

Volume 62, Issue 7  
July 2023



Huntsville Chapter  
Military Officers Association of America

# The Sentinel

Huntsvillemoaa.org



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

Greetings all!

Welcome to the mid-summer edition of our Award-Winning Sentinel newsletter!

Remember – no membership meeting in July. Our next meeting will be in August. Our guest speaker will be **U.S. Representative Dale Strong**. Rep. Strong's schedule is packed, so we have moved the August membership meeting to **Monday, August 21<sup>st</sup>** at the Summit Club, starting at the usual 1030. Please clear/mark this date on your calendars – **RSVPs are now open**. Send them to me at [rickw675@att.net](mailto:rickw675@att.net) or call 256.776.6901 (landline!). With all that is going on in our country, this should be a very informative meeting!

On June 10<sup>th</sup>, several Chapter members participated in the BBQ for the Vets at Tut Fann Veterans Home. I would like to thank those members (including 3 generations of one family!) who helped serve the residents and who socialized with a great group of people who have served our country in the past! Thanks all!

As many of you know, our fund-raising cycle has begun in earnest. Our 2023 Scholarship Fund golf tournament is scheduled for September 8<sup>th</sup> at The Links at Redstone. The Golf Committee is fully engaged in seeking sponsors and donations for the tournament and the silent auction.

I know that many of you, due to work conflicts, summer commitments and just plain demographics, can't participate in the committee or the tournament. No problem! We know and understand and appreciate your situation. One way that you can still help is to send **donations** to **HCMOAAASF** at our **P.O. Box**. Please indicate that the donation is for the fund and whether you wish to remain anonymous or not as a donor.

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

Have a happy and safe 4<sup>th</sup> of July! Happy birthday to our great country!

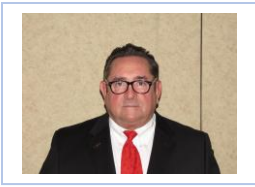
Rick

*There are no member meetings in June & July – enjoy your summer!*

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



## Legislative Corner

### Lt Col Charles Clements, USAF-Ret



→ <http://www.moaa.org/takeaction/>



“All politics is local.”

The Alabama Legislative Branch of government adjourned Sine Die on 6 June 2023. The House made 93 House Resolutions whereas the Senate made 67 Senate Resolutions. The House passed 100 Local Bills and the Senate passed 28 Local Bills. The House passed 151 General Bills and the Senate passed 126 General Bills. The Legislative passed 4 Amendments to the new Alabama Constitution. As of 16 June, Governor Ivy has enacted 561 of the Bills / Resolutions passed by the Alabama legislature. Here are some of those enacted in the last month or so.

[SB 39](#), sponsored by Sen. Sam Givhan, R-Gurley, creates three new circuit judgeships in the 23rd Circuit (Madison County), the 28th (Baldwin County) and the 19th (Autauga, Chilton and Elmore counties) as well as district judgeships.

[HB 379](#), sponsored by Rep. Scott Stadthagen, R-Hartselle, which limits ownership of Alabama property by certain foreign nationals in China, Iran, North Korea and Russia. The House concurred with Senate changes by an 80-18 vote.

[HB 289](#), sponsored by Rep. Juandalynn Givan, D-Birmingham, would establish circumstances and procedures to disclose or release recordings made by body-worn cameras or dashboard cameras used by law enforcement agencies. It passed on a 85-14 vote.

[HB 261](#), sponsored by Rep. Susan DuBose, R-Hoover, expands the current ban on transgender athletes in high schools in high school competition. That legislation was signed into law by Ivey in 2021. The legislation would require college athletes to play sports that align with their “biological sex.”

[HB 479](#), sponsored by Rep. Danny Garrett, R-Trussville, will lower the state sales tax on SNAP-eligible groceries from 4% to 3% on Sept. 1, and allow a reduction to 2% in 2024 if receipts to the Education Trust Fund grow 3.5%. The bill passed 31-0.

[HB 175](#), sponsored by Rep. Danny Garrett, R-Trussville, provides a \$150 rebate to individual tax filers and a \$300 rebate to couples filing.

[HB 289](#), sponsored by Rep. Juandalynn Givan, D-Birmingham, allows the disclosure of body camera, dashboard camera or other recordings made by law enforcement to individuals recorded on the devices or their parents, spouses, guardians or attorneys. The bill passed 21-8.

