

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



Hi Everyone –

Well, the Fall season is upon us. The trees are changing, and the weather is cooling off. Alabama is off to a great season – Auburn not so well. And November brings us Veteran's Day. There are many activities scheduled. AUSA is sponsoring dinners and breakfasts. The city of Huntsville hosts the annual parade through downtown – the chapter will have several cars participating – let me know if you want to provide a car or just ride along. The Veterans Memorial will have its Phase 2 dedication – the eternal flame and another statue.

At this month's membership meeting, we will be conducting a Gold Bar Ceremony for the graduating ROTC cadets from the local colleges. MG Tim Crosby, PEO Aviation, will be leading the ceremony and giving remarks. We will also celebrate the chapter's winning a 5 star Level of Excellence award from National MOAA for 2012.

Our membership chairman, Claude Baldwin, has resigned his position due to personal issues. He has done a great job instituting new programs for recruitment and retention. His services will be dearly missed. That being said, we have an opening for membership chairman – I hope one of you will step up and volunteer to succeed Claude and help keep the chapter growing.

Inside you will find the flyer for our annual Christmas party. The theme this year is "An Evening in Paris". Please send it in with your check and make this year's party a rousing success.

November is also the month of Thanksgiving, where families come together and give thanks for everything this great country has to offer. Please take the time to celebrate it with your family and friends.

- Bruce

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REMINDERS

Monthly Membership Meeting: Next meeting Wednesday 28 November 2012, 1100 hours at the Summit Club. See page 4 for speaker information.

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

Breakfast: No breakfast in November due to the Thanksgiving Holiday..

Governing Board: Next meeting Thursday 8 November 2012, 1100 hours at the Summit Club.



Legislative Corner

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



Election Day is getting closer and closer. By this time next month we'll know who our new President and Vice President will be and what kind of makeup our new US Congress will have. Also, hopefully, some inkling of the stalemate of legislation in both houses, but mainly in the Senate, will begin to move. I am not sure what we can expect in a "lame duck" environment, but we can hope for the best.

As speculated at somewhere between 1.3 and 1.7%, COLA Watch ends up with a 1.7% increase, which should be seen in both military retirements and Social Security payments, for those of you (us) that are receiving SS. The increase in 2013 will be the fourth-lowest COLA since the turn of the century, only behind the zero-COLA years of 2009-10 and the 1.4% of 2002. Remember that there are two categories of military retirees who won't receive a 1.7% COLA. Not sure if we have any, but service members who retired during calendar year 2012 will receive a somewhat smaller, partial COLA for this year only. They weren't in retired status for the full year so their partial COLAs generally reflect the amount of inflation experienced in the calendar quarters since they retired. January through March retirees will receive the 1.7%; April through June retirees will get 1.0%; and July through September retirees will receive 0.2%. Those who retire after 1 October 2012 will not see a COLA this year. All members who have retired or do retire anytime during 2012 will receive full-year COLAs in future years. REDUX Retirees (Service members who entered service on or after Aug. 1, 1986 and who elected to accept a \$30,000 career retention bonus at the 15-years-of-service point and agreed to accept reduced retired pay and COLAs as a trade-off for the bonus) will see COLAs depressed 1% below the normal COLA rate, or 0.7% COLA this year.

In case you participated in national MOAA's TRICARE survey, the results are available here. Overall, 44% of respondents experienced some kind of difficulty finding a doctor who accepts TRICARE patients with general/family practice, orthopedics, and dermatology topping the list of problematic specialties. Beneficiaries using TRICARE Standard experienced dramatically higher incidents of access problems and the localities cited most often by survey respondents included: Colorado Springs, CO; Austin and Dallas, TX; Fairfax and Prince William Counties, VA; Montgomery County, MD; Tucson, AZ; and Oklahoma City, OK. Fortunately, Alabama and Tennessee did not experience high numbers of problems. The law requires DoD to survey potential problem locations every year to determine whether action is needed to improve access there, and so, participating in the survey of feedback is of great value in that process.

This month's Legislative highlights find us still waiting to see what will happen with Sequestration, which though pretty much proposed by the president, was stated in the third Presidential Debate that "will not happen." However, within hours, the White House was transitioning into "should not happen." The SECDEF, Leon Panetta, has stated pretty clearly that such a cut would "devastate" the military departments.

