post-9/11 active duty service toward Guard/Reserve early retirement
- Restore tax deduction for reservists' out-of-pocket expenses for military travel of 50 miles or more
- Create new incentives for employers to hire and retain drilling Guard/Reserve members
- Provide incentives for employers/government/contractors to hire military spouses
- Protect funding for commissary/exchange, dependent schools and family support programs

Continued on page 15

2013-2014 GOVERNING BOARD EXECUTIVE COMMITTEE

President: MAJ Bruce T. Robinson USA-Ret, 256-450-2252, brobinso@mitre.org

1st Vice President: COL Norb Patla, USA-Ret, 256-890-3340, npatla@mitre.org

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

Secretary: Col Don Kimminau, USAF-Ret, 256-489-5880, don.kimminau@gmail.com

Treasurer: CAPT Richard C. West, USN-Ret, 256-776-6901, rick675@hughes.net

Army Representative: LTC Arno Hoerle, USA-Ret, 256-837-6253, arhoerle@mediacombb.net

Navy Representative: LCDR Harold F. Swanson, USN-Ret, 256-527-6217, <u>halaurel@att.net</u>

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

Immediate Past President: Temporarily Vacant

Second Past President: Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, <u>glenncrawley@comcast.net</u>

STANDING COMMITTEES

Membership: Vacant

Programs: CDR John Inman, USN-Ret, 256-425-8802, inman331@msn.com

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

Personal Affairs: COL Bill Stevenson, USA-Ret, 256-424-1334, <u>mrbill5779@comcast.net</u>

Public Affairs (Publicity): CH (COL) Danny W. Burttram, USA-Ret, 256-651- 6378, <u>dburttram198@gmail.com</u>

Chapter Historian: Vacant

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

Finance (Budget): CDR Robert Rolf, USN-Ret, 256-206-6164, rolf@att.net

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Audit: MAJ Robert C. Szeremi, USA-Ret, 256-883-5127, szeremi@comcast.net

Chapter Chaplain: CH (LTC) Bert E. Wiggers, AUS-Ret, 256-617-0055, <u>chbwig@mediacombb.net</u>

Commissary & Post Exchange: CW4 William W. Wright, AUS-Ret, 256-883-4456, www33@knology.net

FAHC Liaison: Col Edward L. Uher, USAF-Ret, 256-882-6824, biged992K@aol.com

Golf:: Vacant

ROTC: Lt Col Charles Clements, USAF-Ret, 256-450-3610, charles.clements@mda.mil

TOPS: MAJ Bruce T. Robinson, USA-Ret, 256-450-2252, brobinso@mitre.org

THE SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-450-2252, <u>brobinso@mitre.org</u>

Life Membership Trust

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

CH (COL) Danny W. Burttram, USA-Ret, 256-651-6378, dburttram198@gmail.com (July 2015)

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



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



Exchange

The exchange guys (gals) are excited about a number of new things. I won't tell! Well....! Dr Scholes Orthotics Machine is "Coming soon!" Remember stepping up on this machine and seeing the bones in your foot? Wow! You (we) can preorder Movies and/or Games (Forms are at the register. Ask!)

Robert (Montie) Montalvo, Store Director, came out and mentioned a number of new features which have, or will be, put into the store. The big news in Women's clothing is Michael Kors is IN the Store or his label is and a great big sign with his name! Guys, ask your wife! (Hint: It is expensive!!)

E-receipts are coming. This is a system that will let us get our receipts over the Internet. More on that next month! USE YOUR STAR CARD! There is no late payment fee, the interest is less than most other cards I've seen, AND it helps your Exchange since there is no bank/service for the Exchange to pay which means more service or better prices for you.

I scout the Military Clothing Sales for outdoor stuff that I know holds up (I used this system for over 30 years!) This time I got 72 inch boot laces for \$1.75/pair and am braiding several sets into a cord for my big brimmed slouch hat. (Well, sure I can get a roll of heavy OD cord and cut some off but there is no way to put my old Boy Scout Lanyard skills to work!! Cheeez!)

