

Volume 64, Issue 1
January 2025



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



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

Greetings all!

Welcome to 2025! Hopefully you all had a safe and enjoyable holiday period! I know some of you won't agree, but the only thing missing was a deep beautiful blanket of snow!

Many thanks to those of you who attended the annual Christmas party! We had a great time – good food, good entertainment and lots of door prizes! Even I won one after so many years drought! Yay!

Our next membership luncheon is this month – the 29th. Put it on your calendars now, please. Our guest speaker will be the Commander of Fox AHC. See page 17 for details. **Please RSVP ASAP to John Vanderbleek at jvbleek78@gmail.com or 256.893.1565.** Remember that family and guests are always welcome.

Membership Renewal! We still have 34 members needing to renew – that number is slowly coming down from the 57 total that needed to renew at the start of our annual drive. If you aren't sure of your dues status, please see the list in the Sentinel on page 12 or contact Bruce Robinson or me. Several of those that renewed selected Life Membership – if you are interested, contact John Fairlamb.

Navy beat Army and won the CINC's Trophy...Navy upset OU in a thrilling bowl game...Army won their bowl game. It was a great December for Academy (non-NIL) football – and there are a few more good games coming up in January! Navy sang second!

As always, many thanks to all of you for being members of the **biggest and BEST MOAA Chapter in Alabama!**

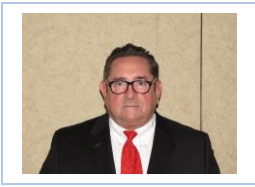
Rick

The next member meeting is on 29 January – the guest speaker is LTC Deepak Mathew, FAHC Commander

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



Legislative Corner

Lt Col Charles Clements, USAF-Ret

**Take
Action**

→ <http://www.moaa.org/takeaction/>



“All politics is local.”

The House passed a \$895 billion measure that authorizes a 1% increase in defense spending for fiscal year 2025 and would give a double-digit pay raise to about half of the enlisted service members in the military. The bill passed the House by a vote of 281-140 and will next move to the Senate, where lawmakers had sought a bigger boost in defense spending than the current measure allows. Lawmakers said service member pay has failed to remain competitive with the private sector, forcing many military families to rely on food banks and government assistance programs to put food on the table. The bill also provides significant new resources for childcare and housing. The bill prohibits funding for teaching critical race theory in the military and prohibits TRICARE health plans from covering gender dysphoria treatment for children under 18 if that treatment could result in sterilization.

President-elect Donald Trump and some of his top allies in Congress have rebuked the federal agency that undertook the search for a new suburban location for the new FBI headquarters, ultimately deciding on Greenbelt, Maryland, over two other options. Once Trump is back in the Oval Office and the GOP controls both chambers of Congress, the funding stream for the General Services Administration to build the new facility could end. Republican lawmakers could also require the GSA to restart the search process, change the criteria the federal agency used to select the Greenbelt location, or simply tell the agency it must construct the new headquarters in a different location. Other options floated by GOP lawmakers include Alabama and somewhere inside the District of Columbia. Or they could require GSA to build the new FBI headquarters in either Springfield, Virginia, or Landover, Maryland—the other two locations considered for the new building.

Second-term U.S. Rep. Dale Strong, R-Huntsville, is expected to serve on the House Appropriations Committee when Congress begins its new term next month. Strong and four other Republicans have been nominated to the appropriations committee by the Republican Steering Committee. They replace outgoing members, including Rep. Jerry Carl, R-Mobile. The powerful appropriations committee has significant influence over federal spending. It oversees all discretionary spending and reviews how federal tax dollars are spent.

Continued on page 9

2025-2026 GOVERNING BOARD

EXECUTIVE COMMITTEE

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

1st Vice President: CW4 Edward J. Banville, USA-Ret, 256-683-4127, ed.banville@hotmail.com

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

Secretary: COL Michael C. Barron, USA-Ret, 337-422-8862, m.barron468@gmail.com

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

Army Representative: LTC Nicholas M. Mikus, USA-Ret, 256-604-7767, nicholasmikus@comcast.net

Navy Representative: COL Raymond G. Regner, USMC-Ret, 256-851-5903, rregner58@gmail.com

