

Volume 58, Issue 11
November 2019



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



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



Greetings Huntsville Chapter Members –

Welcome to November and all the rain that comes with it!

The 2019 Retiree Appreciation Day has come and gone. It was great to see many of you there. There were many interesting briefings and the Health Fair (with flu shots). For those of you that missed it, our chapter provided a free lunch for all attendees with the financial assistance of several other Veteran Service Organizations. From comments of the attendees, the lunch was well received by all. In addition, we manned a table in the vendors area during the afternoon.

October's membership meeting went very well – a large turnout. Mayor Battle provided some great insight on what's ahead for Huntsville & the TN Valley and fielded many questions. The brats and schnitzel were good too!

Our next membership luncheon is at 1100, November 20th at the Summit Club - a week earlier due to Thanksgiving. Our guest speaker will be Ms. Cathy Cooper – a lawyer who will discuss several issues involving elder law. This should be a very interesting meeting with the potential for MANY questions! Please don't wait - **get your reservations in early** to CDR Christine Downing. See page 9 for details!

Our venue for this month's breakfast (0900 on November 2nd) will again be the City Café Diner on Drake Avenue. Come enjoy some great food and camaraderie!

The flyer for the HCMOAA 2019 Christmas Social is included in this issue! Please send in your reservations early! Last year was our biggest social in a while and was a great time – let's do even better this year!

We continue to work on filling the 2020 guest speaker schedule. If you have a suggestion, please let Christine Downing (our Programs Chair) or I know.

Have a great month and stay warm! Enjoy some football! Go Navy!

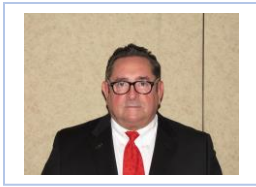
Rick

Member Meeting 20 November *Guest Speaker is Ms. Cathy Cooper, elder law attorney*

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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.” Changes to Alabama law.

- **Marriage Licenses:** This act abolishes the requirement for a marriage licenses in Alabama. A marriage document (as prescribe by the Code of Alabama) is to be completed and signed by the parties to the marriage. Payment of a recording fee to the judge of probate for each marriage recorded within 30 days of the signing of the marriage document. There is no requirement for a marriage ceremony to legitimize a marriage. Effective as of 29 August 2019.
- **Free Speech on Campus:** The act requires state two-year and four-year colleges and universities to adopt and enforce policies that protect and uphold free speech rights for students, faculty and staff. Effective as of 1 July 2019.
- **School Resource Officers:** This act authorizes local boards of education to employ retired federal, state and local law enforcement officers with at least 20 years of law enforcement experience as school resource officers or school security personnel. It authorizes these officers to carry a firearm on duty if the officer annually takes and passes firearm requalification as prescribed by the State of Alabama. Effective 1 September 2019.
- **Forfeiture Reporting:** This act requires state, county and municipal law enforcement agencies to report all property seized in connection with a criminal event to the uniform crime reporting system operated by the Alabama Law Enforcement Agency on behalf of the Alabama Criminal Justice Information Center Commission. Revenue derived from forfeitures must be kept in a separate line item. It requires the Commission to make annual reports to the Alabama House, Senate and Governor. Effective 1 October 2019.
- **Vaping Act:** This act requires the Alabama Alcoholic Beverage Control Board to regulate the sale and advertisement of alternative nicotine delivery systems and alternative nicotine products. It prohibits the sale of these systems to minors. It prohibits counties from issuing a license to a retailer of such systems if the retailer is located within 1,000 feet of a school, childcare center, church, public library, park, playground, or a youth center. Effective 1 August 2019.

On the national scene, the president signed the Blue Water Navy Vietnam Veterans Act into law, giving tens of thousands of veterans who were stationed on ships off the shore of Vietnam disability benefits for their exposure to Agent Orange. The enactment is a victory for the estimated 90,000 service members

Continued on page 11

2019-2020 GOVERNING BOARD

EXECUTIVE COMMITTEE

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

1st Vice President: CAPT William P. Nash, USN-Ret, (256) 858-1617, p3cdriver@gmail.com

2nd Vice President: Vacant

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: COL James D. Treadway, USA-Ret, 256-859-1484, j.treadway51@mchsi.com

Navy Representative: CW4 Louis J. Kubik, USMC-Ret, 256-859-3054, lkubik@mediacommb.net

Air Force Representative: Col Edward L. Uher, USAF-Ret, 256-882-6824, bged992K@aol.com

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

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

STANDING COMMITTEES

Membership: CDR Christine Downing, USN-Ret, 256-828-9740, csdowning@bellsouth.net