Commissary

I was a little guy of 8 or 9 when my Dad shipped out to Guadalcanal and we moved to Ogden, Iowa where my Mother's parents had grown up. The back half of our property was a corn field where we could find corn silks to roll into cigarettes or cigars of newspaper. From this and "de-tasseling" and working on a real farm, I know a LOT about corn. If people rip off the husks to see if they like the corn and throw back what they don't "love", what is left is no good for roasting or soaking and grilling on the Weber for hot, steamed, corn. Nuff' Said!!

Continued on page 16

Need Addresses

None this month

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.

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

Navy/USMC Representative: LCDR Harold F. Swanson 256-527-6217 halaurel@att.net

Air Force Representative: **Col Edward L. Uher** 256-882-6824 <u>biged992K@aol.com</u>

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





Arno Hoerle and Carrie Hightower laying the MOAA wreath at Maple Hill Cemetery on Memorial Day



Carrie's Notes Mrs. Carrie Hightower, 256-882-3992

MOAA Auxiliary

A small group of members met for cards on Tuesday, 18 June. The winners for that day were Ursula Spicer (first) and yours truly (second). Our next meeting will be at the same time and place on Tuesday, 16 July.

WOW Support Group

Thank you for the great turn-out at the Summit Club on Thursday, 20 June. We will not meet in July and August. I will call everyone for the luncheon in September. I wish everyone a great summer.



Fox Army Health Center Col Edward L. Uher, USAF-Ret



Introduction of Fox Army Health New Chief of Optometry

After years in medicine, Dr. Sharon Carter has finally found the one place she feels she can make the greatest difference.

"I feel like I'm home," said Carter, the newest addition to Fox Army Health Center's optometry staff. "I'm an Army brat. It just makes me feel good to take care of the people who have done so much for our country. I know what my dad gave up – he was wounded in Vietnam and there were times when we had to live without him at home – so I know what these people have given up. It's nice to get to meet them and thank them and take good care of them. I want to have the best care for my patients that I can."

Carter is doing exactly that as the new chief of Fox optometry clinic. Open for patient care from 7:30 a.m. to 3:30 p.m. Monday through Friday, the clinic provides emergency and primary eye care to its beneficiaries. Whether it be flight physicals, annual retirement exams, treating eye diseases such as glaucoma, or simply making sure you have the right prescription for your glasses or contacts, FAHC has got patients both young and old covered when it comes to eye care.

"Realize that your eyes are so important," said Carter, who recommends annual eye exams with dilation. "There are so many things that can go wrong and so many things in your body that we can see going on in your eyes. Don't neglect them. I can get you dentures, but I can't get you a new eye. We can't bring back what's gone, but we can prevent it from happening."

Continued on page 8



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

What is Your Definition of Patriotism?

An American Dictionary of the English Language, 1828, by Noah Webster gave the following definition:

patriotism, n. Love of one's country; the passion which aims to serve one's country, either in defending it from invasion, or protecting its rights and maintain its laws and institutions in vigor and purity. Patriotism is the characteristic of a good citizen, the noblest passion that animates a man in the character of a citizen.

Merriam-Webster's Collegiate Dictionary, Eleventh Edition, copyright 2004 gave the following: Patriotism, n. Love for or devotion to one's country.

The 2004 gave a definition that fits the culture of today. However, Noah Webster gave a definition that started with love for country but moves to specific actions: service to country, defense of country, protection of the rights of the country, maintenance of the laws and institutions of country, and preservation of religion and morality in public and private life. This kind of patriotism puts the needs of the country above personal or partisan desires, as well as above the favor of foreign nations.

The Bible teaches us that we should be patriotic in the following verses as well as others:

"Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God... Pay to all what is owed to them: taxes to whom taxes are owed, revenue to whom revenue is owed, respect to whom respect is owed, honor to whom honor is owed." Romans 13:1, 7 (NKJ)

"Therefore I exhort first of all that supplications, prayers, intercessions, [and] giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence..." I Timothy 2:1-2 (NKJ)



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

12 July 2013

The MOAA widow's luncheon will be held on Friday, 12 July at Victoria's Cafe, 7540 South Memorial Parkway, Huntsville, AL. Phone 256-881-0403.

