

Volume 53, Issue 11  
November 2014

### Award Winning

- Newsletter
- Website
- Legislative Reports

Huntsville Chapter  
Military Officers Association of America

# The Sentinel



## 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. Both Alabama and Auburn are off to great seasons. 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.

At this month's membership meeting, we will conduct a Gold Bar Ceremony for the graduating ROTC cadets from the local colleges. MG Clark LeMasters, AMC G-3/4, will lead the ceremony and give remarks. We will also present the chapter's 5 star Level of Excellence award from National MOAA for 2014.

Inside you will find the flyer for our annual Christmas party. The theme this year is "An Old-fashioned Christmas". Entertainment will be provided by "Divide by Zero", a 5 piece blues / classic rock cover band comprised of engineers by day that play both acoustic and electric. We are also going to have a voluntary "Secret Santa" gift exchange – details are inside. Please mail in your reservation with your check and make this year's party a rousing success.

Please also see the note concerning the fate of the hardcopy *Sentinel*. The newsletter as you know it will only be distributed via e-mail beginning 1 January 2015. I encourage everyone that this affects to get an e-mail address and receive your newsletter electronically.

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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## Get Involved!

### REMINDERS

**Monthly Membership Meeting:** The next meeting is Wednesday, 19 November 2014, 1100 at the Summit Club. The guest speaker will be MG Clark LeMasters, AMC G-3/4. This is a "Gold Bar" ceremony.

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

**Breakfast:** Next breakfast is Saturday 22 November 2014, 0900 hours at the Steak & Shake Madison Square Mall.

**Governing Board:** Next meeting is Thursday 13 November 2014, 1100 hours at the Summit Club.



## Legislative Corner

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



#### • Top Lobbying Organization

For the eighth consecutive year, the largest-circulation newspaper on Capitol Hill, *The HILL*, has once again included MOAA on its annual list of "Top Lobbyists." Among the thousands of advocates in the nation's capital, only a select few have risen to the top of their profession to earn a slot on this Lobbyists list.

The Hill wrote, about MOAA President Vice Adm. Norb Ryan, USN (Ret), "The retired vice admiral will continue the association's fierce fight against the Pentagon and some lawmakers to protect troop pay and benefits from budget cuts."

"We are again extremely proud and humbled to be recognized by The Hill," Ryan said. "It takes a team effort from our board of directors, our entire staff, our strong chapter system, our partners, and our terrific, dedicated members that give us One Powerful Voice. We will rely even more on the entire team in the challenging months ahead." He continued, "Our mission is incredibly rewarding. There is no segment of the American public more deserving of our advocacy than those that wear or have worn the cloth of our nation and their families."

See more at:  
[http://www.moaa.org/Main\\_Menu/Take\\_Action/MOAA\\_Goals\\_and\\_Progress/MOAA\\_Named\\_Top\\_Lobbyist.html#sthash.ICF4pHHc.dpuf](http://www.moaa.org/Main_Menu/Take_Action/MOAA_Goals_and_Progress/MOAA_Named_Top_Lobbyist.html#sthash.ICF4pHHc.dpuf)

#### • COLA Watch Continues

**In case you care about that sort of thing: IT'S OFFICIAL: the 2014 cost-of-living adjustment (COLA) for military retired pay, SBP annuities, Social Security checks, and VA disability and survivor benefits will be 1.7 percent, effective December 1, 2014. It will first appear in the January checks, paid on December 31. The Consumer Price Index increased 0.1 percent in September to 234.170.**

The 1.7 percent 2014 COLA represents a slight increase over last year's 1.5 percent increase. However, two categories of military retirees won't receive a 1.7 percent COLA in 2014:

**2014 Retirees:** Some service members who retired during calendar year 2014 will receive a somewhat smaller, partial COLA for this year only, because they weren't in retired status for the full year. Their partial COLAs generally reflect the amount of inflation experienced in the calendar quarters since they retired:

*Continued on page 9*

#### 2013-2014 GOVERNING BOARD

##### EXECUTIVE COMMITTEE

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Navy Representative: CW4 Louis J. Kubik, USMC-Ret, 256-859-3054, [lkubik@mediacommbb.net](mailto:lkubik@mediacommbb.net)

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

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Second Past President: Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, [glennscrawley@comcast.net](mailto:glennscrawley@comcast.net)

##### STANDING COMMITTEES

Membership: CDR John Inman, USN-Ret, 256-425-8022, [inman331@msn.com](mailto:inman331@msn.com)

Programs: LTC Earl Freeman, USA-Ret, 256-479-6735, [earl1906@gmail.com](mailto:earl1906@gmail.com)

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Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

Auxiliary Liaison: Mrs. Jan Camp, 256-464-8622, [janetecamp@aol.com](mailto:janetecamp@aol.com)

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

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##### LIFE MEMBERSHIP TRUST

MAJ Robert C. Szeremi, USA-Ret, 256-883-5127, [szeremi@comcast.net](mailto:szeremi@comcast.net) (June 2017)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, [monte.washburn@heartlandis.com](mailto:monte.washburn@heartlandis.com) (July 2015)

LTC John C. Franks, USA-Ret, 703-489-2701, [john.franks@ingenuityinc.net](mailto:john.franks@ingenuityinc.net) (July 2016)



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



**Main Exchange:**

The Grand Re-opening was held October 17th with many prizes. The store, restrooms, eating area, and kiosks in the hallway leading to the Commissary have all been renovated. The 65,000 square foot facility has had \$5.4 million in improvements. The latest Toy Book and Holiday shopping guides are now available at your Exchange.


**Commissary:**

The Veterans Day sale runs from October 23 to November 12. In addition at <http://www.patriotperksforyou.com/> you can find out how to spend \$15 on participating brands (Oct 9 – Nov 12) and select additional perks. In case you did not know, the commissary offers a Bakery, Deli, fresh sandwiches to go, party cakes, plants, rotisserie chicken, and Sushi! They also offer Gift Cards in denominations of \$25 or \$50. These are a great way to provide necessities to your loved ones and friends and make great gifts.

**PX Shopette:**

Look soon for the schedule for the Custom Redstone Arsenal Knob Creek Single Barrel bottle etching day. When the selected barrel arrives, they will be scheduling day(s) for complimentary custom bottle etching. It's their way of saying.....

**THANK YOU REDSTONE ARSENAL**

These make great custom Holiday gifts! Purchase a Knob Creek Single Barrel Redstone Bottle, and a representative will be here from Knob Creek to etch the bottle with a Custom inscription (character quantity limits apply). Bottle(s) will need to be left for the day of etching, and must be picked up that evening. Other pick-up times can be arranged when the bottle is left for etching. One may purchase unlimited quantities of bottles until they are sold out. One full barrel was chosen, packaged and received specifically for Redstone Arsenal. So, once it is gone, it's gone..... 

**Need Addresses**

**LTC Wallace Johnson**  
**LTC Edward Murphy**

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.

**Concerns**

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

**Mrs. Ursula Spicer**

Persons to contact are:

Army Representative:

**LTC Arno Hoerle**

256-837-6253

[arhoerle@mediacombb.net](mailto:arhoerle@mediacombb.net)

Navy/USMC Representative:

**CW4 Louis J. Kubik**

256-859-3054

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Air Force Representative:

**Col Edward L. Uher**

256-882-6824

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### Nationwide Telephone Scam Affecting TRICARE Beneficiaries

TRICARE beneficiaries need to be aware of a telephone scam affecting beneficiaries over 65 and on Medicare nationwide.

A caller will usually identify themselves as being an official Medicare vendor, and will then offer to sell you back braces. The caller may have specific information that makes the call seem official, typically your address, phone numbers and doctor's name. The caller is hoping this will convince you they are a legitimate vendor and that you will give them your social security number and additional personal information.