Air Force Representative: Col Gerald C. Maxwell, USAFR, 256-606-5282, avataarmax@gmail.com

Immediate Past President: Col Gerald C. Maxwell, USAFR, 256-606-5282, avataarmax@gmail.com

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

STANDING COMMITTEES

Membership: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobins1976@gmail.com

Programs: COL John Vanderbleek, USA-Ret, 256-893-1565, jvbleek78@gmail.com

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: Vacant

Chapter Hospitality: Vacant

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

Chapter Chaplain: Col Dave McKinney, USAF-Ret, 334-467-6860, mckinnewd@gmail.com

Commissary & Post Exchange: Col Gerald C. Maxwell, USAFR, 256-606-5282, avataarmax@gmail.com

FAHC Liaison: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobins1976@gmail.com

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobins1976@gmail.com

ROTC/JROTC: COL Gene Lesinski, USA-Ret, 845-725-3677, gene.lesinski@gmail.com

TOPS: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobins1976@gmail.com

The SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brobins1976@gmail.com

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

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2026)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte@washburns.org (June 2027)

Lt Col Gerald Haynes, USAF-Ret, 256-882-7857, jerry15@hiwaay.net (July 2025)



PX / Commissary
Col Gerald C. Maxwell, USAFR



Main Exchange

The current gun sale is still a \$75 rebate for any Stoeger STR-Series pistol through 15 January. The gun counter hours are Sunday/Monday closed, Tuesday – Saturday 9-4 and keep in mind that if you want to purchase a fire arm it could take up to an hour for all the paperwork and that you are required to leave Redstone once you purchase. You can always purchase on line but the paper work must be completed at the counter.

The UPS store in the vendor area - outside hallway between the Exchange and the commissary – is now open M-F hours 9-6, Sat 10-3, closed Sundays.

The Exchange Main Store Tastee’s Subs & Hotdogs closed as of 20 Dec. Its still open at Bldg. 4575 MSIC and at 1047 Jeff Road NW.

You always get 10% off (sometimes more during special promotions) your first day’s purchases when you use your STAR card. Something to keep in mind for Spring and the eventual winter clearance items. Use your STAR card at the food court for 10% off your purchases and 10% off catering orders. Your holiday bill could be on the Exchange when you use your STAR card though 31 December.

Shopette

New wines and beers – stop in to check out the selection. Gluhwein and a wide variety of holiday gift sets are still available. Visit the Redstone Express for Holiday Party and Tailgating supplies. Various wine selections are on sale each month so stop in and see what varieties are on sale this month. Depending on selection and off the regular price, the Express usually offers 10% on a case wine (but not liquor) – be sure to ask!

New Bumbu rum, Mr. Black cold brew coffee liqueur, and Legent Kentucky straight bourbon whiskey. For the connoisseur - Jack Daniel’s Sinatra Select, Jonnie Walker blue label, and the most expensive item Glenmorangie highland single malt scotch whiskey (\$252.79).

Various specials around the store including gift sets for various liquors. Plus, many local and craft beers.

Continued on page 9

Need Addresses

We have lost track of the below members. If you know their whereabouts, please have them contact Bruce Robinson at 256-426-0525 to update their personal information.

None this month

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 Nicholas M. Mikus
256-604-7767
nicholasmikus@comcast.net

Navy/USMC Representative:
COL Raymond G. Regner
256-851-5903
rgregner58@gmail.com

Air/Space Force Representative:
Col Gerald C. Maxwell
256-606-5282,
avatarmax@gmail.com

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



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FAX: 615.591.3932

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NSSA, CRPC
VICE PRESIDENT, WEALTH ADVISOR
256-715-0094
germi@cloudfinancial.com



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



Open Enrollment

Open enrollment at Fox is ongoing for current Prime beneficiaries who are seeing a civilian provider but want to come back to Fox. No need to wait until Open Season.

Community Care Connect

Community Care Connect will start up again on January 15 after a break for the holidays. The event is held monthly on the third Wednesday at 11 a.m. January's event will include an update on the growth at the VA Clinic at Fox, a presentation from the American Red Cross, and an introduction to the new platform for virtual appointments, "My Military Health."