Programs: CDR Christine Downing, USN-Ret, 256-828-9740, csdowning@bellsouth.net

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

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

Public Affairs (Publicity): CDR John Inman, 256-425-8022, inman331@msn.com

Chapter Historian: Vacant

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

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

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

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

Commissary & Post Exchange: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

FAHC Liaison: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

ROTC: Vacant

TOPS: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

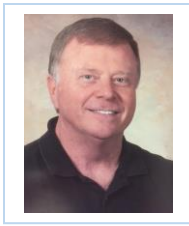
The SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2020)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandits.com (July 2021)

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



PX / Commissary
Col Gerald C. Maxwell, USAFR



Main Exchange

Your copy of the Toy Holiday Shop is available now at your Exchange. Toys for boys, girls, and all the accessories. As always, there is no sales tax and now with 0% interest and no payment for 6 months of Toy Book purchases of \$199 or more with your Military STAR Card!

Your Exchange will soon have their Thanksgiving Holiday sales flyers available. If you haven't yet gotten your Military STAR card, it's an excellent time to start your list for all the sales and enjoy at least 10% your first days of purchases, and as always 5 cents off per gallon at the Exchange gas pumps with your STAR card – and usually 11 cents off for Veterans Day - but be sure to check to see it is again this year. The Exchange Veteran's Day Sale is from 8-14 November.

Also check out the new Veterans Day Sale on Ashley furniture. The sale is good from 1- 14 November. You save up to 20% on all Ashley furniture with 0% interest for 24 months on purchases of \$1499 or more using your STAR card, plus you earn double points on purchases using the card for this sale.

The auto detailing shop is now open at the former auto repair shop (by the optical shop). It is by appointment only so call 256-876-3900.

Vitamix demonstrations at the Exchange from 31 Oct – 3 November.

Projected opening of Starbucks (by the optical shop) is 7 November.

Shopette

Stop by and stock up for all of your Thanksgiving needs (and plan for Christmas and New Year's)! Your Shopette has all the drinks, mixers, snacks and other party items you need for the any celebration.

Plus, your Shopette often has giveaways and contests! Enter to win!

After shopping, don't forget to visit the Red Box and get your favorite movies to rent. Plus, download the Red Box app on your smart phone and sign up for text alerts for additional information, sales, plus free movie rentals.

Continued on page 11

Need Addresses

None this month

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

Concerns

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

None this month

Persons to contact are:

Army Representative:
COL James D. Treadway
 256-859-1484
jtreadway51@mchsi.com

Navy/USMC Representative:
CW4 Louis J. Kubik
 256-859-3054
lkubik@mediacombb.net

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

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





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Do you know how the Windfall Elimination Provision and the Government Pension Offset may affect the direction of your Social Security?



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Cloud Investments, LLC and Cloud Financial, Inc. are not affiliated with or endorsed by the Social Security Administration or any government agency.



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



FAHC 2019-2020 Flu Schedule

The FAHC annual Flu Campaign will begin on **1 October** according to the schedule below.

1. Active duty **ONLY** - walk-in basis at the Blue Team starting **17 Oct**
2. Tricare Prime with providers at FAHC - during **SCHEDULED APPOINTMENTS** starting **17 Oct**
3. All beneficiaries (including 1 and 2 above) - during the following scheduled events:

1 Nov - 0900-1500 Bob Jones Auditorium (Building Accessible Adult Beneficiaries **ONLY**)

14 Nov - 1630-1900 Primary Care Clinic, 1st Floor, FAHC

15 Nov - 0900-1300 Redstone Arsenal Commissary (**Ages 14 and up**)

To avoid disruption to regularly scheduled appointments, flu shots will not be provided on a walk-in basis at any time other than those listed above.

We regret we are unable to vaccinate government contractors.

For more information, please call **256-955-8888, x1423, x1445, x1448, or x1026.**

DONT GAIN JUST MAINTAIN

Fox Army Health Center, Wellness Clinic invites you to challenge yourself this holiday season to just maintain your current weight.

Register and weigh-in at the Wellness Clinic:

13 November 19 0800-1100

14 November 19 0800-1600

15 November 19 0800-1600

Then weigh-out 8 JAN 20 (0800-1100), 9 JAN 20 (0800-1600)
& 10 JAN 20 (0800-1600)

Wellness Clinic at Fox Army Health Center.

