Volume 61, Issue 3 March 2022



Huntsville Chapter
Military Officers Association of America

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Huntsvillemoaa.org





PRESIDENT'S MESSAGE CAPT Richard C. West, USN (Ret.)



Greetings Huntsville Chapter Members –

Well, I am REALLY getting tired of this rain. The only way out from my house crosses Hurricane Creek and water was lapping over the bridge on the day of our membership meeting. Then I had to pass through the Flint River flood areas...good thing I have 4WD!

It is going to be tough to follow up on the February membership meeting! Nearly 50 members enjoyed a great meal. To top it off, we had an excellent guest speaker who provided a very interesting brief regarding NASA and the Marshall Space Flight Center...including a very forthcoming Q&A session. Mr. Leopard volunteered to return for a future brief on plans for Mars!

Our March luncheon will be on the 30th at 1100 at The Summit Club. Our VIP Speaker will be Robert Broussard, District Attorney for Madison County – more details are included in the newsletter. This should be an interesting session – especially the Q&A part! RSVPs are open – please RSVP to me at rickw675@att.net or 256.776.6901. Remember that family and guests are always welcome.

At the February meeting, a donation of \$12,000 from the scholarship fund to the RSAMCC Merit Awards program was approved. Applications for scholarships closed on the 27th. The next step will be working with RSAMCC to screen/rank the candidates. Our donation will be broken up into 7 scholarships ranging from \$1000 to \$3000.

<u>Last Call! Annual Dues are due!</u> There are still 20+ members with annual membership dues now due! **Please don't put this off...**just fill out your name, any "changed" information, sign and forward with your check to the address on the form! This is your last newsletter and my last "informative" email! **No better deal anywhere!**

Stay flexible and Stay Safe!

Rick

Member Meeting on 30 March Guest speaker is Madison County DA Robert Broussard

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



Legislative Corner Lt Col Charles Clements, USAF-Ret





"All politics is local."

Alabama Republican primary voters will have the final say in seven of the statewide races on the ballot this year because no Democrats signed up to run.

Governor Ivey, is seeking a second full term. Other GOP candidates are former Trump administration ambassador to Slovenia Lindy Blanchard; Lew Burdette, president of King's Home, a program for abused women and children; correctional officer and former Morgan County Commissioner Stacy Lee George; toll bridge developer Tim James; Opelika pastor Dean Odle; Springville mayor and former state representative Dave Thomas; Orange Beach businessman and former congressional candidate Dean Young, and Donald Trent Jones. Democrats who qualified are retired educator Yolanda Flowers of Birmingham, Patricia Salter Jamieson, Arthur Kennedy, businessman Chad "Chig" Martin of Enterprise, state senator and attorney Malika Sanders Fortier of Selma, and Doug "New Blue" Smith.

Republican qualifiers for Senator Shelby's Senate seat are former Shelby chief of staff and Business Council of Alabama Chief Katie Britt, Congressman Mo Brooks of Huntsville, and former Army aviator and businessman Mike Durant. Others are Lillie Boddie, Karla M. Dupriest, and Jake Schafer, Will Boyd, former Brighton Mayor, Brandaun Dean, Lanny Jackson, and Victor Keith Williams.

The U.S. Supreme Court issued a stay of a lower court's ruling that Alabama must redraw its congressional map to include a second so-called "opportunity district" with a significant proportion of black voters. The court's action, a 5-4 decision, means the upcoming elections will be conducted under the map passed by the Legislature last year that contains one majority-minority district.

The Republican qualifiers for Mo Brooks' Congressional seat are Kevin Andrew Blalock, a teacher and small business owner, Dexter Donnell former army officer, John Roberts Business Retention & Expansion Director for the Huntsville/Madison County Chamber of Commerce, Dale Strong the Chairman of the Madison County Commission, Casey Wardynski retired army officer, Assistant Secretary of the Army for Manpower and Reserve Affairs, and superintendent of Huntsville City Schools, and Harrison Wright. The Democratic qualifier is Charlie Thompson.

The special session on 18 January, resulted in Alabama lawmakers approved a plan to spend \$772 million in American Rescue Plan Act funds. The House

EXECUTIVE COMMITTEE

President: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

2021-2022 GOVERNING BOARD

1st Vice President: Vacant

2nd Vice President: COL Gene Lesinski, USA-Ret, 845-725-3677, gene.lesinski@gmail.com

Secretary: COL Michael C. Barron, USA-Ret, 337-422-

Treasurer: Lt Col Charles T. Clements, USAF-Ret, 256-715-1671, ctcbama76@gmail.com

Army Representative: COL James D. Treadway, USA-Ret, 256-859-1484, <u>jtreadway51@mchsi.com</u>

Navy Representative: COL Raymond G. Regner, USMC-Ret, 256-851-5903, raymond.regner@gmail.com

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

Immediate Past President: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

Second Past President: Lt Col Charles T. Clements, USAF-Ret, 256-715-1671, ctcbama76@gmail.com