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#### 2023-2024 GOVERNING BOARD

##### EXECUTIVE COMMITTEE

President: CAPT Richard C. West, USN-Ret, 256-776-6901, [rickw675@att.net](mailto:rickw675@att.net)

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

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

Secretary: COL Michael C. Barron, USA-Ret, 337-422-8862, [m.barron468@gmail.com](mailto:m.barron468@gmail.com)

Treasurer: Lt Col Charles T. Clements, USAF-Ret, 256-715-1671, [ctcbama76@gmail.com](mailto:ctcbama76@gmail.com)

Army Representative: LTC Nicholas M. Mikus, USA-Ret, 256-604-7767, [nicholasmikus@comcast.net](mailto:nicholasmikus@comcast.net)

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

Air Force Representative: Col Edward L. Uher, USAF-Ret, 256-882-6824, [biced992K@aol.com](mailto:biced992K@aol.com)

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

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

##### STANDING COMMITTEES

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

Programs: COL John Vanderbleek, USA-Ret, 256-893-1565, [jvbleek78@gmail.com](mailto:jvbleek78@gmail.com)

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

Personal Affairs: Lt Col Gerald Haynes, USAF-Ret, 256-882-7857, [jerry15@hiwaay.net](mailto:jerry15@hiwaay.net)

Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

Surviving Spouse Liaison: Vacant

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

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

Chapter Chaplain: Col Dave McKinney, USAF-Ret, 334-467-6860, [mckinnewd@gmail.com](mailto:mckinnewd@gmail.com)

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##### LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, [fairlambjrt@comcast.net](mailto:fairlambjrt@comcast.net) (June 2023)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, [monte@washburns.org](mailto:monte@washburns.org) (June 2024)

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



**PX / Commissary**  
**Col Gerald C. Maxwell, USAFR**



**Main Exchange**

Plan for the Alabama Tax Free weekend! Alabama Sales Tax Holiday 2023 for school-related items Sales Tax Holiday begins at 12:01 a.m. on the third Friday in July (the 21<sup>st</sup>) and ends at midnight on the following Sunday (July 23<sup>rd</sup>) giving shoppers the opportunity to purchase certain school supplies, computers, books and clothing free of the state’s four percent sales or use tax. [Sales Tax Holidays - Alabama Department of Revenue](#)

Make your list now and get ready to shop! Your Exchange always has no tax and often further discounts the school items. Be sure to check out the clearance sections in each department of the store. So far, the average use ammunition is still out of stock, and any that does ship is sold out almost immediately.

All honorably discharged Veterans will have access to shop military exchanges online (but not in store). Go to <http://www.shopmyexchange.com/veterans>

Don’t forget to check the Deal of the Day! Your STAR card offers 10% your first day’s purchases (sometimes much more!) and you can apply on line. I’ve found the gun counter is having unannounced sales often. There have been three in the last two months! The selection is limited – but well worth your time for a lot of savings! Or, you could wait until their Black Friday sale in November – for higher savings on almost all selections and the sale usually lasts a week.

I’ve been asked why the Exchange is not allowing retirees to purchase uniform items. The word I get back is that there is a supply shortage, and they want to be able to provide items for the active-duty personnel. I’ve seen the signs up in other Exchanges stating that – but the Redstone Exchange has no such signs posted. You might try to order such items online – or ask a friend.

We continue to seek feedback from our customers and would love to hear from you. We hope to achieve 30 surveys during August, and we would love for you to help us find ways to provide better service to our customers! Our survey is online and easy to use. Please take a few moments after your next shopping trip to fill out our Customer Satisfaction Survey. The link information is on your receipt or go to <https://surveymonkey.com/s/MyExchSurvey>

Your food court stores will cater your event – and give you 10% off with your STAR card! The Home Depot now partners with the Exchange offering free delivery, no sales tax, price match, financing, and protection plans.

Coming soon to the isle outside the Exchange: The UPS Store and Tactical Store.

**Shopette**

Stop in and see what the spirit of the month is! Next to that we have the clearance specials and the accessories for all your imbibing requirements.

*Continued on page 9*

**Need Addresses**

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.

**None this month**

**Concerns**

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

**Mrs. Felicia West**

Persons to contact are:

Army Representative:  
**LTC Nicholas M. Mikus**  
256-604-7767  
[nicholasmikus@comcast.net](mailto:nicholasmikus@comcast.net)

Navy/USMC Representative:  
**COL Raymond G. Regner**  
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Air/Space Force Representative:  
**Col Edward L. Uher**  
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Personal Affairs Officer  
**Lt Col Gerald Haynes**  
256-882-7857  
[jerry15@hiwaay.net](mailto:jerry15@hiwaay.net)