Fran Tyra, phone 256-881-6938, will be our hostess. We will meet at 11:00 AM.

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

WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA

COL Melvin McLemore COL Mark Richardson III COL Ricki Sullivan 1LT Thomas Clemons, Sr. LTC John Franks COL Scott Wilson MAJ Cliff Miller CW3 John Davis LTC Linda Green LTC Charles Zavadil COL James Huey COL Ronald Stephens

HCMOAA is reporting time spent on volunteer activities to Redstone Arsenal. Please keep track of your volunteer hours throughout the month and report them to Ray Weinberg at 256-885-0089 or ray.kw@juno.com.



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We know what it means to serve?

¹Based on 2011 Member Communications Trend Survey.

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Fox – *continued from page 5*

Helping beneficiaries live a lifetime of wellness, which is paramount at Fox, has been ingrained in Carter ever since she was a little girl. Before she even went off to school, Carter was already finessing her patient care.

"My father had me injecting oranges when I was a child," Carter said. "I got doctor kits from the time I could talk. I did not know that there were any other jobs you could have other than medicine."

Joining the field of medicine as a registered nurse, Carter worked in intensive care and open heart intensive care before deciding to further her education and become an optometrist. She spent 22 years in private practice before joining Fox, where she discovered optometry is a profession that allows her to make a difference in the life of others, with time still left over to be mom to her own two children.

"It's a very exciting field," Carter said. "There's so many different diseases that show up in the eyes first. The most important part is being dilated. I've diagnosed brain tumors, diabetes, clogged carotids. I've had patients who had to leave the chair for immediate care. I would not have seen it if I didn't have dilation."

Carter's journey to FAHC has been years in the making, ever since her father worked at the facility as a physician's assistant for 10 years, back when it was still a hospital. "He kept saying, 'You've got to go to Fox, you've got to go to Fox,'" Carter said.

In November 2012, Carter finally made it to Fox. In the nine months she's been here, experience has taught her that father does indeed, know best. "It was worth the wait," Carter said. "It's wonderful. I love it."

Picnic Time

Get ready. Get set. Grill! Warm weather is the ideal time to cook out. More people cook outdoors in summer than at any other time of year. Unfortunately, the warm summer temperatures are also ideal for bacterial growth in the foods we enjoy at picnics and parties. There are some simple guidelines you can use to ensure your picnic isn't spoiled.

Start your safe food handling measures right in the supermarket. Select perishable meats, poultry, and dairy products last, right before checkout. Place raw meats and poultry in plastic bags to prevent cross-contamination from any juices leaking onto other foods. Ideally, place these perishable items in the car itself, where it's cooler, instead of in the trunk. If you live quite a distance from the supermarket, you should consider taking along a cooler packed with ice to pack perishables for the ride home. In either case, don't leave your perishables in a hot car while you run other errands.

Fox – continued on next page

Fox – continued from previous page

After arriving home, immediately place perishables in the refrigerator or freezer. If you won't be using the meat within 1-2 days, it should be frozen to avoid spoilage. Remember that every time you handle the raw food product you introduce more bacteria, so only rewrap the food when the store wrapping is damaged or soiled. If rewrapping is necessary, use clean plastic wrap or aluminum foil and wash your hands well before handling the food. Check the temperature in your refrigerator and freezer. Refrigerator temperatures should be 40 degrees Fahrenheit or less and freezers should be maintained at zero or less.

Remove the foods from cold storage right before preparation. Frozen foods should be thawed in the refrigerator and not on the kitchen counter. Before preparing the food, wash your hands thoroughly and clean all countertops and cutting boards with hot soapy water. And of course, use clean utensils. If you're taking food to a picnic site or elsewhere away from home, pack all perishable items in a cooler with ice or gel packs. Ensure all foods are wrapped securely or in leak proof containers and keep the cooler in the shade or shelter. Use utensils, rather than your hands, to mix salads.