STANDING COMMITTEES

Membership (Acting): MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobinso1976@gmail.com

Programs: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

Legislative Affairs: Lt Col Charles T. Clements, USAF-Ret, 256-715-1671, ctcbama76@gmail.com

Personal Affairs: Lt Col Gerald Haynes, USAF-Ret, 256-882-7857, jerry15@hiwaay.net

Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

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

Chapter Hospitality: Mrs. Carrie Hightower, 256-882-3997

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, brobinso1976@gmail.com

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobinso1976@gmail.com

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LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2023)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandits.com (June 2024)

LTC John C. Franks, USA-Ret, 703-489-2701, john.franks@ingenuityinc.net (July 2022)

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PX / Commissary Col Gerald C. Maxwell, USAFR



Main Exchange

Time for St. Patrick's Day savings at your Exchange! You will save plenty of green when you shop your Exchange! Spring plants are anticipated late March or early April. It's always a popular event so be on the lookout.

Be sure to always check the clearance section of each area in the store. Check the https://www.shopmyexchange.com web site every day for the super daily special. At this site, you can also see the latest specials, weekly sales, and sweepstakes. Get it on Google play, the Apple app store, or scan the QR (quick response) code in flyers and ads. The main store will soon have winter merchandise on clearance so watch for that!

Don't forget, if you don't have a STAR card, apply for one and ALL your first day Exchange purchases are an additional 10% off! That's on top of any sale or clearance price!

Download the Exchange Extra app for your smart phone – ads, specials, coupons, and the super daily special!

As always shop early for best selection.

Shopette

Tent sales are still on hold but may resume by May. But check out the spirits and wines of the month selection! Check out the latest Muscadine wines: lightly sweet to sweet table wines – from here in Alabama! Also, for St. Patrick's Day check out the extensive collection of Irish Whiskey and the Irish Cream Liqueur's. Download the Red Box app (to receive specials) and reserve a video from The Red Box outside to pick up while you are at the Shopette.

Commissary

Last week there were still no whole turkeys. Two months now. Supply issues are also causing problems for pre-packaged salads and many breakfast items. Fresh chicken now has no limit. Maybe it's time to stock up on the wide selection of MRE's near the bread and self-check-out. Your commissary not only saves you an average of 30% or more, but also has links to healthy living and recipes at:

http://www.commissaries.com/healthy-living/index.cfm

Need Addresses

None this Month

We have lost track of the above members. If you know their whereabouts, please have them contact Bruce Robinson at 256-426-0525 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: COL James D. Treadway 256-859-1484 jtreadway51@mchs- i.com

Navy/USMC Representative: **COL Raymond G. Regner** 256-851-5903, raymond.regner@gmail.com

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

Personal Affairs Officer Lt Col Gerald Haynes 256-882-7857 jerry15@hiwaay.net







Fox Army Health Center MAJ Bruce T. Robinson, USA-Ret



Need Help Managing Your Weight? See What TRICARE Covers

Do you or a family member need help with weight management? You are not alone. The National Institutes of Health found that about two-thirds of U.S. adults are overweight or obese. Even if there's no obesity in your family and if you're satisfied with your current weight, striving to maintain a healthy weight lowers your risk of serious health conditions.

"Not only can carrying extra body weight impact your mobility and joint health," said Air Force Lt. Col. Heidi Clark, chief of the Nutritional Medicine Clinical Support Service at the Defense Health Agency. "Being overweight or obese puts you at risk for serious health conditions, like diabetes, heart disease, sleep apnea, lower back pain, depression, and fatigue."

Keeping a healthy weight can be challenging, but it's worth the effort. And with the right support, it's possible. Whether you're a service member, retiree, or a family member, you can work with a health care provider. They can help you understand your weight and its impact on your health. And get you started toward diet and exercise goals to help you reach and maintain a healthy weight.

Here are some of the services TRICARE covers and tips to help you with weight management.

Treatment for Obesity

If you meet specific conditions, TRICARE covers intensive, multicomponent behavioral interventions for obesity. These services promote sustained weight loss (12 to 26 sessions in a year). A TRICARE-authorized provider, like a physician or a registered dietitian who's working under the supervision of a physician, must provide these weight loss services for TRICARE to cover them.

To qualify for these services, you must be:

- An adult with a Body Mass Index (BMI) of 30 kg/m2 or higher
- A child or adolescent with a BMI value greater than the 95th percentile

Services include, but aren't limited to:

- Behavioral management activities like setting weight-loss goals
- Guidance regarding physical activity and dietary changes
- Strategies to maintain lifestyle changes
- Addressing your personal barriers to change
- Teaching you self-monitoring behaviors to track your weight loss progress

TRICARE also covers surgical obesity treatment for non-active-duty service members. This includes gastric bypass surgery and other surgeries for weight loss. But you must meet certain conditions for

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YOU SERVED OUR COUNTRY WELL AND WE WOULD BE HONORED TO SERVE YOU WITH YOUR INSURANCE AND INVESTMENT NEEDS.