In order to try to get ahead of the process of reconciling between the House and Senate versions of bills of interest to MOAA members before the expedited lame duck (and short) sessions of Congress that will be rushing to adjourn for the

(Continued on page 16)

2011-2012 GOVERNING BOARD

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STANDING COMMITTEES

Membership: Vacant

Programs: Vacant

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

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

Chapter Historian: Vacant

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

Finance (Budget): Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, glennrcrawley@comcast.net

Constitution and By-Laws: Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, glennrcrawley@comcast.net

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

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

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

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

Golf: LTC Glen Williams, USA-Ret, 256-585-3406, eaglepacific@msn.com

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

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

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

Life Membership Trust

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

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

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



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



Need Addresses

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

EXCHANGE (Formerly the PX)

The Exchange has a number of things out for Thanksgiving such as Cards, Decorations which you know about. DO NOT forget Black Friday!!! This is the day after Thanksgiving when the store opens at 0400 to get rid of all the stuff they can to make way for Christmas (Well, that's my story and I'm sticking to it!!!!) They may still have a few of the big outdoor cookers to Fry your Turkey the most delicious way. The Commissary has the pure peanut oil in the very large containers to fill that big turkey cooker!

COMMISSARY

After many discussions with the Store Director, she has been able to ease the DECA regulations AND find the resources to once again have Fruit Baskets for both Thanksgiving and Christmas. This was the perfect gift for friends and relatives in the area and I found nothing that was a good substitute. My Primary Care physician is VERY concerned about healthy living and this made a great gift for the office as opposed to, say, a Box of Candy.

The Kuchen, candy, cookies and Marzipan are already here for Christmas and once again I, at least, will begin again the Battle-of-The Bulge! As mentioned above, the commissary has both the pure peanut oil and the blend for cooking that turkey. The Deli department is ready to produce your Party (or Gift) Trays for Thanksgiving OR Christmas on 24 hour notice. Happy Holidays and remember that Redstone Federal Credit Union has money!!! 🇺🇸

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:
MAJ Robert C. Szeremi 256-883-5127
szeremi@comcast.net

Navy/USMC Representative:
LCDR Edward S. King 256-880-8473
ekingal@aol.com

Air Force Representative:
Col Mike Vaccaro 256-534-6166
mjvaccaro@bellsouth.net



Dr. James Ferrell
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Membership Meeting – 28 November

*Guest Speaker - Major General William T. Crosby, Program Executive Office,
Aviation*

MG William T. (Tim) Crosby assumed duties as the Program Executive Officer, Aviation on 12 December 2008. He entered the Army as a Field Artillery Officer after graduating from The Citadel in 1979 and was assigned to the 24th Infantry Division. Following this assignment, MG Crosby entered flight school at Fort Rucker, AL where he was awarded his aviator wings in May of 1982. This was followed by a variety of command and staff assignments, including a command in Operations Desert Shield and Storm. MG Crosby was assigned to PMO Comanche in 1993, followed by a tour on the Joint Staff J8. He was next assigned to serve as the first Product Manager for the Improved Cargo Helicopter Program, now known as the CH-47F. MG Crosby attended the Air War College at Maxwell Air Force Base and earned a Master's Degree in International and Strategic Studies. While at War College, he was selected to be the Project Manager for the Army's Cargo Helicopter Program. In May 2007, MG Crosby became the Deputy Program Executive Officer, Aviation. He was promoted to the rank of major general in February 2011. MG Crosby is married to the former Janice McIntosh from Sumter, South Carolina. They have three children: Rebecca, Sara and Will.

MG Crosby will officiate our semi-annual Gold Bar Ceremony



Carrie's Notes

Mrs. Carrie Hightower, 256-882-3992

MOAA Auxiliary

Now that the weather has moderated more of our members will probably return to the fold. A nice group was present at our October 16th meeting. Our card winners for that day were yours truly and Liz Townsend. Our next meeting will be same time and place on Thursday November 20th.

WOW Support Group

We, widows of the Bicentennial Chapel, were honored to have Chaplain Paige Heard as our guest at the Ding How Restaurant on Thursday October 18th. There were twelve members present. The location for our next luncheon on November 15th has yet to be decided. All members will be called and directions will be given.



Fox Army Health Center

Col Edward L. Uher, USAF-Ret



Secure messaging provides constant care, around the clock

No matter the day or the hour, if they're five miles or 500 away, Fox Army Health Center provides its beneficiaries with constant medical care.

As of Oct. 1, beneficiaries of FAHC are now benefitting from secure messaging, a HIPAA compliant, secure web-based communication system available through www.relayhealth.com, which allows patients to interact their FAHC health care providers online, whether it's scheduling appointments, refilling medication, receiving lab results or getting medical advice from their doctor. All patients have to do is access www.relayhealth.com from any computer or web-enabled device.