POC: Mary Bouldin, RN 256-955-8888 ext 1429



FOX ARMY HEALTH CENTER
4100 Goss Road
Redstone Arsenal, AL 35809

Monday-Friday
0730-1530

256-955-8888 EXT: 1050
Call to schedule your appointment

Programs are available to all TRICARE Beneficiaries and DoD/DA civilian employees on Redstone Arsenal.



BOD POD

Measure your body composition and track your progress using our BOD POD.

Knowing your lean mass and your fat mass gives you more information than a scale, allowing you to track your progress with a better measure.

30 minute appointment with a Nurse Educator.

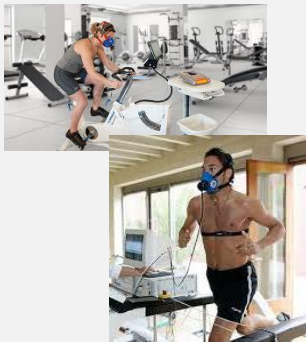


RESTING METABOLIC RATE

Measure your calorie needs.

Learning how to track your calories can help you achieve your weight management goals and fuel your body for success.

60 minute appointment with a Nurse Educator.



FITNESS ASSESSMENT

After a screening, have your fitness assessed through the following: VO2 sub-maximal treadmill (running or walking), back strength, grip strength and flexibility assessments.

Learn your physical activity strengths and how to increase your success in areas needing improvement for best health.

60 minute appointment with a Nurse Educator after health screening paperwork is complete.



INDIVIDUAL STRESS MANAGEMENT

Improve your stress management techniques with our Individual Stress Management Training.

Learn relaxation techniques and get visual feedback based on your body's measured response to stress.

60 minute appointment with a Nurse Educator.

REACH YOUR GOALS



Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

Thank you to all those who attended our October gathering at the Red Lobster.

Our luncheon for Thursday, November 21st, will be held at the Olive Garden
3730 University Drive, Huntsville. Phone: 256-539-1955.
Everyone will be called.

Surviving Spouse Corner: Meet the 2019 Surviving Spouse Award Recipient

Jayne Henley-Davis' contributions to the Hawaii Aloha Chapter extend beyond her support for surviving spouses. She wants to ensure other surviving spouses have the support they need, especially immediately after the death of their spouse. "This is the most important time to contact someone," she explains. "Just to have support from someone else who's been through it before is a very big help." This is why, as surviving spouse liaison for the Hawaii Aloha Chapter, she not only contacts surviving spouses during their time of grief but also offers to help with paperwork, accompany them to the mortuary, and provide phone numbers, directions, and other important resources. "She is a caring and loving person with a willing ear to hear and a tender shoulder to lean on," says Brig. Gen. John Ma, USA (Ret), past chapter president.

Henley-Davis understands the importance of surviving spouses being active in the chapter as well, so she encourages them to attend and participate in chapter functions. She and members of the Surviving Spouse Committee have organized special events for the chapter, including trips to an orchid nursery in Waimanalo; Coconut Island, home of the University of Hawaii's marine science/research facilities; a hydroponic farm; and Manoa chocolate factory.

Her hard work and efforts have not gone unnoticed. She recently was selected as the 2019 recipient of MOAA's Surviving Spouse Liaison Excellence Award.

But Henley-Davis' contributions to the Hawaii Aloha Chapter extend beyond her support for surviving spouses. She writes a column in the chapter's monthly newsletter, typically about a timely health-related topic, such as CBD oil, the flu, and nutrient-rich foods. She also plans presentations for chapter meetings. Recently, she arranged for three professionals to discuss end-of-life planning. "These topics affect us all," she explains. "They aren't just for surviving spouses."

Henley-Davis values the benefits of chapter membership. "I enjoy the camaraderie and the opportunities to meet new people," she says. "We've also had a lot of important topics presented at our luncheons. These make us all realize we aren't alone [in what we face]."



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

PATIENCE

Patience on the part of young Clyde Tombaugh is what led him finally to discover the planet Pluto. Astronomers had already calculated a probable orbit for this "suspected" heavenly body, which they had never seen. Tombaugh took up the search in March 1929. He examined scores of telescopic photography, each showing tens of thousands of star images in pairs under the blink comparator, or dual microscope. It often took three days to scan a single pair of photographs. It was exhausting, eye-cracking work, in Tombaugh's own words, "brutal, tediousness." The search went on for months. Star by star, Tombaugh examined twenty million images. Finally, on February 18, 1930, as he was blinking a pair of photographs in the constellation Gemini, "I suddenly came upon the image of Pluto!" It was the most dramatic astronomic discover in nearly one hundred years, and it was made possible by patience.