Please call our office to set a time for a complimentary one on one meeting with John D. Stover, LUTCF, Certified Financial Planner™, Certified Kingdom Advisor®

8 ARCH STREET HUNTSVILLE, AL 35806 BY APPOINTMENT ONLY PHONE: 615.591.3937 TOLL-FREE: 888.468.9672

FAX: 615.591.3932

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ASEA

Paul & Patsy Morin

Independent Associates

Cell: 256-738-0389

Email: paulmorin3018@comcast.net

Website: paulmorin.teamasea.com

Huntsville, AL





Surviving Spouse's Luncheon

Mrs. Carrie Hightower 256-882-3992

Due to bad weather our luncheon in February was changed at the last minute – turnout was small. Hopefully we'll have better luck this time.

Our next luncheon will be on Thursday 17 March, 11AM at Ding How Restaurant, 4800 Whitesburg Drive in Huntsville. Phone: 256-880-8883. Reservations are required. Everyone will be called. Please join us.

Surviving Spouse Corner: End-of-Life Documents

Most people would list among end-of-life documents a will, a trust, an advance directive, a DNR (do not resuscitate) order, and a durable power of attorney. But the list of documents that deal with end-of-life issues is much longer. Deeds to real property, beneficiary declaration for life insurance, and the signature card to a bank account are all end-of-life documents. They determine who gets what and through which legal procedure when someone dies.

Fortunately, checklists to help create an end-of-life plan are available through a number of trustworthy organizations. Among them:

• MOAA: <u>Help Your Survivors Now: A Guide to Planning Ahead</u>

• VA: <u>Planning Your Legacy</u>

• Military.com: <u>Military Retiree Survivor Checklist</u>

• State Bar Association articles and forms

Research these resources, pick a checklist, or create one of your own. Gather legal documents you already have, including will, trust documents, health care directives, powers of attorney, beneficiary designations, asset inventory, deeds, military papers, instructions to access digital accounts, and contact information for family.

Consult professionals — lawyer, accountant, insurance agent, financial advisor — to help put together the plan, and then review, update, redraft, and re-execute documents, lists, and paperwork when needed.

At least once a year, review and update the plan. Have circumstances changed? Do the documents do what they are intended to do? Have state or federal laws affecting any of these documents changed? Are lists of assets current? Are titles to real estate, bank accounts, and vehicles correct? Are beneficiary designations still good?

Discuss your plan with those who hold health care proxy, powers of attorney, and other authority over your person and property. Put documents in a safe place, yet where they can be accessed by those in whom you have placed trust.

Be proactive. End-of-life documents are in reality life's documents. Deal with them now.



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

Kindness

According to the writer Jon Van at the 1995 meeting of the American Association for the Advancement of Science, researchers revealed the results of a study that show how important Kindness is in our daily relations.

In this experiment researchers gave forty-four doctors the symptoms of a hypothetical patient and asked for each doctor's diagnosis of the illness. But the real point of the study was not how well the doctors could diagnose. Before the experiment began researchers gave half of the doctors a bag of candy, saying it was a token of appreciation for their involvement in the study. However, the other doctors received nothing

Alice Isen, a Cornell University psychologist, said the doctors receiving the candy were far more likely to correctly diagnose the patient's problem. "Pleasant-feeling states give rise to unselfish, helpfulness, and improved interpersonal processes," she explained.

God has a good idea, as always, when he tells us to be kind to others.

David, the warrior, said:

"Blessed be the LORD, for He has shown me His marvelous **kindness** in a strong city! "(Psalm 31:21, NKJV)

The apostle, Paul, wrote:

"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience." (Colossians 3:12, NLT)



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:

Membership Statistics

Total Members: 345 Regular Members: 292 Surviving Spouses: 53

New this month: 4 Deaths this month: 1

Renewals: 4

Welcome New Members to Huntsville Chapter MOAA

Lt Col Josh Soblaskey, USAF MAJ Lance Granger, USA LTC Mike Wegler, USA LTC David Diehl, USA

Recruiting

You are our best recruiter. If you have a friend, colleague or co-worker who is eligible to join MOAA, or who already belongs to MOAA National – bring him/her to a Chapter meeting. You would be doing both them and the Chapter a favor.

Legislative – *continued from page* 2

passed the bill 100-0, and the Senate passed it 26-0. The plan allocates: \$277 million for broadband expansion. \$225 million for water and sewer infrastructure projects. \$80 million for hospitals and nursing homes. \$79.5 million for Alabama's unemployment compensation trust fund to restore it to near the level of January 2020. \$37 million for health care services through assisted living facilities, mental health, rehabilitative services, and other entities. \$30 million for rural hospitals. \$20 million for emergency medical responders, including \$10 million for volunteer fire departments. \$11 million for counties to help pay for state inmates held in county jails because of the pandemic. \$7.8 million for the cost of the reporting and auditing requirements for using the money. \$5 million for telemedicine.