New app for download: My Army Post

Get and share timely and accurate information about your Army Post; set your home post and most commonly used gates to get push notifications for gate traffic and closures! Get direct access to MHS GENESIS. Get hours of operations for gyms, warrior restaurants, hospitals, PX/Commissary, USO, and more! Stay up to date on local weather, range conditions, road closures, and navigate to on-post facilities even when the only information you know is a building number, and all other important information you will need when on any Army post.

Welcome Back

TRICARE Prime Beneficiaries

Are you TRICARE Prime with a network Primary Care Manager?

As a TRICARE Prime beneficiary, you and eligible family members have the option to receive your primary care from a Primary Care Manager at Fox Army Health Center. As a Prime beneficiary, you do not have to wait until open enrollment to switch your PCM to Fox. Take the steps to come back to Fox today. To get started, call Humana at 1-800-444-5445 and request a change in Primary Care Manager to Fox Army Health Center

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CONNECT TO
COMMUNITY**
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- Speak directly with the Command Team
- Learn about new initiatives and services
- Hear from guest speakers and experts

"I connected with services I didn't even know existed. This event was a game-changer."

"They answered all my questions and even helped me learn to make on-line appointments on the spot."

**Fox Army Health Center
Fox Den Classroom
Wednesday, January 15
11 a.m.**

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256-881-1583

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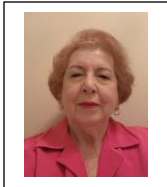
256-489-8280

10300 BAILEY COVE ROAD
HUNTSVILLE, AL 35803
INSIDE CREEKSIDE CORNER

5PM- 11PM TUESDAY - SATURDAY
HAPPY HOUR DAILY 5PM- 6:30PM



Happy New Year!



Surviving Spouse's Luncheon

Mrs. Bonnie Treadway
256-859-1484

Our next luncheon will be on Thursday, 16 January,
at Bravo Italian Kitchen, 401 Bridge Street Town Center in Madison.
Phone: 256-971-9725. Everyone will be called.

Surviving Spouse Corner: What You Need to Know About Reserve-Component Benefits

Did your spouse die before he or she turned 60 years old and before reaching the age to apply for retirement with pay? Are you confused about what death benefit you might be eligible for, and how to apply for it?

Let's take this step by step to explain Reserve Component-Survivor Benefit Plan (RCSBP) eligibility. If you can find your loved one's notice of eligibility letter (20-year letter), it will outline what was selected at the 20-year mark in your spouse's career. If the "immediate" annuity was selected, it is known as Option C (DD2656-5) and you are immediately entitled to your spouse's RCSBP. Option B is a deferred annuity; the annuity is deferred to your spouse's eligible age of 60 if he or she were alive today. Option A is when one declines election, and the surviving spouse will not have any RCSBP.

If you are unable to locate the 20-year letter, call the [appropriate service casualty office](#) and report your spouse's passing, and they can help you. Find more contact information online at these sites:

- **Army Reserve:** <http://www.hrc.army.mil/>
- **Air Force Reserve:** <http://www.arpc.afrc.af.mil/>
- **Navy Reserve:** <https://www.mynavyhr.navy.mil/Career-Management/Reserve-Personnel-Mgmt/Reserve-Retirements/>
- **Marine Corps Reserve:** <http://www.marforres.marines.mil/>
- **Coast Guard Reserve:** <http://reserve.uscg.mil/>

For example, a surviving spouse of a Navy servicemember who was a gray-area reservist should call (833) 330-6622 and report the passing of your loved one. Mail a request for death benefits, along with an original death certificate, to:

*Navy Personnel Command
ATTN: PERS-912E 5720
Integrity Dr. Bldg. 768
Millington, TN 38055*

If your spouse reached the 20-year mark and was eligible for retirement (regardless of branch), you will need to call the Defense Finance and Accounting Service at (800) 321-1080 to report the death.

There are various types of coverages for RCSBP, such as spouse-only; spouse and child(ren); child(ren) only; former spouse; former spouse and child(ren); and natural interest person (insurable interest).

If you are eligible for RCSBP, you have only six years from the date of your spouse's death to apply for the annuity or the annuity might be denied.



Chaplain's Corner
Col Dave McKinney, USAF-Ret

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to throw away--Ecclesiastes 2.22-3.6



Happy New Year,

I pray all are doing well and have weathered the many busy days that the Christmas and New Year's season brought. I am sure that even in days of old, this time was busy.