Meats and poultry should be thoroughly cooked prior to serving. Poultry should be cooked until juices are clear and the flesh is no longer pink. Hamburger and other ground meats should be cooked until they are brown in the middle with no pink juice. Other meats should be cooked to 145 F except pork which should reach 160 F. Keep the food hot until served – you may need to set it to the side of the grill rack to accomplish this. Any bacteria present in the raw meat can contaminate the cooked meat, so don't place cooked meat on the same platter the raw meat was on. Place any leftovers back in the cooler. If food has been in warm temperatures for more than an hour, it's better to discard it than risk re-serving it.

So you see – safe food handling is easy as 1-2-3. Keep foods at safe temperatures. Protect foods from contamination. Keep your hands and utensils clean. So, c'mon, let's have a picnic!





Scholarship presentation with GEN Dennis Via, AMC Commander, and the Community Women's Club

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IF INTERESTED CONTACT BILL KOCH AT STILL SERVING VETERANS 256-883-7035 www.stillservingveterans.org





Summer Party at the Overlook – AMC Band ensemble Tennessee Ramblers A great time was had by all

The Chapter co-sponsored a Barbeque at the Tut Fann Veteran's Home last month. Kudos to the volunteers who came out and visited the resident heroes:

- Ray Weinberg and his wife
- Rick West
- Chris Downing
- Charles Clements
- Hector New
- Harold Walden





We honor your dedicated, loyal service with ours.

Veterans and their families have made countless sacrifices in their service to our country. To those who have served, we thank you. And we believe the best way to honor you is by creating a community where freedom and independence are our cornerstones.

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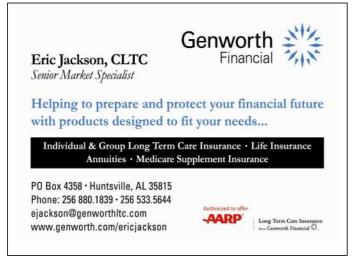


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′es! I'a	d like to add	my voice to th	e Huntsville Chapter							
	New		Renewal			Interested i	n a chapter Li	ife Membership?		
One year \$10.00					Contact us for pricing (based on your age)					
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Mailing Address				City			State	Zip Code		



Membership Statistics

Total Members: 476 Life Members: 280 Auxiliary Members: 82

For the month of May: New Members: 12 Renewals: 0 Deaths: 0

LEGACY PLANNING



Ken Askew, CIC Financial Advisor

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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

None this month

Our deepest sympathy to the families of our departed friends

39 Birthdays in July Happy Birthday!

LTC Clifford Flanigan, USA LTG Robert Moore, USA LTC John L Lewis, USA LTC Robert Archer, USA MG George Turnmeyer, USA CW5 Charles Covell, USA LTC Steven R Palmer, USA LTC Robert Conners Jr, USA LTC William Emerson, USA CW4 Burl Dykes, USA LCDR Milford Stanley, USN Col Charles Crockett, USMC CW3 Monty L Lewis, USA LTC Daniel Cutshall, USA CW3 John Bates, USA Col Daniel Krenzel, USAF Mrs Opal Otto CH (LTC) Bert Wiggers, USA CW5 Harry L Hobbs, USA COL Michael W Deegan, USA



Maj Edward Morfenski, USAF LTC Lamar Clarke, USA LTC Richard K Jackson, USA LTC James Pepper Jr, USA COL George Lewis, USA LTC Ralph Wisser, USA LtCol Robert R Minor, USAF COL Norbert Patla, USA LTC Charles Gill, USA Col Stephen Baker, USMC CAPT Samuel Powers, USN COL Raymond Wegner, USMC COL John R Dabrowski, USA MAJ George Moore, USA COL Mary Hall, USA LTC Paul H Fall, USA LTC Paul Hoffman, USA Col George Schrader, USAF COL Harold L Bakken, USA