The January 2022 CPI is 276.296, 2.9 percent above the FY 2022 COLA baseline. The Consumer Price Index for February 2022 is scheduled to be released March 10. The CPI baseline for FY 2022 is 268.421.

Please read the recent posting to the Legislative portion of our webpage. We have list some of the more interesting Military Community Supportive Provisions Which Passed the 2022 DNAA.

As always, please take time to look at http://takeaction.moaa.org. The National Headquarters of MOAA has outlined action items they think are important to active-duty force as well as those who have served, including you. On the MOAA webpage each action item is presented in the following format: Who is Affected; The Issue; and The Remedy.

<u>Chapter Happenings – February Member Meeting</u>





Mr. Larry Leopard, Associate Director (Technical), Marshall Space Flight Center, addresses the members at the February meeting & receives a Certificate of Appreciation from Chapter President Rick West



HCMOAA Treasurer's Report January 2022

Submitted by Lt Col Charles T. Clements, USAF (Ret.)

- 1. The January 2022 Treasurer's Report is presented herein. Details are attached.
- 2. Monthly Summary:

	Operating Funds	Savings
Starting Balance	\$13,700.32	\$16,522.72
Income	\$ 1,990.00	\$ 0.14
Expenses	\$ 928.59	\$ 0.00
Ending Balance	\$14,761.73	\$16,522.86

- 3. Notable income: Proceeds from LMT dues, annual dues and an advertisement from Nick's Ristorante. USAA provided their annual (\$300) sponsorship for HCMOAASF.
- 4. Notable expenses: Chamber of Commerce dues, Alabama Council of Chapter dues, Zoom and office supplies. In addition, the USAA sponsorship was transferred to the Scholarship Fund.
- 5. Chapter Saving account activity was limited to interest.
- 6. The Chapter Operating Funds contains \$1,903.07 in reserved funds donated by various VSOs in support of the RAD Luncheon for the Retirees. This is money unused from 2019/2021 donations and will be applied to a future RAD luncheon or similar event.

Scholarship Fund Donations

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

The Scholarship Fund operates on a calendar year. Remember that the fund is fully tax deductible due to 501(c)(3) status. **100% of all donations go toward scholarships.**

Note: The below amounts reflect only donations directly to the fund. Golf Tournament monies are tracked separately and presented to the membership following the tournament.

Total received for February: \$0
Total received CY22: \$0





Huntsville Chapter Military Officers Association of America P.O. Box 1301 - Huntsville, AL 35807 www.huntsvillemoaa.org



Membership Application or Renewal

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

Mai	iling Address	Cit	:y		Otato		Σιμ	
					State	 }	Zip	
Active	Retired	NG	Forme	r Officer	Res	serve	Surviving Spouse	
ninimum, FRE National membe	E "Basic" MOAA Na	is not the same as MOAA stional membership is requ s a Basic member. Again, for more information.	iired. If you a	re not already	a	MOAA	National Membership Number	
Grade		Branch of Ser	rvice	Period(s	s) of Act	tive Dut	ty (i.e. 1965-1990)	
Preferred	l Name	Birth Date		Spous	e's Nan	ne		
***Interested		fe Membership? Co			age-bas			
		September 1 st will I y address or phone					h following calendar year d sign the form	
Life Membership***		Three Years	Three Years \$30		HCMOAA website Friend / acquaintance Other (Please explain			
	ewal**	Two Years	\$20	Local event Letter / e-mail from		mail from HCMOAA		
		One Year \$10*		if New, n		you nea OAA Na	ar about us? ational	

<u>Attention Annual Members – Past Due Notice</u>

It is well past time to renew your membership for next year

A list of those members being dropped from the rolls is on the next page

This will be their last newsletter

You can also renew for multiple years and lock in that low rate Don't know when your membership expires? Contact MAJ Bruce Robinson at 256-426-0525 or brobinso1976@gmail.com.

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

The following members are being dropped from the rolls:

MAJ David R Arterburn, USA LTC Keith A Barshinger, USA LTC Russell B Brownfield Jr, USA LTC Robert E Connors Jr. USA RADM John E Crowley, USCG Col David C Hall, USAF LTC Edwin L Kennedy, USA Capt Melissa M Lacey, USAF Col David W Lair, USAF LTC John L Lewis, USA Maj Autumn M Lorenz, USAF LTC Mark D Lumb, USA CAPT William P Nash, USN COL Kelsey A Smith, USA COL Ricki L Sullivan, USA Mrs. Caroline H Wilson CAPT Scott W Witt, USN

Lt Col Barney F Barron, USAF COL Gary L Bliss, USA

LTC Andre M Cota-Robles, USA CPT Michael E Funderburg, USA CW2 Jerry A Haynes, USA COL Dale C Kuehl, USA MAJ Mark H LaFlamme, USA Mrs. Mary C Levaas

LTC Shaun S Lott, USA

Col Erin D Peterson, USAF MAJ James L Stanley, USMC MAJ Joe H Williams, USA LCDR Frances K Witt, USN CDR Timothy L Zane, USN

Speeding Ticket

A police officer pulls over a speeding car. The officer says, "I clocked you at 80 miles per hour, sir." The driver says, "Goodness, officer, I had it on cruise control at 60; perhaps your radar gun needs calibrating." Not looking up from her knitting the wife says: "Now don't be silly, dear -- you know that this car doesn't have cruise control"

As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once!!" The wife smiles demurely and says, "Well dear you should be thankful your radar detector went off when it did, or your speed would have been higher."