We are starting a New Year, a time when many of us make resolutions. Resolutions that range from losing weight, getting fit, reading a book to traveling to a new location. For resolutions to be effective though, it's important to know and understand the season you find yourself in. What good is it to make a resolution to lose weight, if you're in a season of helping someone you love gain weight? Sounds funny, I know. But I found myself in a season of caring for an elderly mother-in-law. I stepped back from full-time ministry to help my wife care for her mom. My mother-in-law needed to eat to gain or maintain her weight and I badly needed to lose it. So I took on unneeded stress, as I did not take time to ponder the season I found myself in and what it meant. Once I accepted the season I was in, I was able to step back and manage my weight. To be honest, I didn't lose any, but I gained little during the time we were taking care of my mother-in-law.

Continued on page 13

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: 290
Regular Members: 245
Surviving Spouses: 45

New this month: 0
Deaths this month: 1
Renewals: 13

Welcome New Members to Huntsville Chapter MOAA

None this Month

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

The November 2024 Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), released on 11 December, was 308.998, 0.1% above the FY 2025 baseline of 308.729. December 2024 figures will be announced on 15 January 2025. The CPI-W figures from the end of this fiscal year (July, August, and September 2025) will be compared to the FY 2025 COLA baseline to calculate the 2026 COLA. 🏠

PX/Commissary – continued from page 3

Always save 5 cents per gallon (usually more during holidays or like the Space Force birthday it was 20 cents off) at the gas pumps when you use your STAR card.

Commissary

Club Pack prices on par with warehouse stores in the middle of the commissary. Plenty of turkeys and hams available. Smoked turkeys finally arrived but only a few and they sold quickly. Last time I was there the salads, beef and pork were very sparse.

Still available chocolate and treats from around the world – I really like the Mrs. Tilly’s fudge – in a variety of flavors. Check out the long aisle of sweets and goodies that are good for giving and for treating yourself.

Want to avoid the lines? Try the commissary Click2Go online ordering! [Commissary CLICK2GO® Online Ordering | Commissaries](#)

Your Bakery and Deli can create Meat and Cheese trays or/and Sandwich trays. Please call 256-876-3517 and please give a 24-hour notice. Remember the Sushi Bar located by self-checkout 🏠

Governing Board Vacancies

The Chapter has several vacancies on the Governing Board that we are looking to fill with volunteers from the membership. They include:

Surviving Spouse Liaison – responsible for keeping the surviving spouses of the Chapter informed & look out for their welfare – you do not have to be a surviving spouse to serve

Membership Chair – responsible for recruiting and retention of Chapter members – this is a key position

Webmaster – responsible for all aspects of the Chapter website – ideally this would be a member’s child or grandchild who is website savvy – this is a key position

Publicity – responsible for advertising Chapter events – primarily the golf tournament



HCMOAA Treasurer's Report November 2024

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

1. The November 2024 Treasurer's Report is presented herein.

2. Monthly Summary:

	Operating Funds	Savings
Starting Balance	\$14,803.66	\$ 1,703.68
Income	\$ 0.00	\$.01
Expenses	\$ 784.85	\$ 0.00
Ending Balance	\$14,018.81	\$ 1,703.69

3. Notable income: None.

4. Notable expenses: Payments for the RAD Luncheon and for Wreaths across America.

5. Chapter Saving account activity is limited to interest.

6. The former Certificate of Deposit (CD) reached its maturity on 8 October 2024 and was valued at \$15,979.05. An additional \$4,020.95 was used to purchase a new CD in the amount of \$20,000. The term of the new CD is for four (4) months at an interest rate of 4.16%. The new CD matures on 8 February 2025 and has a current value of \$20,069.37.

7. The Chapter Operating Funds contains \$1,188.30 in reserved funds donated by various VSOs in support of the RAD Luncheon for the Retirees. This fund has been used for this year's RAD Luncheon and other similar events in the future.

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 area students. **Please consider donating.** Contact Rick West, at rickw675@att.net or 256.776.6901 for details.

The Scholarship Fund operates on a calendar year basis. Remember that the fund is fully tax deductible - 501(c)(3). **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.