In your **patience** possess your souls. (Luke 21: 19). And not only so, but we glory in tribulations also: knowing that tribulation produces **patience**; (Romans 5:3), And **patience**, experience; and experience, hope:, (Romans 5:4), But if we hope for that we see not, *then* do we with **patience** wait for *it*. (Romans 8:25).



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: 373
Regular Members: 309
Surviving Spouses: 64

New this month: 3
Deaths this month: 2
Renewals: 1

**Welcome New Members to
Huntsville Chapter MOAA**

LCDR Jim Andrews, USN
COL Rick Bowyer, USA
LTC Joe Minor, USA

Recruiting

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



Membership Meeting
20 November 2019
1100 – Summit Club

Guest Speaker: Ms. Cathy Cooper
Elder Law Attorney

Cathy has been practicing law since 2018. She has a general practice with an emphasis on estate planning. She also handles other probate matters such as deeds, estate administration, guardianship and conservatorship, and adoptions. She is a certified Guardian Ad Litem.

Cathy received her B.S. degree from the University of Alabama, and her Juris Doctorate from Birmingham School of Law. She is a member of the American Bar Association, Alabama State Bar, the Huntsville-Madison County Bar Association, and is admitted to the U.S. District Court for the Northern District of Alabama. She has volunteered with the Huntsville-Madison County Volunteer Lawyers Program. She is a member of the Elder Law Section, and Real Property, Probate and Trust Section of the Alabama State Bar. Cathy is a native of north Alabama and resides in Madison County. She has three grown children and two grandchildren.

This should be an interesting talk on a very relevant subject. Come with your questions.

Menu: Fried Catfish, BBQ Chicken, Potato Salad, Coleslaw, Banana Pudding and Assorted Beverages

Cost: \$15 for Chapter members and their guests – pay at the door – cash or check only

RSVP: CDR Christine Downing, 256-828-9740, csdowning@bellsouth.net, NLT 16 November 2019

If you all have any ideas or suggestions for future guest speakers, please let us know. The line-up for next year still has some openings.



HCMOAA Treasurer's Report September 2019

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

1. The September 2019 Treasurer's Report is presented herein. It was reviewed by the Governing Board and forwarded for membership approval at the October 2019 meeting.

2. Monthly Summary:

	Operating Funds	Savings
Starting Balance	\$ 6,416.58	\$ 8,003.14
Income	\$ 2,685.15	\$ 0.20
Expenses	\$ 3,967.10	\$ 0.00
Ending Balance	\$ 5,134.63	\$ 8,003.34

3. Notable income: Revenue from membership meeting meals, bankcard income (undesignated) associated with the golf tournament, petty cash repayment and dues.

4. Notable expenses: Payments for certificate holders and petty cash.

5. Chapter savings account activity was limited to interest.

6. The Chapter re-invested a Certificate of Deposit (CD) with Wells Fargo Bank on 19 March 2019. The CD was opened for \$8,174.85 and the current balance is \$8,281.44. The funds represented by this CD are for reserve funding and advance dues payment protection.

Scholarship Fund

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

Scholarship Fund Donations Received During October 2019

None

Total received for October:	\$0
Total received FY20 to date:	\$0



Commissary

Your commissary takes the STAR credit card so you can shop at your Exchange, the commissary, and get breakfast/lunch/dinner at any of the Redstone food spots at 10% off – always – on top of coupons! Many of the restaurants have apps you can download to your phone for on the spot coupons!

Be sure to check for on sale turkeys – at this writing no word yet – but usually they have some that go as low as 49 cents a pound!

The Scholarships for Military Children Program (sponsored by your commissaries and is primarily funded through the generosity of manufacturers and suppliers whose products are sold at military commissaries, worldwide) for school year 2020 – 2021 will begin around Dec. 14, and continues accepting applications through mid-February at <https://www.militaryscholar.org/sfmc/index.html>

Your bakery and deli can create meat and cheese trays or/and sandwich trays. Please call 256.876.3517 and provide a two-hour notice.

Check out the commissary store brands! They offer high-quality, low-cost private label options for commissary patrons. These brands are **Freedom's Choice** for food items; **HomeBase** for nonfood items; **Full Circle Market** for healthy, USDA-organic-certified and GMO-free options; **Tippy Toes** for baby and childcare items; **TopCare** for health and beauty products; and **Flock's Finest** for wild bird food. |||

Legislative – continued from page 2

who did not have their illnesses recognized as related to the chemical defoliant, unlike their fellow service members who were stationed on the ground or inland waters. The bill covers:

- Those who served offshore of Vietnam between Jan. 9, 1962, and May 7, 1975, within 12 nautical miles of the coast of Vietnam and Cambodia.
- Those who served in the Korean Demilitarized Zone between Sept. 1, 1967, and Aug. 31, 1971.
- Children born to veterans who served in Thailand between January 1962 and May 1975 who have spina bifida.