Treasurer's Report CAPT Richard West, USN For the Month of May 2013

Beginning Balance	\$9910.68
Credits	845.00
Debits	2008.99

Ending Balance \$

\$8746.69



(Legislative – continued from page 2)

- Improve access to affordable child care
- Require better education on serious financial disadvantages of the REDUX retirement option
- Improve professional licensure transferability for service members and military spouses

Health Care Issues:

- Avert 27% Medicare/TRICARE payment cut and fix statutory formula to improve access to care
- Protect against disproportional increases in TRICARE fees
- Oppose enrollment fee for TRICARE For Life or curtailment of TFL coverage
- Allow three years of active-duty-level TRICARE coverage for disability retirees/families
- Improve seamless transition and protect Defense and VA health/benefits/support systems budgets
- Authorize option to subsidize retention of operational reservists' civilian family health insurance
- Expand TRICARE coverage for Applied Behavioral Analysis (ABA) for active and retired members of the uniformed services

Retirement/Survivor Issues:

- Oppose military benefit changes that are inconsistent with service career sacrifices
- Preserve full-inflation cost-of-living adjustments (COLAs)
- End deduction of VA disability compensation from military retired pay
- End deduction of VA survivor benefits (DIC) from military Survivor Benefit Plan (SBP) annuities
- Implement a more equitable military disability retirement system
- Restore VA DIC compensation for qualifying survivors who remarry after age 55
- Reform same SBP calculation for a reservist who dies performing IDT as for active duty deaths
- Authorize survivors to retain a deceased retiree's full final-month retired pay
- Authorize SBP annuities to be paid to Special Needs Trusts permanently disabled children
- Reform the Uniformed Services Former Spouse Protection Act (USFSPA)
- Authorize Space-A travel for 'gray area' Guard-Reserve retirees and qualifying survivors

Veterans and Other Issues:

- Improve quality, efficiency, transparency, and timeliness of VA claims-processing system
- Establish Post-9/11 GI Bill benefits for surviving spouses of Iraq and Afghanistan conflicts
- Improve VA health services and access for women veterans
- Authorize pre-tax payment of health, dental and long-term care premiums
- Prevent disproportional Social Security/Medicare penalties for any population segment

Retired Pay Restoration Act Senate Bill 234

Once again, Senator Harry Reid (D-NV) has sponsored this bill, which now has 17 Cosponsors as well. It would permit retired members of the uniformed services who have a service-connected disability rated less than 50 percent to receive full concurrent receipt of both retired pay and veterans' disability compensation including Chapter 61 disability retirees with less than 20 years of service. Recommend you support it!



P.O. Box 1301 Huntsville, AL 35807-0301

RETURN SERVICE REQUESTED

The Sentinel is published monthly primarily for the membership of the Huntsville Chapter of the Military Officers Association of America (HCMOAA), P.O. Box 1301, Huntsville, AL
35807-0301. The views expressed are those of the authors and do not necessarily reflect the opinions of HCMOAA, its officers or its editor.

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Web Page: huntsvillemoaa.org

PX / Commissary – continued from page 3

I had not seen the "ends and pieces" of cheese and meat at the Deli counter for weeks and weeks. They NOW keep it behind the counter and you have to ASK. No, I am NOT smart enough to figure this out for myself, and Yes, I saw/heard someone else ask! We made sandwiches that night.

We felt we got a great buy on bottled water in 24 bottle packs out front in June. It must have been a good buy because they still had a lot at the end of June, so look in the back of the store in front of ice Cream.

I still pass on the ALL Beef hot dog recommendation of Consumer Reports. Two of the top three dogs are Ballpark and Hebrew National All Beef Hot Dogs and the two I mention are by far the cheapest. We grill, roast, or fry and put on all wheat, flat, whole wheat buns.

Thanks to the store staff for finding and returning my car keys. Pretty soon I'll need a Keeper!

Finally, the Exchange celebrates its 18^{th} birthday in July. There will be a tent sale at the Express and a sidewalk sale at the Main Exchange 25-27 July 2013. Dollar Days sale is 5-11 July. Back to school sale 26 July – 1 August.