Scholarship Fund Donations Received During December 2024

COL John Fairlamb, USA (Ret.)
CAPT Thomas Jones, USN (Ret.)
Anonymous (2)

Total received for December: \$850.00
Total received CY24 - FINAL: **\$2290.00**





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!

<input type="checkbox"/> New	<input type="checkbox"/> One Year \$10*	If New, how did you hear about us? <input type="checkbox"/> MOAA National <input type="checkbox"/> Local event <input type="checkbox"/> Letter / e-mail from HCMOAA <input type="checkbox"/> HCMOAA website <input type="checkbox"/> Friend / acquaintance <input type="checkbox"/> Other (Please explain _____)
<input type="checkbox"/> Renewal**	<input type="checkbox"/> Two Years \$20	
<input type="checkbox"/> Life Membership***	<input type="checkbox"/> Three Years \$30	

*New members joining after September 1st will have their membership paid through following calendar year
 **If renewing just update any address or phone changes, verify e-mail address, and sign the form
 ***Interested in a Chapter Life Membership? Contact us for pricing (age-based)

_____ First Name	_____ MI	_____ Last Name
_____ Preferred Name	_____ Birth Date	_____ Spouse's Name
_____ Grade	_____ Branch of Service	_____ Period(s) of Active Duty (i.e. 1965-1990)

Membership in our MOAA Chapter is not the same as MOAA National membership. At a minimum, FREE "Basic" MOAA National membership is required. If you are not already a National member, we will add you as a Basic member. Again, it's FREE and provides several valuable benefits. Please contact us for more information.

_____ MOAA National Membership Number

<input type="checkbox"/> Active	<input type="checkbox"/> Retired	<input type="checkbox"/> NG	<input type="checkbox"/> Former Officer	<input type="checkbox"/> Reserve	<input type="checkbox"/> Surviving Spouse
_____ Mailing Address	_____ City	_____ State	_____ Zip		
_____ Phone Number	_____ E-mail Address	_____ Signature			

Attention Annual Members

It is not too early to renew your membership for next year
 The Chapter has one of, if not the, lowest membership rates in the country at \$10

Those members needing to renew are listed on the next page

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 annual members need to renew their memberships:

COL Tom L Albertson, USA
CW4 William J Barron, USA
LTC Johnnie L Bone Jr, USA
COL Douglas S Brouillette, USA
COL Mary O Drayton, USA
LTC William K Emerson, USA
LTC James H Foster, USA
COL Mary S Hall-Van Bebber, USA
LTC Edwin L Kennedy, USA
LTC Ruby R Lardent-Davis, USAR
LTC Richard W Levan, USMC
COL Norbert Patla, USA
COL William R Pope, USA
LCDR Jesus M Rodriguez, USN
MAJ Raymond L Springsteen, USA
CPT Robert E Steward, USMC
COL Michael D Teter, USA

Col Stephen C Baker, USMC
COL Lawrence J Becker, USA
LTC Kenneth E Breeden, USA
LTC Andre M Cota-Robles, USA

Maj Marisha K Findley, USAF
COL Ronald N Funderburk, USA
COL Joshua S Kennedy, USA
COL Dale C Kuehl, USA
MG John A Leide, USA
Mrs. Elaine Miner
Col Scott G Patton, USAF
MG Kenneth J Quinlan, USA
Lt Col Joshua M Soblaskey, USAF
LCDR Daniel F Stayton, USN
COL Matthew T Tedesco, USA
LTC Harold E Walden, USA



13 Birthdays in January

BG William J Fiorentino, USA
COL Wood R DeLeuil, USA
CW2 Ann D Bruno, USN
CW4 William J Barron, USA
COL Thomas J Kunhart, USA
LTC Eric C Deets, USA
RADM Richard B Landolt, USN

COL Gilbert J Stieglitz, USA
COL Jimmy C Hill, USA
COL Ryan J Fayrweather, USA
MG Kenneth J Quinlan, USA
MAJ Monte C Washburn, USA
COL Carl D Owens Sr, 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 brobinso1976@gmail.com so it can be included in future newsletters. Thank you.

Chaplain's Corner – continued from page 8

We read in Ecclesiastes there is a season for everything. As we slow down to recover from our busy lives, take time to ponder what season you're in. Once you understand the season you're in I encourage you to think about how you might stay active, offering your gifts to family and friends.