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

2020 Cost of Living Allowance

Military retirees, those who receive disability or other benefits from the Department of Veterans Affairs, federal retirees and social security recipients will see a 1.6% increase in their monthly checks for 2020.

The annual Cost Of Living Allowance (COLA) is smaller than the 2.8% increase from last year but in line with the historical increases seen over the last ten years.

Each year military retirement pay, Survivor Benefit Plan Annuities, VA Compensation and Pensions, and Social Security benefits are adjusted for the rate of inflation.



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!

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

Interested in a Chapter Life Membership
Contact us for pricing (age-based)

*New members joining after September 1st will have their membership paid through following calendar year

_____ First Name	_____ MI	_____ Last Name			
_____ Preferred Name	_____ Birthday	_____ Spouse's Name	_____ Period(s) of Active Duty i.e. 1965 – 1990		
_____ Grade	_____ Branch of Service	_____ MOAA National Member #			
_____ Active	_____ Retired	_____ NG	_____ Former Officer	_____ Reserve	_____ Surviving Spouse
_____ Mailing Address		_____ City	_____ State	_____ Zip	
_____ Phone Number		_____ E-mail Address			

Attention Annual Members

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

Don't risk getting dropped from the rolls – renew now!

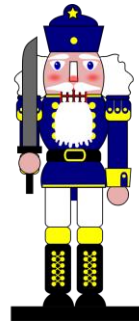
You can also renew for multiple years and lock in that low rate
Don't know when your membership expires? Contact CDR Chris Downing at
256-828-9740 or csdowning@bellsouth.net

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

Huntsville Chapter MOAA Christmas Party

Holiday Dinner

Sliced honey glazed ham
Oven roasted turkey breast with giblet gravy
Country Style corn bread dressing with giblet gravy
Rice pilaf
Whole green beans almandine
Yeast Rolls & Butter
Ice Water – Coffee
Sweet or Unsweetened Iced Tea
Carrot cake



HUNTSVILLE CHAPTER MOAA CHRISTMAS PARTY

**THE OVERLOOK at THE SUMMIT CLUB
SATURDAY EVENING, 7 DECEMBER 2019**

COCKTAILS - No Host/Cash bar - 5:00 pm

President's Remarks and Dinner - 6:00 pm

DOOR PRIZES

DRESS: Business Casual – khakis/slacks and collared shirts/polo shirts for the men – slacks/skirts and blouses/collared shirts for the ladies – of course you can always dress more formally

\$20.00 PER PERSON (Members & Family) - \$25.00 PER PERSON (Guests)

RSVP by 24 November 2019 (with check made out to HCMOAA) to:

**CDR Christine Downing
116 Spring Tanner Road
Hazel Green, AL 35750
256-828-9740**





32 Birthdays in November

COL George T Shepard, USA
LTC Charles A Joyner, USA
Col Lee T Smith, USAF
MAJ David R Arterburn, USA
Col Millard E Moon, USAF
COL Gary F Andrew, USA
CAPT Alan G Maiorano, USN
MAJ George T Wandler, USA
CAPT William P Nash, USN
CW4 Tommy O Sandner, USA
LTC Thomas R McLaughlin Jr, USA
LTC Paul E Williams, USA
COL William R Pope, USA
Col Jon M Owings, USAF
LTC Jose G Velasquez, USA
LTC Edwin L Kennedy, USA

Mrs. Clara W Kirsopp
Col Andrew D Setlow, USAF
MAJ Julius Plucker IV, USA
LTC Joseph S Minor, USA
COL Kelsey A Smith, USA
CW2 Jerry A Haynes, USA
LTC Ruth J Sonak, USA
CAPT Dale E Lyle, USN
Mrs. MaryAnne Woodard
COL Richard F Bowyer, USA
CW4 Samuel I Whitaker, USA
CW3 Kenneth J Albrecht, USA
LTC Mark D Lumb, USA
Col Gerald C Maxwell, USAFR
LTC David C O'Neil, USA
CDR Milton C Williams, USN

If we missed your birthday, it's because we don't have it on file. Please e-mail your birth date to MAJ Bruce Robinson at brucer76@knology.net so it can be included in future newsletters. Thank you.