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**CONTACT:**

**GERMI CLOUD,**  
NSSA, CRPC  
VICE PRESIDENT, WEALTH ADVISOR  
**256-715-0094**  
germie@cloudfinancial.com



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



- Fox is hiring qualified clinical professionals! Please review our vacancies for Facilities Operations Specialist and Supervisory Health Systems Specialist on the USAjobs website at [www.usajobs.gov](http://www.usajobs.gov).
- Face masks are now optional at Fox. A mask is still required if
  - You feel ill
  - You have recently tested positive for COVID-19 or flu
  - You are a recent close contact to someone with COVID-19
- Fox has new clinic hours: 0730 - 1600.
- Fox Army Health Center is looking for volunteers to take part in a Patient Experience Working Group. Talk to us about your experiences and help with real feedback and ideas.
  - Who can participate?
    - Any FAHC beneficiary—Active Duty, spouse, retired—who would like to contribute.
  - Is there training required?
    - Yes, one hour HIPAA training will be provided.
  - How often does the group meet?
    - Meetings are quarterly.
  - How do I get started?
    - No need to RSVP. Just come to the FAHC café (Pharmacy entrance) on July 25 at 1000. Someone will be there to escort you to the meeting.

# FOCUS

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**When it comes to your to-do list, put your future first.**

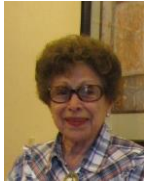
Together, let's create an investment strategy that works for you. Contact us for a complimentary portfolio review.



**Dale C Kuehl, AAMS™**  
Financial Advisor

2045 Cecil Ashburn Drive S E  
Suite 103  
Huntsville, AL 35802  
256-881-1583

FAP-1966G-A



## **Surviving Spouse's Luncheon**

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

This month's luncheon will be on Thursday, July 20<sup>th</sup>, at Phil Sandoval's Mexican Restaurant, 6125 University Drive, Huntsville. Phone 256-489-5211. We will gather at 11 AM. Everyone will be called.

## **Surviving Spouse Corner: A Day as a Lobbyist**

All eight members of the Surviving Spouse Advisory Council (SSAC) were among the nearly 200 MOAA members, leaders, and staff who participated in the association's annual Advocacy in Action event April 26 to meet with legislators about several important issues.

By the time the day was over, SSAC members visited with about 60 legislators and/or their staffs from seven states. Each came away feeling the message was well received and the experience was positive.

SSAC member Dr. Vivianne Wersel said the event gave her the opportunity to cultivate relationships with members and staffers from North Carolina as well as with other MOAA members.

Barb Smith, of Virginia, thought it was a great experience and, because this was her second time participating, she felt more confident and involved.

Capt. Kathy Thorp, USN (Ret), a MOAA board member and surviving spouse, summed up her experience: "Every time I visit the Hill, there is an underlining thrill of excitement. To walk the halls and witness the everyday rhythm of our democracy in action is something everyone should do in their lifetime. To witness MOAA in full force, with chapter and council presidents, surviving spouses, board members, and MOAA staff advocating for our military and their families, surviving spouses, and our veterans, always brings me overwhelming pride to be able to volunteer my time and energy for this organization."

SSAC members already are looking forward to 2024 when they can once again be "lobbyists for a day."

All MOAA members can add their voice to the effort by sending a message to their legislators. Visit [MOAA's Legislative Action Center](#) for details.



**Chaplain's Corner**  
**Col Dave McKinney, USAF-Ret**

**Isaiah 40**

<sup>28</sup> Have you not known? Have you not heard?  
The LORD is the everlasting God,  
the Creator of the ends of the earth.  
He does not faint or grow weary;  
his understanding is unsearchable.  
<sup>29</sup> He gives power to the faint,  
and strengthens the powerless.  
<sup>30</sup> Even youths will faint and be weary,  
and the young will fall exhausted;  
<sup>31</sup> but those who wait for the LORD shall renew their  
strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.



How can it be? The year is half over and change is coming ever so fast. Growing up, it seemed like there were days that lingered on and sometimes never seemed to end. Yet as I've grown older, it seems like days, months, and even years are speeding by. Every so often one of those days that never seemed to end manages to sneak into my life now. And when it does, I marvel at the feeling, remembering the many memories of those days. I know I can't go back, but I sure can cherish those memories. And as time speeds by, the pace of change seems to accelerate.

As time and the acceleration of change speed up, it can engulf us, leading to despair, worry, and even depression. Yet, God does not change. I learned a new word several weeks ago when my Sunday School leader said that God is

*Continued on page 14*

**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: 308  
Regular Members: 259  
Surviving Spouses: 49

New this month: 0  
Deaths this month: 0  
Renewals: 0

**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*

[HB64](#), sponsored by Rep. Ron Bolton, R-Northport, makes it a state crime for undocumented immigrants to own firearms. The bill passed 30-0.

[HB217](#), sponsored by Rep. Anthony Daniels, D-Huntsville, removes the state income tax on overtime pay. The Senate concurred with changes 30-0.