If you would like to share prayer requests or contact me. I can be reached at MOAACHaplain@gmail.com or call/text (334)467-6860.

Blessings, Dave





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

TAPS

Mrs. Carrie Hightower – 100, of Huntsville, Alabama passed away on December 27th, 2024. She was an active member of the Retired Officers Wives Club, the American Red Cross and many other social clubs and charities.

Carrie was a long-time member of the Huntsville Chapter of the Military Officers of America Association and served many years on the Board of Directors. She helped to organize many social events and coordinated a monthly luncheon meeting for the surviving spouses of former members of the organization. Carrie was a valued member of the Huntsville Chapter and will be greatly missed by all who knew her and benefitted from her volunteer efforts.

She was a long-standing member of the Bicentennial Church on Redstone Arsenal. She is survived by three children, six grandchildren and five great grandchildren.

To plant trees in memory, please visit the Sympathy Store.

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

We will miss these outstanding Leaders and Patriots.



Thursday, Jan. 9

CFP Semifinal at the Capital One Orange Bowl
Hard Rock Stadium (Miami Gardens, Florida)

Friday, Jan. 10

CFP Semifinal at the Goodyear Cotton Bowl Classic
AT&T Stadium (Arlington, Texas)

Monday, Jan. 20

CFP National Championship Presented by AT&T
Mercedes-Benz Stadium (Atlanta)

***College Football Playoff
Schedule***

New Prescription Refill System Coming to Military Pharmacies: What to Know

Do you get your prescriptions at a [military pharmacy](#) in the U.S.? You should know that the [Defense Health Agency](#) is upgrading to a new prescription refill system at military pharmacies. The new Interactive Voice Response system will help standardize refill notices.

“DHA’s commitment is to deliver exceptional care anytime, anywhere, always, including our pharmacy services,” said U.S. Air Force Lt. Col. Julie Meek, deputy pharmacy program manager, Informatics Integration Branch, Pharmacy Operations Division at the Defense Health Agency.

Meek is managing the transition to the new system.

“We embrace opportunities like this to take advantage of available technology and better fulfill that promise,” she said.

This change means your military pharmacy may have a new phone number for its prescription refill line. To find your military pharmacy’s refill phone number, check the [military hospital or clinic’s](#) website. The pharmacy’s old refill number will automatically transfer to the new refill number until the transition is complete. (**Note:** If you typically reach your pharmacy by calling the military hospital or clinic’s main line, you can still do this by selecting the pharmacy option.)

If you get prescriptions at a military pharmacy overseas, this upgrade will happen later in 2025. You don’t need to check for a new phone number yet.

You can also refill your prescriptions using the [MHS GENESIS Patient Portal](#). Follow these steps:

1. Log in to the [MHS GENESIS Patient Portal](#).
2. Click on the “Rx Refills” tab at the top menu bar of the homepage. You can see all your prescriptions that are ready for refill in one place.
3. Choose which prescriptions you want to refill.
4. Pick where you want to get your refills.
5. See when your refills will be ready.

Want to learn more about managing your prescriptions in the patient portal? Check out the TRICARE Newsroom article “[MHS GENESIS Patient Portal Makes Refilling Prescriptions Easier](#).”

It’s important to know this transition won’t affect any of your existing prescriptions or refills. All remaining refills will move over to the new system—for example, if you have two refills left on a prescription now, you’ll still have those two refills once the new IVR system is in place.

Remember: At a military pharmacy, you can get up to a 90-day supply of most covered drugs, as described in the [TRICARE Pharmacy Overview Fact Sheet](#).

Have more questions about this new prescription refill system? Contact your [local military pharmacy](#) to learn more.

A few laughs

My wife wants me to wear a bracelet that belonged to her grandfather. It says "Do Not Resuscitate."

It's been months since I bought the book, 'How To Scam People On Line'. It still hasn't arrived yet.

When someone recommends a book to me and says, "It's a page turner!" I say, "Yeah, I know how books work."

If you have a red wine stain on your carpet, get some white wine and drink it until you don't care anymore.

One good thing about being wrong...is the joy it brings to others.

If your outgoing exceeds your income, then your upkeep will be your downfall.