Chapter Happenings – October Membership Meeting



Guest speaker – Huntsville Mayor Tommy Battle shared some humorous stories about his time as mayor



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

TAPS

COL Gordon N. Dison Sr. (USA-Ret) - was born in Purvis, MS - son of Aaron Pierce and Irene Dison. He attended the University of Alabama and graduated from Jacksonville University with a major in Business Administration and a minor in Accounting. He received his Commission in the US Army from the Reserve Officers Training Corp (ROTC) at Jacksonville and served in the Korean War in combat for 15 months as a Forward Observer, Battalion S-3, Battalion Executive Officer and Commander. He continued in the US Army Reserve attaining the rank of full Colonel serving as an instructor for the US Army Command and General Staff. His last 5 years assignment was at the Pentagon to the office of the Secretary of Army. Decorations include, the Bronze Star, Purple Heart, Meritorious Service Medal, National Defense Service Medal, Korean Service Medal, United Nations Service Medal, United Nations Medal, Meritorious Unit Commendation, Armed Forces Reserve Medal, and The Republic of Korea Presidential Medal.

Colonel Dison retired from NASA and was responsible for the External Tank as Contracting Officer. He was a fellow in the National Contract Management Association, active in the US ARMY Reserve Program, the Retired Officers Association and was an active lobbyist for securing health benefits for retirees. He was a member of the Golden K Kiwanis serving as President from 2008 - 2009, served in several positions at Holmes Street United Methodist Church Board, Redstone Officers' Club Board and Maxell Place Board Member. He was an original Board Member of Redstone Village Retirement Facility.

He was very interested in WWII history having lost a brother in France in WWII. He traveled as an Associate member of the 29th Infantry Division of which his brother was a member of, researching his brother's time during the war. Colonel Dison was proud of "coming from the farm", completing his degree, being commissioned as an Officer in the US Army, serving his country, raising a family with values and three children in long lasting successful marriages. He was part of the "Greatest Generation" and America's Team that put a man on the moon.

Colonel Dison is survived by his wife of 69 years, Ann Rogers; daughters, Cheri Dendy of Huntsville, AL, Susan Waller of Houston, TX and Gordon Dison Jr of Asheville, NC; 6 grandchildren; and 7 great grandchildren. Interment will be private with full military honors.

LTC Albert Donald Reumann, (USA-Ret) - 84, passed away peacefully in his sleep on October 23, 2019. Al was born in Buffalo, New York. He graduated from EJ Meyer Memorial Hospital in Buffalo as a Registered Nurse. He was drafted into the Army. He served 23 years in the Army. He earned a Bronze Star for service in Vietnam and retired in 1979 as a Lieutenant Colonel. He received an MS in Business Administration from UAH and worked at Sears Outlet as an assistant manager.

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He attended Grace Lutheran Church and enjoyed coaching for many years. He was also a Master Gardner who loved to drive the cart at the Botanical Gardens. He also volunteered for the Red Cross.

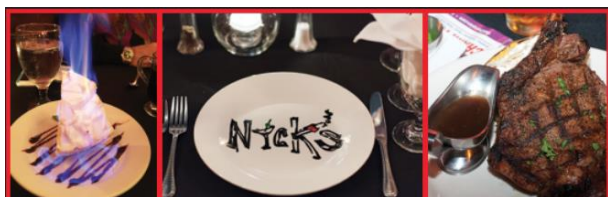
He is survived by his wife of 54 years, Mary Jane, his son Patrick, and his daughter Kathryn, son-in-law David, and grandson Andrew Mullen. He has two surviving brothers, one sister and many nieces and nephews.

Visitation was held on October 26 at Grace Lutheran Church, followed immediately by a memorial service. He will be buried at Arlington National Cemetery. In Lieu of flowers, the family asks for donations to the Grace Lutheran Building Fund or the Huntsville Botanical Gardens.

Gone but not forgotten for their dedicated support and service to our Country. We will miss these outstanding Leaders and Patriots.