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Woman, can't you keep your mouth shut?" The officer frowns and says, 'And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine.' The driver says, "Yeah, well, you see, officer, I had it on, but I took it off when you pulled me over so that I could get my license out of my back pocket."

The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving." And as the police officer is writing out the third ticket, the driver turns to his wife and barks, "WILL YOU PLEASE SHUT UP?" The officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am? She replies, "Only when he's been drinking."



Membership Meeting 30 March 2022 1100 – Summit Club

Guest Speaker: Mr. Robert Broussard Madison County District Attorney

Robert L. Broussard was appointed District Attorney of the 23rd Judicial Circuit of Alabama in May 2009 by Governor Bob Riley. Prior to his appointment, Rob spent 21 years as a career prosecutor with the District Attorney's office, serving in the capacity of Deputy District Attorney responsible for the prosecution of violent crime and the supervision of all staff attorneys and specialized units and earlier in his career as assistant district attorney heading the felony drug unit.

Broussard obtained his Juris Doctorate in 1985 from Cumberland School of Law at Samford University in Birmingham, Alabama. As an undergraduate, he attended the University of Alabama and graduated from Florida State University with a degree in Criminology. He began his legal career as an attorney with the U.S. Department of Agriculture in Washington, D.C. before returning to Huntsville in 1988 to work for then-District Attorney Robert (Bud) Cramer.

He has prosecuted thousands of cases ranging from drug possession to capital murder. Broussard is a member of the Alabama District Attorney's Association and a graduate of the Chamber of Commerce's Leadership program. In addition, he serves on the Boards of Partnership for a Drug Free Community; the Huntsville Police Citizens Foundation and the Madison-Morgan County Strategic Counterdrug Team.

Broussard is married to the former Cathie Piercy, and they have two daughters. They attend Asbury United Methodist Church.

Menu: Spaghetti with marinara, chicken parmesan, green beans, salad, garlic toast, cannoli, & assorted beverages.

Cost: \$15 for Chapter members and families; \$20 for non-members / guests – pay at the door – cash or check only. **Exact change is appreciated.**

RSVP: CAPT Rick West, 256-776-6901, rickw675@att.net, NLT 25 March 2022







Guest Speakers Needed

Have an idea for a speaker for one of our member meetings? Let us know.

Contact any board member, and we'll try and get the speaker on board.







19 Birthdays in March

LTC Raymond L Livingston Jr, USA LTC James A Roy, USA Lt Col Charles T Clements, USAF COL John R Fairlamb, USA COL Lawrence J Becker, USA Lt Col Brenda Armstrong, USAF Col Scott G Patton, USAF COL Roger S Matzkind, USA CDR John E Inman, USN LT James L Pointer, USN Mrs. Margaret R Feist LTC Nicholas M Mikus, USA LTC Harry W Durgin, USA MAJ James Greene, USA COL Donald B Harmon, ARNG CW4 Robert C Savage, USA LTC Clarence R Longcor, USA LTC Earl A Freeman, USA COL Robert J Thomas, 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.

Governing Board Vacancies

The chapter either has, or will have, vacancies in several governing board positions. We need some dedicated volunteers to fill these positions and help the leadership team keep the chapter vibrant. Brief descriptions of the positions follow. If you think you may be able to fill one of the vacancies, or desire additional information, contact any board member.

1st Vice President: An important position. The 1st VP fills in for the President in his absence. He also supervises & assists the other board members & committees with their duties.

Membership: A key position. The chair maintains a roster of chapter members & keeps it in synch with MOAA National's online roster. Responsible for recruiting & retention of members.

Webmaster: Maintains the chapter's website & keeps it current. You can be as creative as you want. The position could be filled by a spouse, child or grandchild of a member.

Chaplain: Provides spiritual support to members in need. Provides prayers at chapter meetings. Provides a monthly newsletter article. You need not be a military chaplain or any type of priest or minister to fill the position.



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

TAPS

Mrs. Avhlee Newell passed away February 12, 2022. She is survived by her son & daughter.

Gone but not forgotten for their dedicated support and service to our Country.

We will miss these outstanding Leaders and Patriots.



Walmart

Americans spend \$36,000,000 at Wal-Mart Every hour of every day.