"We only see you for 100-some minutes a year to take care of your health care needs, now we can see you 24/7, 365 days a year and provide you with health care services," said Lt. Col. Timothy Talbot, Deputy Commander for Clinical services at FAHC, of the service.

Patients visiting FAHC in the weeks and months to come will receive an invitation to join the system and create their own account. Users will provide the system with an email address that will be used to alert them when they have a message in their Relay Health account, such as the facility is closed due to severe weather or their doctor has responded to their message.

Not to be used for urgent or emergency medical needs, the messaging system allows patients to communicate with FAHC staff online when it is convenient for them, not just when FAHC is open.

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

A Proper Thanksgiving

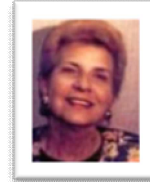
**"Give thanks to the Lord, for he is good,
His love endures forever" Psalm 118:1(NKJ).**

A proper thanksgiving brings us back to a sense of God and reverence. It reminds us of what is important in life and emphasizes turning the world into God's kingdom. It helps us to give thanks for Jesus before everything else on our list of blessings.

There are two ways of looking at life. We can look at life as a merry-go-round or we can look at it as a journey. Many people look at it as a merry-go-round with pretty colors and fantasy vehicles and lots of gold and silver rings to grasp for prizes. But the life lived as a merry-go-round does not really go anywhere. It only moves around and around. It goes around in the same path like Israel did for forty years in the wilderness. The Christian life has always been regarded as a journey; the way John Bunyan did in his great book Pilgrim's Progress, with mountains to climb and rivers to cross and sloughs of despair to make one way through. And at the end of the journey stands the Creator of everything, waiting to receive us in love and rejoicing.

A proper Thanksgiving is when we are thankful above all other gifts for the gift of Jesus Christ. And that we see life as a journey reaching out before us and know that our relationship to God is the most important thing in life. For example, in Hebrews chapter 11 there is the hall of fame of those who had this type of relationship. Then life takes on a new dimension, and we realize it can occur in the face of death or any of the circumstances on life's journey, and with a proper relationship with God life will be eternal.

Have a meaningful Thanksgiving!



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

9 November 2012

The MOAA widow's luncheon will be held on Friday, 9 November 2012, at Watercross, 365 Bridge Street, Huntsville, AL. Carrie Hightower will be our hostess. We will meet at 11:00 AM.

Please call the telephone committee: Fran Tyra, 256-881-6938 or Anne Van Wert, 256-881-5866 for reservations.

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: _____

WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA

- Lt Col Ken Delano**
- CPT Don Dull**
- MAJ Paige Heard**
- COL Fred Keeney**
- CW4 Ed Nickel**
- MAJ Richard Quinones**
- COL Scott Stone**
- CW4 Gary Sweet**

A man wearing a dark blue military cap with a yellow and red insignia and a grey long-sleeved shirt is smiling. He is holding a small, white-bordered photograph of a younger man in a blue t-shirt, who is also smiling. The background is a soft-focus outdoor setting with greenery.

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Attention Members

- Did you know that over 50% of the chapter budget goes towards printing and mailing the *Sentinel*?
 - We spend **\$325 each month** doing this!
- Did you know that the *Sentinel* can be e-mailed to an unlimited number of people at no cost?

At the last board meeting, it was decided that beginning in January 2013, those members who continue to choose to receive a printed copy of the *Sentinel* through the US Mail will help defray the cost of printing and mailing through a **\$10 annual fee**

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

Fox – continued from page 5

If they need a referral to their neurologist or just want to go over a symptom with their doctor, such as low back pain, to see if it's worth a visit in-person, all they have to do is send a message or schedule a chat with their provider online. FAHC staff are required to respond to the patient within 72 hours, but are constantly trying to beat that standard, Talbot said.

"We have an extremely transient population here on Redstone Arsenal that is traveling all the time," Talbot said. "If you're traveling three, four days out of every week it's hard for you to book an appointment, get information, or try to get through on the phone lines while you're traveling. Now you can sit in your hotel room, shoot off a message to your provider or provider team and say, 'Hey I was curious about this,' and we can get right back to you. It allows you to have more free time in your daily life. You don't have to show up at the facility for us to take care of your needs."