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**"Thanksgiving is a
time of togetherness
and gratitude."**

-NIGEL HAMILTON

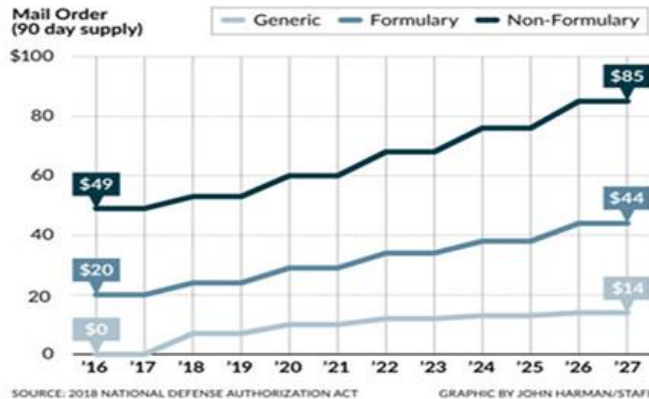


TRICARE Pharmacy Fees set to Increase in 2020

The cost shares for your medications, if you do not receive them at a DoD military treatment facility, will increase on Jan. 1. Recall back in the 2017 NDAA, TRICARE's pharmacy cost shares changed across all medication tiers, and a new fee table was introduced. Beneficiaries saw their prescription fees start to rise in 2018 and 2019. As we published at the time, these fees will accumulate and continue to rise annually until 2027.

Prescription costs on the rise

Mail order generic prescriptions have already leapt from \$0 to \$7 since last year and are expected to double to \$14 over the next ten years. Over this same period, mail order formularies will increase 120%, and non-formularies will increase by 73%.



Many still recall the “sticker shock” they experienced when their mail order generic medication went from \$0 to \$7 – it was not so bad if you only had to take one, but most people take several, so it added up very quickly.

Here are the new FY 2020 fees for all TRICARE pharmacy medication tiers and the year over year annual increases. These annual average increases continue to be substantial, especially if CPI remains tame and retired pay and social security incomes stay flat.

The bottom line is, TRICARE pharmacy fees and other provider visit cost-shares and premiums for both TRICARE Prime and TRICARE Select, are starting to squeeze beneficiaries.

Pharmacy Increases Phased Increases Over 10 Years

	Current Rate	FY 2020 Rate	FY 2027 Rate	Annual % Increase 2019-2020
MTF Pharmacy (90-days)	0	0	0	0%
Retail (30-days)				
Generic	\$11	\$13	\$16	18%
Brand	\$28	\$33	\$48	17%
Non-Formulary	\$53	\$60	\$85	13%
Mail Order (90-days)				
Generic	\$7	\$10	\$14	42%
Brand	\$24	\$29	\$44	20%
Non-Formulary	\$53	\$60	\$85	13%

History of Thanksgiving

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2019 occurs on Thursday, November 28. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

Thanksgiving at Plymouth: In September 1620, a small ship called the *Mayflower* left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the *Mayflower* crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the *Mayflower's* original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief Massasoit. Now remembered as America's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the first Thanksgiving's exact menu, much of what we know about what happened at the first Thanksgiving comes from Pilgrim chronicler Edward Winslow, who wrote:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together, after we had gathered the fruits of our labors; they four in one day killed as much fowl, as with a little help beside, served the Company almost a week, at which time amongst other Recreations, we exercised our Arms, many of the Indians coming amongst us, and amongst the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five Deer, which they brought to the Plantation and bestowed on our Governor, and upon the Captain and others. And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty."

Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the *Mayflower's* sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

Thanksgiving Becomes a National Holiday: Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year's harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common

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practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery rhyme “Mary Had a Little Lamb”—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians, earning her the nickname the “Mother of Thanksgiving.” Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entreating all Americans to ask God to “commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife” and to “heal the wounds of the nation.” He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

Thanksgiving Traditions: In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has “pardoned” one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement.

Thanksgiving's Ancient Origins: Although the American concept of Thanksgiving developed in the colonies of New England, its roots can be traced back to the other side of the Atlantic. Both the Separatists who came over on the Mayflower and the [Puritans](#) who arrived soon after brought with them a tradition of providential holidays—days of fasting during difficult or pivotal moments and days of feasting and celebration to thank God in times of plenty.

As an annual celebration of the harvest and its bounty, moreover, Thanksgiving falls under a category of festivals that spans cultures, continents and millennia. In ancient times, the Egyptians, Greeks and Romans feasted and paid tribute to their gods after the fall harvest. Thanksgiving also bears a resemblance to the ancient Jewish harvest festival of Sukkot. Finally, historians have noted that Native Americans had a rich tradition of commemorating the fall harvest with feasting and merrymaking long before Europeans set foot on their shores. III

Installations get ready for the potential 3 million extra shoppers

A little more than two months before a new shopping benefit takes effect for about 3 million newly eligible shoppers, defense officials have tested and rolled out the system that will allow these shoppers through the gates.

The technology is in place at the installations' gate scanning systems at all Air Force, Navy and Marine Corps installations, and at about 40 Army installations, according to Defense Department spokeswoman Jessica Maxwell.