Governor Ivey plans to call the Alabama Legislature in for a special session the week of July 17-21 to draw new congressional voting maps, multiple sources. Neither the special session itself, nor the proposed dates for it, is a surprise. Following the recent ruling from the U.S. Supreme Court that found Alabama's 2020 maps to be discriminatory towards Black voters, a federal court late last week set a July 21 deadline for state lawmakers to draw up and approve new maps. At issue was the fact the state failed to draw a second district in which Black voters made up either a majority or something close to it.

Service members would see their biggest pay raise in 22 years starting in January under budget plans unveiled by a key House committee on Monday. The move—a 5.2% raise for 2024—would mean boosts of more than \$1,500 for most junior enlisted troops next year and thousands more for higher ranks. The plans for a 5.2% pay raise for troops next year are included in the first draft from Republican leaders of the House Armed Services Committee's annual defense authorization bill, a massive budget policy measure that contains hundreds of spending guidelines and operational changes for the military. President Joe Biden also recommended a 5.2% raise in his budget proposal earlier this year, showing bipartisan support for the proposal.

The May 2023 Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), released June 13, was 298.382, 2.2% above the FY 2023 baseline of 291.901. The next CPI-W release is set for July 12. The CPI-W figures from the end of this fiscal year (July, August, and September 2023) will be compared to the FY 2023 COLA baseline to calculate the 2024 COLA. 🍷

*PX/Commissary – continued from page 3*

Still no definite word on a tent sale – but it's being planned. NEW! The Shoppette now has 4 self-check-out registers! Check the gas pumps for even more than the usual 5 cents off per gallon for July 4<sup>th</sup>.

Taking over the top spot for the most expensive liquor at the Shopette is Ardbeg Traigh Bran Islay single malt scotch whisky aged 19 years – at an expensive \$299.90! Close behind is Hennessy XO extra old cognac at \$228.00.

While there stop at the Redbox outside and take in a movie night! Download the Redbox app and get specials!

### **Commissary**

Get recipes, coupons, and enter contests at <http://www.Mymilitarysavings.com>. Also check out <http://www.commissarysavings.com> for up to the minute additional savings, coupons, and recipes.

At <http://www.commissaries.com> you can check out the latest commissary sales flyer, recipes/coupons and sign up for the commissary rewards card – you can save worldwide, and it is an app at the Apple Appstore and Googleplay.

Find out how to get your Commissary Rewards Card at [Rewards Card | Commissaries](#) so you can digitally download coupons and rewards.

There still seems to be a shortage of salads – but they are arriving slowly. One of my favorites – smoked whole turkeys seem to have disappeared from the commissary. I have talked to the manager and the turkey supplier – it seems they may return for the holidays but not any time soon.

The commissary now offers hot sandwiches along with the whole and half chickens near the self-check-out line next to the sushi table. 🍷



## HCMOAA Treasurer's Report May 2023

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

1. The May 2023 Treasurer's Report is presented herein.

2. Monthly Summary:

	Operating Funds	Savings
Starting Balance	\$18,862.35	\$ 4,527.11
Income	\$ 0.00	\$12,174.47
Expenses	\$ 1,355.52	\$ 0.00
Ending Balance	\$17,506.83	\$16,701.58

3. Notable income: None

4. Notable expenses: Payment of the April's Membership Luncheon and petty cash.

5. Chapter Saving account activity is limited to interest.

6. Certificate of Deposit (CD) was purchased in the amount of \$12,000 from Wells Fargo on 20 October 2022. The CD was for 7 months at an interest rate of 2.5%. Interest to date is \$173.39. The date of maturity was 20 May. The Treasurer will establish another CD in June.

7. The Chapter Operating Funds contains \$3,091.68 in reserved funds donated by various VSOs in support of the RAD Luncheon for the Retirees. This is money unused from previous 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 area students. **Please consider donating.** Contact Rick West, at [rickw675@att.net](mailto: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 June 2023

None

Total received for June:	\$0.00
Total received CY23:	<b>\$0.00</b>





Huntsville Chapter  
 Military Officers Association of America  
 P.O. Box 1301 - Huntsville, AL 35807  
[www.huntsvillemoaa.org](http://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 1<sup>st</sup> 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)

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

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
_____	_____	_____	_____	_____	_____
<b>Mailing Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>		
_____	_____	_____	_____		
<b>Phone Number</b>	<b>E-mail Address</b>	<b>Signature</b>			
_____	_____	_____			

**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

## Save the Date

The August membership meeting will be held on 21 August at the Summit Club. This is not our usual meeting date. It was selected to accommodate our guest speaker, Congressman Dale Strong.



In November 2022, Dale was elected to serve as the next congressman for Alabama's Fifth Congressional District. Upon assuming office, Dale immediately began to advocate for his constituency, receiving assignments to serve on the House Armed Services, Homeland Security, and Science, Space and Technology Committees for the 118th Congress.