The system also provides the user with educational resources, such as exercises a patient can do when they experience low back pain, or what warnings signs they should watch out for to seek in-person medical help from their provider.

"It provides a great education resource as well for self-treatment," Talbot said.

As a result of those resources, access to care will actually increase for FAHC patients, not only because of their ability to contact FAHC whenever they choose, but also because they will no longer always need to come in for an appointment, thus freeing up space for the beneficiaries that really need to be seen in-person.

"It will increase access and satisfaction for the patients," said Barbara Williford, chief of the clinical support division. 🇺🇸

Driver beware - concerned calls put brakes on automobile ads

Recent advertisements in Auto Trader and major metropolitan newspapers offering automobile sales through a company calling itself "Exchange Inc." has consumers calling the Army & Air Force Exchange Service for answers.

"Based on phone calls we've received, it appears someone is using the Exchange's trademarked logo and name without permission to purportedly sell vehicles in the United States," said Rick Koloski, the Exchange's loss prevention vice president. "The phone calls we're getting are from consumers who inquired as to whether the advertisements were legitimate. One caller did tell us that they had placed an order, sent money, but had yet to take delivery."

Despite the fact that military exchanges do not have the authority to sell vehicles in the continental United States, the individuals responsible for these advertisements have left consumers from Texas to Colorado with the impression they are doing business with the Department of Defense's oldest and largest exchange service.

"We really don't know how widespread the issue is at this point as the investigation is ongoing," said Koloski. "In the meantime, we want consumers to be aware of the concern."

AAFES facilities are located solely on military installations. While the Exchange does have mail order and Internet offerings, the Exchange does not advertise in civilian outlets such as metropolitan newspapers or automobile sales magazines. All advertisements for legitimate Exchange offerings are published in outlets whose audiences are mostly comprised of military members. (Courtesy of AAFES News)

Enhanced TRICARE Retiree Dental Program

The Enhanced TRICARE Retiree Dental Program is available to all military retirees (including gray area retirees) and their eligible family members, un-remarried surviving spouses and their eligible children, as well as MOH recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective; after 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. (New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required)

The Enhanced TRDP provides every enrollee an annual maximum of \$1,200 per person, a \$1000 annual maximum for dental accidents and a \$1500 lifetime maximum for orthodontics. It is important to note that the money that the TRDP pays out for preventive and diagnostic services doesn't count against the annual maximum – those benefits are in addition to the \$1200. Retirees can find more information on the program, as well as enroll 24/7/365, online at trdp.org.

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing a network provider. To find a network provider, as well as utilize the Consumer Toolkit to print ID cards, view annual maximum information, see if claims have been paid and sign up for e-mail updates, please visit trdp.org. If you have any questions, please feel free to contact the local TRDP representative, Douglas Elsesser, at 210-566-1126 or e-mail him at Delsesser@delta.org.

Alabama Veterans Memorial Park

Sunday, November 11, 2012
1:30PM – 3:30PM

Program Highlights

- **Display of Vintage Military Vehicles &** Equipment provided by Dixie Division Military Vehicles Club
- **Walk the Memorial Trail** through the beautiful park and see the StepStone Plaza, Hall of Honor and Memorial Plaza. Docents will be available to answer questions
- **2:30 StepStone Ceremony** is an inspirational service as people dedicate StepStones to their honored veterans

I-459 AND LIBERTY PARKWAY EXIT IN BIRMINGHAM,
ALABAMA

www.alabamaveterans.org



Event Information

- Free Admission
- Free Parking with shuttle bus transportation to the park
- Golf Carts will be available for visitors needing transportation down the Memorial Trail
- StepStones to honor veterans will be available for purchase until October 15th for the Nov 11th Ceremony



HUNTSVILLE CHAPTER MOAA CHRISTMAS PARTY



THE SUMMIT CLUB
SATURDAY EVENING, 15 DECEMBER 2012

“An Evening in Paris” Buffet Style Dinner

- Spring mixed salad with strawberries, slivered almonds and house dressing
- Chicken cordon bleu with supreme sauce
- Haricot verts (Green beans)
- Escalloped potatoes
- French bread with butter
- Crepe bar with assorted fruit toppings, whipped cream and chocolate syrup
- Iced tea (sweet and un-sweet), water, coffee



COCKTAILS - No Host/Cash Bar - 6:00 pm
President’s Remarks and Dinner - 7:00 pm
DANCE MUSIC - Live Swing Band - *THE SENTIMENTAL JOURNEY*
DOOR PRIZES