This works out to \$20,928 profit every minute!

Wal-Mart will sell more from January 1 to St. Patrick's Day (March 17th) than Target sells all year.

Wal-Mart is bigger than Home Depot + Kroger + Target +Sears + Costco + K-Mart combined.

Wal-Mart employs 1.6 million people, is the world's largest private employer, and most speak English.

Wal-Mart is the largest company in the history of the world.

Wal-Mart now sells more food than Kroger and Safeway combined, and keep in mind they did this in only fifteen years.

During this same period, 31 big supermarket chains sought bankruptcy.

Wal-Mart now sells more food than any other store in the world.

Wal-Mart has approx. 3,900 stores in the USA of which 1,906 are Super Centers; this is 1,000 more than it had five years ago.

This year 7.2 billion different purchasing experiences will occur at Wal-Mart stores. (Earth's population is approximately 6.5 billion.)

90% of all Americans live within fifteen miles of a Wal-Mart.

Winter Safety Tips to Stay Safe and Healthy

Winter can be a hazardous time of year, and we still have more than a month left before it's finished. Frigid temperatures and slick roads can be dangerous. The Centers for Disease Control and Prevention (CDC) provides a number of winter safety tips to help you prepare for freezing temperatures and prevent injuries and illness. When it comes to preparing your home, car, and family during the winter months, follow these tips.

Prepare your home

Winterize your home to help protect yourself and your family from any potential damage the cold temperatures and snow may bring. Follow these tips to keep your home safe and warm:

- Check your heating systems.
- Clean out chimneys and fireplaces.
- Closely monitor any burning fires or candles.
- Check your carbon monoxide and smoke detectors.
- Remove ice and snow from walkways to prevent slips and falls.
- Keep an emergency kit in your home that includes flashlights, extra batteries, a first-aid kit, extra medicine, baby items, and cat litter or sand for icy walkways.
- If you lose power, your kit should also include food and water for three days for each family member, warm clothing if you have to evacuate, and toys and games for children. Check your kit each year to make sure all clothing still fits and children's toys are age appropriate.

Prepare your car

Is your car ready for winter travel? It isn't too late to winterize your car. Check out these car care tips to prepare you for winter driving:

- Service your radiator and maintain antifreeze level.
- Check your tires and replace with all-weather or snow tires, if necessary.
- Keep your gas tank full to prevent ice from getting in the tank and fuel lines.
- Use a wintertime fluid in your windshield washer.
- Make an emergency kit to keep in your car. Include water, snacks, first-aid kit, blankets, flashlight, extra batteries, portable cell phone charger, and emergency flares.

Prepare your family for outdoor winter activities

You and your family may want to venture outdoors to enjoy winter activities. When you do, take these steps to prevent serious injuries and illnesses, like hypothermia and frostbite:

- Wear layers of light and warm clothing, a wind-resistant coat, waterproof shoes, and a hat, gloves, and scarf.
- Work slowly when engaged in outdoor tasks, such as shoveling your driveway or removing snow from your car.
- Take a friend and carry a charged cell phone when participating in outdoor activities.

For more winter weather safety tips, visit the <u>CDC website</u>. Also, check out the disaster preparation information on the <u>TRICARE website</u>, where you can sign up for disaster alerts.

History of St. Patrick's Day

Where did this National Holiday Come From?

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

Who was St. Patrick?

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

More than 100 St. Patrick's Day parades are held across the United States; New York City and Boston are home to the largest celebrations.

When was the First St. Patrick's Day Celebrated?

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772, to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

Over the next 35 years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

In 1848, several New York Irish Aid societies decided to unite their parades to form one official New York City St. Patrick's Day Parade. Today, that parade is the world 's oldest civilian parade and the largest in the United States, with over 150,000 participants. Each year, nearly 3 million people line the 1.5-mile parade route to watch the procession, which takes more than five hours. Boston, Chicago, Philadelphia and Savannah also celebrate the day with parades involving between 10,000 and 20,000 participants each.

The Irish in America

Up until the mid-19th century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to 1 million poor and uneducated Irish Catholics began pouring into America to escape starvation.

Despised for their alien religious beliefs and unfamiliar accents by the American Protestant majority, the immigrants had trouble finding even menial jobs. When Irish Americans in the country's cities took to the

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streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys.

The American Irish soon began to realize, however, that their large and growing numbers endowed them with a political power that had yet to be exploited. They started to organize, and their voting block, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, annual St. Patrick's Day parades became a show of strength for Irish Americans, as well as a must-attend event for a slew of political candidates.

In 1948, President Harry S. Truman attended New York City 's St. Patrick's Day parade, a proud moment for the many Irish Americans whose ancestors had to fight stereotypes and racial prejudice to find acceptance in the New World.