Even rarer than a doctor who can't stand the sight of blood is a lawyer who can't stand the sight of money.

If your palm itches, you are going to get something. If your crotch itches, you've already got it.

My wife and I decided to never go to bed angry. We've been awake since Tuesday. .

My wife said: "That's the 4th time you've gone back for dessert! Doesn't it embarrass you?" I said: "No, I keep telling them it's for you."

My wife and I started role-playing in the bedroom. Her favorite is The Sexy Librarian, where I have to sit quietly while she reads a book.

Being old is when you don't care where your spouse goes, just as long as you don't have to go too.

I now know how it will all end for me, one of my kids will unplug my life support to charge their phone.

I met my wife at a single's night. I was surprised because I thought she was home with the kids.

I want someone I can share my entire life with who will leave me alone most of the time.

Yesterday I bought a world map, gave my wife a dart, and said, "Throw this and wherever it lands, I will take you on vacation." We're spending 3 weeks behind the fridge.



Membership Meeting
29 January 2025
1100 – Summit Club

Guest Speaker: Lieutenant Colonel Deepak J. Mathew
Commander
Fox Army Health Center

Lieutenant Colonel Deepak J. Mathew enlisted in the U.S. Army in 2001 as a chaplain's assistant and commissioned as a Medical Service Corps officer in 2005. He earned a Bachelor of Cost Accounting at Mahatma Gandhi University, India; a Master of Business Administration at Liberty University; and a Master of Healthcare Administration at Northcentral University. He was awarded the coveted "A" proficiency designation bestowed by the Army Surgeon General in 2022. LTC Mathew is also a graduate of the Defense Strategy Course and is a designated Army Strategist by the Army War College.

His previous assignments include: Chief of Business Integration Division, J8; Assistant Director for Resources and Personnel Integration, Defense Health Agency; Army Medical Command Budget Officer, G8; Chief, Business Operations Division, Tripler Army Medical Center; Chief of Budget Integration and Financial Systems, Army Medical Command, G8; Chief, Resource Management, USAMEDDAC-Alaska; Commander, 51st Medical Logistics Company where he deployed in support of Operation Iraqi Freedom; Deputy Chief of Staff for Resource Management at 44th MEDCOM, Fort Liberty; Treatment Platoon Leader and Executive Officer for 75th Medical Company (Area Support), Daegu, South Korea; S4-Logistics Officer for 168th Multifunctional Medical Battalion; and Chaplain's Assistant, XVII Airborne Corps, Fort Liberty including multiple deployments in support of Operation Enduring Freedom.

LTC Mathew's military awards include the Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Iraq Campaign and Combat Medal, Afghanistan Campaign Medal, Korea Defense Service Medal, Global War on Terrorism Service Medal, National Defense Service Medal, and the Army Good Conduct Medal. He is also a member of the Order of Military Medical Merit.

His most important role in life is being the father of his sons Aakash, Manish, and Akshay!

Menu: Baked Chicken, Fried Catfish, Green Beans, Potato Salad, Strawberry Cobbler, Rolls w/ Butter, Assorted Drinks

Cost: \$20 for Chapter members and families; \$25 for non-members / guests – pay at the door – cash or check only. **Exact change is appreciated.**

RSVP: COL John Vanderbleek, 256-893-1565, jvbleek78@gmail.com NLT 24 January 2025.

Chapter Happenings – Christmas Party



Fun was had by all!

RSV Immunizations Offer Protection for High-Risk Individuals

[Respiratory syncytial virus](#) is a common but potentially dangerous respiratory illness. [Immunizations](#) are available to protect TRICARE beneficiaries who are considered high risk from RSV infection. These immunizations help protect older adults and newborns, who face higher risks from respiratory illness.

What is RSV?

RSV is a common respiratory virus that infects the nose, throat, and lungs. RSV symptoms are like other respiratory viruses, such as the flu. RSV spreads easily through coughs, sneezes, and by touching contaminated surfaces. While most people recover from RSV within two weeks, the virus can cause serious breathing problems in certain groups. Symptoms typically include:

- Runny nose
- Coughing and sneezing
- Decrease in appetite
- Fever
- Wheezing

Who should get the immunization?