DRESS: Military Dress Uniform/Coat & Tie for the men - Cocktail Dress/Formal for the ladies

\$25.00 PER PERSON (Includes Buffet Dinner, Gratuity and Entertainment)

**RESERVATIONS NLT FRIDAY DECEMBER 7
MAIL THIS WITH YOUR CHECK TO: HCMOAA Box 1301 Huntsville, AL 35807**

FOR ADDITIONAL INFORMATION CALL CARRIE HIGHTOWER AT 882-3992

RESERVE ____ SPACES

NAME TAG INFORMATION - PERSONS IN MY PARTY WILL BE (PLEASE PRINT):

1. _____
2. _____
3. _____
4. _____



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Ken Askew, CIC Financial Advisor

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One Clubhouse Avenue | Huntsville, AL 35802 | 1.888.905.8094 | ACTSmagnoliatrace.org



APPLICATION FOR MEMBERSHIP (Please Print)

- Renewal New Member
 Annual membership (\$10/yr)
 Multi-year membership (\$10/yr for up to 3 years)
 Life membership (contact Robert Szeremi)



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

First Name	MI	Last Name	Grade
Branch of Service: _____		E-mail Address: _____	
Status: <input type="checkbox"/> Active <input type="checkbox"/> Retired <input type="checkbox"/> Former Officer <input type="checkbox"/> Reserve <input type="checkbox"/> NG <input type="checkbox"/> Surviving Spouse			
Mailing Address	City	State	Zip
Telephone Number	Birthday	Preferred Name	Name of Spouse

**23 Birthdays in November
Happy Birthday!**



- | | |
|----------------------------|------------------------------|
| COL George Shepard, USA | Mrs Clara Kirsopp |
| COL Carl Steimle, USA | CW3 William Billingsley, USA |
| LTC Raymond Boyd, USA | Col Andrew Setlow, USAF |
| MAJ Julius Plucker IV, USA | Capt Delbert Hall, USAF |
| MAJ Paige Heard, USA | CAPT Alan Maiorano, USN |
| MAJ George Wandler, USA | COL Mary Goodwin, USA |
| LTC Tom McLaughlin Jr, USA | CW4 Samuel Whitaker, USA |
| LTC Paul Williams, USA | CW3 Kenneth Albrecht, USA |
| COL Harold Stubbs, USA | Col Gerald Maxwell, USAFR |
| LTC Jose Velasquez, USA | LTC James Scott, USA |
| LTC Edwin Kennedy, USA | Mrs Venita Proctor |
| LTC Van Cathcart Sr, USA | |



COL Jim Young

Our deepest sympathy to the families of our departed friends

**Treasurer's Report
CDR Robert P. Rolf, USN-Ret**

October Treasurer's Report

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Credits	5410.00
Debits	6994.47

Ending Balance	\$5418.99
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(Legislative – continued from page 2)

holidays, Col Steve Strobridge MOAA Government Relations Director and Co-Chairman of The Military Coalition sent a letter to House and Senate leaders emphasizing the following:

- Adopt House-passed language to limit current and future TRICARE pharmacy copay increases in return for requiring a one-year test of mail-order (or military pharmacy) refills of maintenance medications for TFL-eligibles.
 - Drop restrictive provisions concerning a Senate-proposed special commission to consider changes to military retirement and compensation systems. The proposal would allow the Administration to pick all the commissioners, bar participation by current or recent military association representatives, and require a congressional vote on the proposals with little debate and no amendments
 - Retain House-approved language recognizing that the unique and extraordinary demands inherent in a multi-decade service career constitute a very large pre-paid premium for their career health benefits – over and above the cash fees paid in retirement.
 - Retain a House-passed provision that limits annual Army and Marine Corps force reductions. The letter also expressed concern about ongoing cuts to the Navy Reserve.
 - Retain Senate-passed consumer protection enhancements for troops and family members.
 - Support a House proposal to authorize Applied Behavior Analysis therapy as a TRICARE benefit for autism treatment, but extend the benefit equally to all uniformed services and make it available to family members with other diagnoses that benefit from such therapy. As written, the House language would deny coverage for TRICARE beneficiaries of the Coast Guard, U.S. Public Health Service, and NOAA.
- (I underlined for emphasis)

Please support this effort by contacting your own Congressmen and Senators and other committee legislators/leaders in support of these measures. Again, my theme: Snail mail direct (and even better, handwritten) may have more impact than numerous batched emails such as those MOAA facilitates our sending with little effort (but send those too!) 