The Chicago River Dyed Green

As Irish immigrants spread out over the United States, other cities developed their own traditions. One of these is Chicago's annual dyeing of the Chicago River green. The practice started in 1962, when city pollution-control workers used dyes to trace illegal sewage discharges and realized that the green dye might provide a unique way to celebrate the holiday. That year, they released 100 pounds of green vegetable dye into the river—enough to keep it green for a week. Today, in order to minimize environmental damage, only 40 pounds of dye are used, and the river turns green for only several hours.

Although Chicago historians claim their city's idea for a river of green was original, some natives of Savannah, Georgia (whose St. Patrick's Day parade, the oldest in the nation, dates back to 1813) believe the idea originated in their town. They point out that, in 1961, a hotel restaurant manager named Tom Woolley convinced city officials to dye the Savannah River green. The experiment didn't exactly work as planned, and the water only took on a slight greenish hue. Savannah never attempted to dye its river again, but Woolley maintains (though others refute the claim) that he personally suggested the idea to Chicago's Mayor Richard J. Daley.

St. Patrick's Day Celebrations Around the World

Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated around the world in locations far from Ireland, including Japan, Singapore and Russia. Popular St. Patrick's Day recipes include Irish soda bread, corned beef and cabbage and champ. In the United States, people often wear green on St. Patrick's Day.

In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world.

What Do Leprechauns Have to Do with St. Patrick's Day?

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13, but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.

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TRICARE to cover. You can go to the Bariatric Surgery page to see the list of covered services. And you can find the medical conditions which may make weight loss surgery medically appropriate for you.

Seeing a Registered Dietitian or Nutritionist

TRICARE covers medically necessary services and supplies from registered dietitians and nutritionists. They must have a license from the state where you get the care. They must also be working under the supervision of a physician. Here are some examples of conditions that may benefit from medical nutrition therapy (also medical nutrition counseling) sessions provided by a registered dietitian or nutritionist:

- Obesity
- Elevated blood lipids/high cholesterol
- Diabetes
- Anemia
- Irritable bowel syndrome
- Eating disorders

You can find more information by going to the Nutritionist or Dietitian Services page.

Tips for a Healthy Diet

Taking steps to prevent health issues is often easier than fixing them once they emerge. A balanced, nutrient-rich diet and regular physical activity are the best ways to achieve and maintain a healthy weight for life. According to the *Dietary Guidelines for Americans*, you should eat a balanced diet of fruits, vegetables, lean proteins, and whole grains. It's important to reduce:

- Foods high in sugar
- Sodium
- Refined foods
- Foods with added fats, like fried foods
- Alcoholic drinks

The Centers for Disease Control and Prevention (CDC) recommends healthy adults get at least 150 minutes a week of moderate activity. CDC also estimates that getting enough physical activity could prevent 1 in 10 premature deaths. Try to keep moving throughout the day to help you maintain good levels of activity.

"If you need to fit in more physical activity in your life, try to find activities you enjoy so it becomes an easier habit to sustain," said Clark. "You could try picking up a physically active hobby, make exercise a family event, or find time to work out with friends."

For service members, achieving a healthy weight enhances your mission performance and readiness. Each military service also has requirements for fitness and body composition. Check out resources to help you build and sustain healthy behaviors.

Remember, your healthy weight isn't the same as everyone else. So, talk with your health care provider to understand your weight, an ideal goal weight, and appropriate weight loss goals. To learn more ways you can support your health, explore additional weight management resources and TRICARE covered services.

ID Cards

Need to renew your military ID but not sure how? Lost your ID? Need to get a new ID for a family member? Need to update your address or other information? MOAA has organized the resources you'll need for all those activities below; click the link to go directly to the subject of interest, or scroll down for all the information:

- Eligibility: Who needs an ID card, what type, and when?
- How do I get a new card?
- How far ahead of time should I renew my card?
- What about the Next Generation Uniformed Services ID Card?
- What do I need to bring with me to renew my card?
- How do I update my information in DEERS?
- Can I get my card by mail?
- What if I have more questions?

Eligibility: Who Needs an ID Card, What Type, and When?

The Uniformed Services ID Card is for military family members, retirees and former servicemembers, members of the Individual Ready Reserves, and inactive National Guard members. Other military community members who may be eligible for military benefits include former spouses who have not remarried, 100% disabled veterans, and Transitional Health Care recipients.

The Common Access Card (CAC) is the standard ID for active-duty service members as well as Selected Reserve members, DoD civilian employees, and some contractors.

The renewal date for military ID cards varies depending on a wide variety of factors; in general, it is every four years, and the expiration date is on the front of the card.

Children under 14 will not be issued an ID card unless:

- The child's temporary guardian lives away from the parent's duty station and must use a medical facility other than the one keeping the child's records; or the child resides temporarily away from the sponsor and there is no eligible spouse.
- The child is of a joint service couple or a single parent.
- The child's physical appearance warrants issue.
- The child does not reside in the household of an eligible adult family member.

Beginning in the Summer of 2021, DoD began issuing Uniformed Service Identification (USID) cards with indefinite expiration dates to dependent spouses and other eligible individuals at age 65 (previously age 75).