There are several different products that provide protection from RSV, including monoclonal antibodies (for children) and vaccines (for adults). TRICARE covers age-appropriate [RSV immunizations](#) for certain groups as recommended by the Centers for Disease Control and Prevention:

- All babies under 8 months old whose mothers didn't get the RSV immunization during pregnancy
- Some children 8 to 19 months old who have a higher risk of getting very sick from RSV
- Adults aged 60–74, who are at [increased risk for severe RSV](#)
- Adults 75 and older
- Pregnant people between 32 and 36 weeks of pregnancy

What to expect when getting the vaccine

If you're an older adult, getting the vaccine is simple. You'll need just one dose. You can receive it at the same time as other vaccines. There's no need to get a new shot every year.

Some people may experience:

- Mild pain or redness at the injection site
- Temporary fatigue
- Headache
- Mild muscle aches

Where to get your shot

TRICARE covers doses of vaccines and immunizations in accordance with the [Centers for Disease Control and Prevention guidelines](#). As described in the [TRICARE Pharmacy Program Handbook](#), TRICARE covers the shots at no cost to you, as long as you:

- Go to a [military hospital or clinic](#).
- Go to a [TRICARE retail network pharmacy](#).
- See a [TRICARE-authorized civilian provider](#).

Wreaths Across America

14 Dec 2024

Knoxville, TN

MAJ Lance Granger, USA (Ret) and his wife Jan represented HCMOAA at the Knoxville National Cemetery, Wreaths Across America ceremony with approximately 200 individuals in attendance. The Knoxville Area Navy Cadet Corp opened the ceremony by presenting the Colors and the singing of the National Anthem. They conducted an excellent presentation. Representatives from each of the military services laid a special wreath honoring “Unknowns.” The keynote speaker was Allyssa West. A benediction was rendered, and the wreaths were laid on each service members’ gravesite. Just a point of note, there are two Congressional Medal Honor recipients buried in the Knoxville National Cemetery: Sergeant Troy A McGill, U.S. Army, WWII, and Private Timothy Spillane, U.S. Army, Civil War. It was my honor and privilege to lay a wreath on the headstone an “Unknown Brother in Arms” gravesite.



Chapter member MAJ Lance Granger



Wreaths Across America

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 300 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 300+ 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 January

- 1 January – New Year’s Day
- 1 January – Emancipation Proclamation freed the slaves (1863)
- 1 January – Ellis Island opened in New York harbor (1892)
- 1 January - The Commonwealth of Australia was founded (1901)
- 1 January - Fidel Castro seized power in Cuba (1959)
- 1 January - China and the U.S. established diplomatic relations (1979)
- 2 January – The Japanese capture Manila (1942)
- 3 January - Alaska was admitted as the 49th U.S. state (1959)
- 3 January – President Eisenhower broke off relations with Cuba (1961)
- 4 January - President George Washington delivered the first State of the Union address (1790)
- 8 January -The Battle of New Orleans (1815)
- 8 January - Charles de Gaulle took office as the president of France (1959)
- 8 January – President Johnson declared War on Poverty (1964)
- 9 January – Monthly Board Meeting – Java Café – 1100**
- 9 January- Construction work began on the Aswan High Dam (1960)
- 10 January - Florida became the third state to secede from the Union (1861)
- 10 January – League of Nations established (1920)
- 11 January - Alabama seceded from the Union (1861)
- 13 January - Douglas Wilder of Virginia became the first African American governor (1990)
- 16 January - The Shah of Iran fled his country (1979)
- 19 January - Indira Gandhi was elected prime minister of India (1966)
- 20 January - Martin Luther King Day
- 20 January – College Football Championship
- 21 January - The Concorde supersonic jet began passenger service (1976)
- 22 January - Abortion became legal in the U.S (1973)
- 23 January - The American ship USS Pueblo was seized by North Korean (1968)
- 24 January - The California gold rush began (1848)
- 25 January - President Kennedy conducted the first live televised presidential news conference (1961)
- 27 January - The Russian Army liberated Auschwitz death camp (1945)
- 28 January - The U.S. Coast Guard was created (1915)
- 29 January - Monthly Member Meeting – Summit Club - 1100**
- 30 January - Adolf Hitler was appointed Chancellor of Germany (1933)