## Scholarship Golf Tournament

Our annual fundraising golf tournament for 2023 is scheduled for September 8<sup>th</sup> at the Links at Redstone.

The Chapter's Golf Committee will hold its next planning meetings on Friday, 14 & 28 July, at 1200. They will take place at the Weeden Grill at the Golf Course over lunch.

The Golf Committee needs volunteers to make the tournament a success. You don't need to know anything about golf to help out.

Areas where you can help include:

- Corporate sponsorships
- Soliciting items for the silent auction & door prizes
- Soliciting rounds of golf from local courses
- Advertising the tournament
- Signing up golfers
- Helping staff the tournament – registration, silent auction, photography, manning prize holes, placing hole signs, and more

If you would like to join the Committee, or just find out more, contact Bruce Robinson at 256-425-0525 or [brobinso1976@gmail.com](mailto:brobinso1976@gmail.com)



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## **Eight Ways to Feel Good and Age Well**

Do you make New Year's resolutions? Set doable goals to boost your health and quality of life. Even small daily adjustments can have a surprisingly big impact on your health. Make the connection to many of these at your Senior Center.

1. Eat more nutrient-dense foods. You need fewer calories with aging, but just as many nutrients. Eat more nutrient-rich fruits & vegetables, whole grains, seafood, lean meats and poultry, beans nuts and seeds. Also, consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains.
2. Do a variety of physical activities. Older adults can benefit from doing four types of activity regularly. These include aerobic exercise, such as walking or swimming, for endurance; and activities to strengthen muscles, improve balance and increase flexibility. Yoga, for example, combines balance, flexibility and strengthening.
3. Think positively. Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties.
4. Stimulate your mind. Challenging your brain to learn something new through a class, book or movie club, or photography group, helps keep your brain healthy. Lifelong learning helps build cognitive reserve, the brain's resilience and ability to cope with stress and challenges.
5. Help other people. Research reveals volunteering improves health by reducing stress and depression risk, and keeping you physically, mentally and socially active. The Huntsville Retired Senior Volunteer Program serves as a clearing house, matching volunteers ages 60 and above to community non-profits in need of service.
6. Stay connected and make new friends. Social engagement and participation are especially important for older adults. These are linked to better cognition and overall health, and lower risk of depression and disability.
7. Engage in the arts. Participating in the arts through music, painting, writing, dance or theater can stimulate people in unique ways that bring cognitive and mood benefits.
8. Share a good laugh. Humor, or a smile, can make you feel good even in difficult times. Laughter also strengthens your immune system, lifts mood, eases pain and lowers stress.



**29 Birthdays in July**

- |                              |                                 |
|------------------------------|---------------------------------|
| Maj Edward L Morfenski, USAF | LTC Eugene A Marchetti, USA     |
| LTC Robert Archer, USA       | LTC James D Pepper Jr, USA      |
| COL George E Lewis, USA      | LTC Steven R Palmer, USA        |
| MAJ Jean M Downs, USA        | COL Norbert Patla, USA          |
| LTC William K Emerson, USA   | LCDR Charles A Jennings, USN    |
| COL Raymond G Regner, USMC   | MG John A Leide, USA            |
| COL Dennis Patrick, USA      | Col James M Kendall, USAF       |
| LTC Douglas Schuetz, USA     | Col Stephen C Baker, USMC       |
| COL Louis R Durnya, USA      | LTC Daniel A Cutshall, USA      |
| Mrs. Carol P Worsham         | COL Mary S Hall-Van Bebber, USA |
| LT William G Byrd, USN       | COL Matthew T Tedesco, USA      |
| CW2 Noel G Snivley, USA      | Mrs. Opal E Otto                |
| LTC Paul L Hoffman, USA      | LTC Paul H Fall, USA            |
| CDR James O Travis, USN      | COL James E Moentmann, USA      |
| CW5 Harry L Hobbs, 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](mailto:brobinso1976@gmail.com) so it can be included in future newsletters. Thank you.

*Chaplain's Corner – continued from page 8*

immutable. He is unchanging. Our immutable God provides a steadfastness for us that we can cling to as time and technology speed up. I encourage you to cherish the memories of those days that never seemed to end, while embracing the change that engulfs us. Yet, cling to and embrace the immutable sovereign God who was there at the beginning, is here now, and will be there for eternity.

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

Blessings, Dave





**TAPS**

**None this Month**

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

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

*We will miss these outstanding Leaders and Patriots.*



## Young People and Scams

People of all ages are at risk of scams and identity theft. But recent government research shows that people under 50 actually report more fraud than older generations.