How Do I Get a New ID Card?

If you are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS), your eligibility can be verified, and the card can be issued at the nearest military ID card issuing office. The easiest way to make an appointment is by going to the ID Card Office Online (RAPIDS) website. The site has an ID Card Office Locator where you can plug in your ZIP code and find the closest office to you. Many offices are not answering their phones at this time, so it's best to make an appointment online.

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Appointments fill up quickly. If you cannot find an available appointment, you may need to widen your search radius and look further out. Some offices also have walk-in hours.

The following special categories of personnel must have their ID card application verified by their service branch (Army, Marine Corps, Navy, Air Force, Space Force, Coast Guard, U.S. Public Health Service, and

Atmospheric Administration):

- Incapacitated individuals over age 21
- Dependent parents
- Illegitimate child of a male sponsor whose paternity has not been judicially determined
- Illegitimate child of spouse of sponsor
- Un-remarried and unmarried former spouses applying for initial issuance of an ID card.

How Far Ahead of Time Should I Renew My ID Card?

Beneficiaries should apply for a new ID card when their existing card is within 90 days of expiring. Many card-issuing locations have a significant backlog of customers, so it's a good idea to make an appointment well in advance of the expiration date.

What About the Next Generation Uniformed Services Identification Card?

First introduced in July of 2020, the Next Gen USID Card transitions the current ID card to plastic cardstock with enhanced security features. ID card issuance facilities will issue Next Gen USID cards to those with *expiring* ID cards. Cards will not be reissued solely for the purpose of obtaining the new type of card.

What Do I Need to Bring with Me to Renew My Card?

Two forms of ID from this list of acceptable identity documents. One must be an unexpired, federal- or state-issued photo ID. You should review the Pre-Arrival Checklist at CAC.mil, which contains all of the information needed to obtain or renew a DoD ID card.

How Do I Update My Information in DEERS?

DoD reports continuing, significant problems with maintaining accurate and current addresses in the DEERS database, particularly for retired servicemembers and their families and survivors. It is important for surviving family members to update their personal information in DEERS when the active duty or retired sponsor dies.

You can update your information at MilConnect ID Card Office Online if you have a DS Logon or CAC card.

Alternatively, members may fax the data to (831) 655-8317 or call DEERS at (800) 538-9552. You also can update your address by writing:

DEERS Support Office ATTN: COA 400 Gigling Road Seaside, CA 93955-6671

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 over 340 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 Arsenal Military and Civilians 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.

Attention Members

One of the best sources of income for the Chapter comes from advertisements like the ones in this newsletter. You are the best resource for identifying potential advertisers. 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. Let them know that the newsletter reaches our 350+ members each month. All they can say is "no".

If they are interested or desire more information, please let Bruce Robinson know, and he will follow up with them. His contact information is brobinso1976@gmail.com or 256-426-0525.

Important Dates in March

- 1 March Lindbergh baby kidnapped (1932)
- 1 March Peace Corps established (1961)
- 5 March President Roosevelt proclaimed a four-day "Bank Holiday" to stop panic withdrawals (1933)
- 5 March The "Iron Curtain" speech was delivered by Winston Churchill (1946)
- 6 March Battle of the Alamo (1836)
- 9 March Ulysses S. Grant became commander of the Union armies. (1864)
- 10 March Salvation Army founded (1880)

10 March – Monthly Board Meeting – Java Café - 1100

- 11 March Spanish flu reaches US soil, eventually killing over 500,000 (1918)
- 12 March Bermuda colonized by the British (1609)
- 12 March 40 inches of snow fell in New York City (1888)
- 12 March Nazi Germany invaded Austria (1938)

12 March – Monthly Breakfast – City Café Diner – 0900

- 13 March Daylight Savings Time begins
- 14 March Albert Einstein was born (1879)
- 15 March Julius Caesar assassinated (44 B.C.)
- 16 March My Lai massacre in Vietnam (1968)
- 17 March St. Patrick's Day

18 March - Golf Kick-off Meeting - location TBD - 1200

- 19 March US invades Iraq to overthrow Saddam Hussein (2003)
- 20 March Nerve gas attack in Tokyo subway killed 12 (1995)
- 20 March First day of Spring
- 23 March Patrick Henry gave his "Give me liberty or give me death" speech (1775)
- 24 March The Philippine Islands were granted independence (1943)
- 24 March Exxon Valdez oil spill in Alaska (1989)
- 25 March Fire in New York City garment district killed 146 (1911)
- 26 March Camp David Accord signed (1979)
- 25 March Two Boeing 747 jets collide in the Canary Islands, resulting in 570 deaths (1977)
- 28 March Three Mile Island nuclear accident (1979)
- 30 March President Reagan shot while walking in Washington, DC (1981)

30 March – Monthly Member Meeting – Summit Club - 1100

31 March – President Johnson announced he would not seek re-election (1968)