Starting Jan. 1, all Department of Veterans Affairs service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers will be eligible to shop at commissaries and exchanges on base, and to use certain morale, welfare and recreation facilities. All veterans with VA service-connected disability ratings of 0 to 90 percent are newly eligible.

Service-connected disabled and other veterans who are newly eligible will use their veteran's health ID card, or VHIC to gain access to the installation, and to shop.

Defense officials have added the capability of scanning the VHIC card at most installations' front gate scanning systems. The balance of the Army installations will have the capability by the end of September 2020, Maxwell said, but most of the remaining installations don't have facilities that offer the benefits, she said, such as commissaries and exchanges.

The fiscal 2019 National Defense Authorization Act expanded the pool of eligible shoppers. The expansion also applies to Coast Guard facilities. Previously, veterans with 100 percent service-connected disabilities were able to shop; now all with service-connected disabilities can shop. The benefit extends to MWR programs that are "revenue-generating facilities," according to the law. One example is golf courses.

This is the largest expansion of eligible customers in more than 60 years, and officials at the departments of defense, Veterans Affairs and Homeland Security have been planning for the rollout for more than nine months.

Officials have also come up with a system that will allow access for about 37,000 veterans who qualify for the new benefits but aren't eligible for the VHIC. The only eligible veterans who aren't currently eligible for a VHIC are those veterans with a zero percent service-connected disability rating whose income exceeds the Housing and Urban Development indices, Maxwell said.

"The VA will provide a letter to these disabled veterans indicating they are eligible for these privileges, even if not eligible for the VHIC," she said.

That letter, along with a driver's license, passport or other authorized form of ID, will allow these newly eligible shoppers access to the installation, and allow them to use the privilege at commissaries, exchanges and designated MWR facilities.

This is similar to the process for veteran caregivers. The benefit applies to the primary caregiver of wounded/injured veterans who are registered in the VA caregiver program. The VA will post a memo to VA.gov for caregivers, to be used for access at the front gate, along with a driver's license, passport or other authorized form of ID.

Can my spouse shop, too? Theoretically, no. However, your spouse and family members can come into the stores with you, but they just can't buy anything. That said, it might take longer to get on base if they're with you.

The procedures for access to the installation require people without a DoD-issued credential to stop at the visitor control center to undergo a check for criminal history and terrorism indicators, Maxwell said. If the check is successful; if the person's credential presented can be enrolled; and the installation has installation access control system enrollment capabilities, guests may be able to enroll for recurring access for later visits with their sponsor.

Does this new benefit apply to me if I live overseas? It does, unless you are living in an area where international agreements or host-nation laws limit access to commissaries and exchanges.

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 about 450 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 400+ 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 brucer76@knology.net or 256-426-0525.

Important Dates in November

- 1 November – All Saints Day
- 1 November – European Union established (1993)
- 3 November - The first and only flight of Howard Hughes' "Spruce Goose" (1947)
- 2 November – Monthly Breakfast – City Café Diner**
- 2 November – End of Cuban Missile Crisis (1962)
- 3 November - Daylight Savings Time ends – “fall back”
- 3 November - *Dewey Defeats Truman* banner headline (1948)
- 4 November – King Tut’s tomb discovered (1922)
- 4 November – 52 Americans taken hostage from US Embassy in Tehran (1979)
- 7 November -President Franklin D. Roosevelt was elected to an unprecedented fourth term (1944)
- 8 November - X-rays were discovered by Wilhelm Roentgen (1895)
- 9 November – The Great Blackout of the Northeast put 30 million people in the dark (1965)
- 9 November – The Berlin Wall fell (1989)
- 10 November – US Marine Corps established (1775)
- 11 November – Veterans Day
- 11 November – World War I ended (1918)
- 13 November – The Holland Tunnel opened (1927)
- 13 November – Charles De Gaulle appointed president of France (1945)
- 14 November – Monthly Board Meeting – Java Cafe**
- 15 November – General Sherman burned Atlanta (1864)
- 17 November - The U.S. Congress met for the first time in Washington (1800)
- 17 November – The Suez Canal opened (1869)
- 18 November – Four time zones established across the US (1863)
- 19 November – Gettysburg Address (1863)
- 20 November – Monthly Member Meeting – Summit Club**
- 20 November – First use of tanks in battle (1917)
- 22 November – President Kennedy assassinated in Dallas (1963)
- 26 November – President George Washington declared the first Thanksgiving Day holiday (1789)
- 26 November – First horse drawn streetcar in New York City began operation (1832)
- 28 November – Thanksgiving
- 30 November – Iron Bowl