It's commonly believed that older people are the most at risk, but recent research suggests otherwise. According to the Federal Bureau of Investigation (FBI), people in their 30s and 40s filed the most fraud complaints in 2022. Data from the Federal Trade Commission (FTC) tells a similar story. Last year, people between the ages of 20 and 29 reported losing money to fraud more often than older generations. One thing is certain: identity theft and scams impact people of all ages, and different fraud types affect younger and older generations in distinct ways.

Here are some top scams for Gen X, millennials, and Gen Z to watch out for.

- **Online shopping scams:** An online shopping scam usually begins with a fake website, created by a scammer pretending to be a legitimate online retailer. Fake websites will typically ask for your personal and financial information in return for a product or service, but you often don't get what you paid for
- **Phony investment schemes:** Get-rich-quick schemes have been around for decades, but they're attracting young people in new ways. The FTC reported that people between the ages of 20 to 49 were more than three times as likely as older age groups to report losing crypto to a scammer. Cryptocurrency payments are typically not reversible and do not come with legal protections.
- **Imposter scams:** An imposter scam can take many forms, but it usually involves a scammer pretending to be someone you know and trust in order to gain access to your money or personal information.
- **Fake job listings:** The U.S. job market may be cooling, but job scams are not. Younger generations are less likely to be retired, and therefore more at risk of being targeted by fake job listings.

## **Tips To Avoid Bug Bites This Summer**

Summer is a time for having fun outdoors. Unfortunately, you and your family aren't the only ones having fun outside. Bugs—and bug bites—increase dramatically in the summer months. Although most bug bites are harmless, some bugs can spread dangerous diseases. For example, mosquitos can carry malaria, West Nile Virus, Zika, dengue, and chikungunya, while ticks carry Lyme and other diseases. So, it's important to learn how to protect yourself.

To help prevent bug bites, stay safe with these tips.

### **1. Use insect repellent**

According to the Environmental Protection Agency, using insect repellent can prevent mosquitoes, ticks, and other bugs from landing on you and biting you. Make sure to follow the product instructions, especially when applying to children. If you're also using sunscreen, apply your sunscreen first, let it dry, and then apply insect repellent.

### **2. Wear appropriate clothes**

If you know you're going to be out at night or hiking in woody areas, dress appropriately to prevent bug bites. Cover exposed skin as much as possible by wearing long-sleeved shirts, long pants, and hats.

### **3. Take steps to control insects inside and outside your home**

Sleep in places that are air conditioned or screened against bugs. If you'll be sleeping outdoors, use a mosquito net to protect against insects. "Choose a mosquito net that is compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress," says the Centers for Disease Control and Prevention (CDC).

### **4. If traveling, pay attention to local risks and outbreaks**

Different regions and countries pose different risks. For example, it's good to know which bugs are common in areas you're visiting and what diseases they spread.

Before you travel overseas, go to [CDC.gov/travel](https://www.cdc.gov/travel) to find travel notices and other health information for your destination. The CDC recommends visiting your health care provider at least a month before your trip to discuss vaccines or medicines you may need. TRICARE covers age-appropriate vaccines recommended by the CDC, so make sure you're up to date on all routine vaccines before every trip. Depending on your travel plans, you may need other vaccines that TRICARE may not cover.

Sometimes, despite best efforts, bug bites still happen. Fortunately, you can safely treat most bug bites and stings at home. However, if you experience any serious symptoms after a bug bite, such as a rash, fever, or body aches, you can contact the Military Health System Nurse Advice Line for advice.

Remember that some activities, such as hiking, camping, and working with animals, can increase your encounter with bugs and risk for bug bites. Throughout Bug Week, learn facts about common creepy crawlers and flying pests, as well as how to prevent and treat bug-borne illnesses. Prevention is key to keep you safe and healthy.



## Tips To Protect Yourself from Ticks

Is your family planning to spend more time outdoors this summer? As the weather gets warmer, keep ticks in mind. Since ticks are more active as temperatures rise, the chances of finding a tick on you, your family members, or pets increase in the summer months.

Lyme disease is one of the most widely known illnesses associated with ticks. Health care providers diagnose and treat an estimated 476,000 Americans for Lyme disease each year, says the Centers for Disease Control and Prevention (CDC). Learn simple steps you can take to protect yourself from ticks.

**Know what ticks look like.** Learn which tick species live in your region and in places where you travel. Blacklegged ticks and western blacklegged ticks spread Lyme disease. According to the CDC, adult blacklegged ticks are typically the size of a sesame seed.

**Know where to expect ticks.** Ticks live in grassy, brushy, and wooded areas, and on animals. Avoid wooded and brushy areas with high grass and leaf litter. If you're in the woods, walk in the center of trails. Activities like camping, hiking, and hunting can bring you in close contact with ticks, but so can activities like walking your dog, gardening, and spending time in your own yard or neighborhood.

**Protect your body before going outdoors.** Cover your skin and scalp by wearing a hat, long pants, long-sleeved shirts, and socks, especially in grassy, brushy, and wooded areas. The Environmental Protection Agency recommends using insect repellent to discourage ticks from landing on you and biting you. Learn how to use insect repellent safely and effectively before applying it to yourself or family members.

**Check your body for ticks after being outdoors.** After working or playing in the yard, check your clothes and body for ticks. Key parts of the body to check include:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around the hair

Showering may help wash off unattached ticks and reduce your risk of getting tick-borne diseases, so shower soon after being outdoors. If you find a tick attached to your skin, the CDC recommends removing the tick with a pair of clean, fine-tipped tweezers. After removing the tick, you should thoroughly clean the bite area and your hands. Never crush a tick with your fingers. To dispose of a live tick, flush it down the toilet or place it in a secure container. You can also submit the tick to MilTICK for free tick testing and identification.

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Your pets can also harbor ticks, so don't forget to carefully examine your furry friends after they've been outside.

**Learn the signs and symptoms of Lyme disease.** Seek medical attention if you have any Lyme disease symptoms and have noticed a tick bite, live in an area known for Lyme disease, or have recently traveled to an area where the disease occurs. Symptoms include:

- Bullseye-shaped bite mark
- Fever
- Chills
- Headache
- Fatigue
- Muscle or joint aches
- Swollen lymph nodes

“In most cases, a tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted,” says the CDC. If you remove the tick within 24 hours, you can greatly reduce your chances of getting Lyme disease.

A Lyme disease diagnosis requires a positive blood test. TRICARE covers these tests when they're ordered by a TRICARE-authorized provider. If Lyme disease is diagnosed early, your doctor may treat you with a standard round of antibiotics. If a Lyme infection is left untreated, you may need more intensive courses of medication.

Lyme isn't the only disease spread by ticks, so it's good to know which diseases are spread by ticks where you live and travel. According to the CDC, babesiosis cases have significantly increased in the northeastern United States. As with Lyme, the best way to prevent babesiosis is to take simple steps to reduce your exposure to ticks.

If you need medical advice or care, the Military Health System Nurse Advice Line is a 24/7 resource. Also, understand your urgent care and emergency care options.

Take care of yourself and your family this summer by avoiding bug-borne illnesses. For more tips on preventing bug bites and treating bug-borne illnesses, visit Bug Week. 🦟



## The Evolution of Fireworks

On America's first Fourth of July celebration in 1777, fireworks were one color: orange. There were no elaborate sparkles, no red, white, and blue stars -- nothing more than a few glorified (although uplifting) explosions in the sky. As it turns out, although we've been lighting fireworks for the last 2000 years or so, modern fireworks were only invented in the 1830s -- so, what were they like before then? When Henry VII had fireworks at his wedding in 1486, how did they look? How have fireworks and the science behind them evolved throughout history?

### **200 BC -- 800 AD: The Birth of Fireworks**

Like many inventions, firecrackers were created by accident... and by the search for immortality. Around 200 BC, the Chinese unintentionally invented firecrackers by tossing bamboo into fire, but it took another thousand years before true fireworks came alive. As the story goes, around 800 AD, an alchemist mixed sulfur, charcoal, and potassium nitrate (a food preservative) hoping to find the secret to eternal life. Instead, the mixture caught on fire, and gunpowder was born! When the powder was packed into bamboo or paper tubes and lit on fire, history had its first fireworks! If you attended a fireworks show in 800 AD, it would be unlike anything we see today. Paper fireworks were used to scare evil spirits or to celebrate weddings and births and were simply thrown onto a fire, not blasted into the air. There were no added colors, so a "fireworks show" was just a series of small, noisy explosions. The chemistry was an accidental discovery, and there was still a long way to go.

### **1200 -- 1600 AD: War Technology Goes West**

Unsurprisingly, it wasn't long before the military adopted gunpowder. By 1200, China had built the first rocket cannons, using gunpowder to aim and blast projectiles at their enemies. Off the battlefield, however, this technology led to something beautiful: the first aerial fireworks. Gunpowder traveled west when European and Arabian diplomats and missionaries began visiting China around this time. Like their Chinese counterparts, Western engineers also developed weapons -- this time, muskets and cannons -- but continued to develop fireworks, and they became larger and more elaborate. If you attended a fireworks show in 1600, the science would not have been much different from ancient China, but it was a lot more entertaining! Now used for military victories, religious events, or royal celebrations, aerial fireworks (still plain orange -- no color yet!) were run by "firemasters" and their assistants, "green men". Before the show, the green men, named for the leaves they wore to protect themselves from sparks, would tell jokes to the crowd while they prepared the celebration. Being a green man, however, was a highly dangerous position, and many were injured or killed when their fireworks malfunctioned.

### **1600 -- present: Enter Color! Modern Fireworks and the Fourth of July**

When English royals weren't competing with Europe for the best fireworks display (King James II's firemaster was actually awarded knighthood for his impressive work), they were introducing fireworks to their thirteen colonies across the Atlantic. If you've ever wondered why we celebrate Independence Day with these colorful explosions, you can thank the British -- and John Adams. On July 2, 1776, two days before the Declaration of Independence was signed, he wrote this letter to his wife: "This day will be most memorable in the history of America," he predicted. "I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival... It ought to be solemnized with pomp and parade... bonfires and illuminations [fireworks]... from one end of this continent to the other, from this time forward forevermore."

Of course, if you had been there for America's anniversary, you still would not have seen colored fireworks. The explosions like those we see today would not be created for another sixty years when Italian inventors added in metals like strontium or barium. At long last, in the 1830s, our modern fireworks were born, and celebrations took on an entirely new light.

If you watch a fireworks show this Fourth of July, you will witness over 2000 years of danger, invention, and beauty wrapped into a simple package. From exploding bamboo to parcels of gunpowder and metals, our science -- and our world -- have come a long way in the past millennia! Even the most common science often has a wonderful and fascinating history. Who knows what the future will bring next?

## Chapter Happenings – June – TuT Fann BBQ



Chapter members & their families support the annual BBQ at the Tut Fann Veterans home



## History of Independence Day

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet “Common Sense,” published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.

Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.

On July 2nd, the Continental Congress voted in favor of Lee’s resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 “will be celebrated, by succeeding Generations, as the great anniversary Festival” and that the celebration should include “Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other.”

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

### **Early Fourth of July Celebrations and Traditions**

In the pre-Revolutionary years, colonists had held annual celebrations of the king’s birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III as a way of symbolizing the end of the monarchy’s hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at the Battle of Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

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After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties—the Federalist Party and Democratic-Republicans—that had arisen began holding separate Fourth of July celebrations in many large cities.

### **Fourth of July Fireworks**

The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies. The *Pennsylvania Evening Post* reported: “at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated.” That same night, the Sons of Liberty set off fireworks over Boston Common.

### **Fourth of July Becomes a Federal Holiday**

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is “The Star-Spangled Banner,” the national anthem of the United States. ■



## **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 320 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 320+ 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](mailto:brobinso1976@gmail.com) or 256-426-0525.

## Important Dates in July

- 1 July – Internal Revenue Service established (1862)
- 1 July – Battle of Gettysburg began (1863)
- 1 July – President Grover Cleveland underwent secret cancer surgery (1893)
- 2 July – US Constitution ratified (1788)
- 2 July – President James Garfield shot & mortally wounded (1881)
- 2 July – Civil Rights Act signed into law (1964)
- 3 July – Raid on Entebbe airport in Uganda (1976)
- 4 July – Independence Day
- 6 July - Louis Pasteur gave the first successful anti-rabies inoculation (1885)
- 7 July – The US annexed Hawaii (1898)
- 8 July – Monthly Breakfast – City Café Diner – 0900**
- 8 July – The first public reading of the Declaration of Independence (1776)
- 10 July - The Allied invasion of Italy began (1943)
- 10 July - The Bahamas gained their independence (1973)
- 14 July – Golf Meeting – Links – 1200**
- 14 July - The fall of the Bastille (1789)
- 16 July - San Diego was founded (1769)
- 16 July – First atomic bomb detonated in the New Mexico desert (1945)
- 16 July – John F. Kennedy Jr. died in a plane crash near Martha’s Vineyard (1999)
- 17 July – Czar Nicholas II & his family assassinated by Bolsheviks (1918)
- 17 July – TWA flight 800 crashed off the coast of Long Island killing 229 (1996)
- 20 July – Neil Armstrong became first man to walk on the moon (1969)
- 21 July - Guam was ceded to the United States by Spain (1898)
- 22 July - John Dillinger was shot and killed by FBI agents in Chicago (1934)
- 25 July - During the Spanish-American War, the U.S. invaded Puerto Rico (1898)
- 25 July – The Italian luxury liner *Andrea Doria* sank - 1,634 people were rescued (1956)
- 26 July – The USS Indianapolis delivered the atomic bomb to the Japanese theater (1945)
- 27 July - The Korean War ended (1953)
- 28 July – Golf Meeting – Links – 1200**
- 28 July - The Bonus March eviction in Washington, DC (1932)
- 30 July - Former Teamsters Union leader James Hoffa disappeared (1975)
- 31 July - The US Patent Office first opened its doors (1790)