If you receive a call like this, DO NOT give any of your personal identifiable information, such as birth date, social security number or banking information. TRICARE never asks beneficiaries for this information when calling for an official Department of Defense survey.

The Defense Health Agency (DHA) Program Integrity Office is closely monitoring this situation. If you receive a call of this nature, please do not provide your information and contact the DHA Program Integrity Office directly. For more information on fraud and abuse reporting visit, [www.TRICARE.mil/fraud](http://www.TRICARE.mil/fraud).



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**U.S. Army Chaplain (RET)**







## **Carrie's Notes**

Mrs. Carrie Hightower, 256-882-3992

### **WOW Support Group**

On Thursday, October 16<sup>th</sup>, ten members of the group enjoyed a delightful lunch at Chili's restaurant on Carl T. Jones Drive in Huntsville. Our next luncheon is November 20<sup>th</sup> and will be held at the Summit Club on Redstone Arsenal at 12 noon. Everyone will be called.



## **Fox Army Health Center** **Col Edward L. Uher, USAF-Ret**



### **Fox Army Health Center Implements a Program in Support of the Performance Triad**

Ms. Heather Hough, Dietitian, Fox Army Health Center, first heard about the Performance Triad while working for the Air Force. Someone suggested that she watch the Army Surgeon General's Fireside Chat on moving to a System For Health (a more patient centered health care system) and the Performance Triad. "As a dietitian, it made complete sense to me. We should be affecting the Lifespace (the time our patients spend outside of our clinics when they are making decisions about their health) of individuals as much as possible with targeted focus placed on sleep, activity, and nutrition, said, Hough. Months later when she moved to Alabama to take a job at Fox Army Health Center, she was excited for the opportunity to be part of this System For Health. The idea behind the patient centered medical home model was especially exciting to her because it afforded the opportunity to work as part of a healthcare team. Within weeks, she realized, "Many of my patients shared a very similar goal. They were focused on weight loss, but also voiced wanting to "feel" better. Targeting weight loss was not problematic but addressing the vague request of "feel" better required a more creative approach."

"As I brainstormed possibilities for a weight loss program, I repeatedly was drawn to the fact that weight loss can be complex and dynamic journey involving many facets of one's life space. Nutrition is an important consideration but equally as important is activity and sleep. The question then became: How could we help our beneficiaries obtain quality sleep, increase physical activity, and improve their nutrition? Through the lens of the Triad, the ideas for a weight loss program began to take shape. In the patient centered medical home model, the foundation is set on the use of multidisciplinary teams to meet the needs of the patients. What if we approached a weight loss class the same way, said Hough. "

*Continued on page 9*

# SWITCH TO THE AUTO INSURANCE WHERE 92% OF MEMBERS PLAN TO STAY FOR LIFE<sup>1</sup>



*USAA members Robert Griffin III,  
Washington Redskins quarterback,  
and his parents, U.S. Army veterans*

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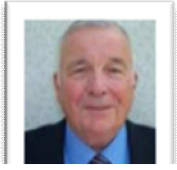
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<sup>1</sup>92% based on 2014 member communications trend survey. <sup>2</sup>Forrester Research, Inc., Customer Advocacy 2013: How U.S. Consumers Rate Their Financial Services Firms, November 2013. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 208787-0914



## **Chaplain's Corner**

**CH (LTC) Bert Wiggers, AUS-Ret**

### **Thanks Be to God**

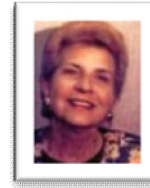
**"Thanks be to God for the indescribable gift!" 2 Corinthians 9:15 (NKJV)**

An appropriate Thanksgiving moves us back to the sense of God, Truth, Love, and the Holy. It reminds us of what is important in life. Emphasis is on turning the world in to God's Kingdom. Jesus is at the top of the list of our blessings.

There are two ways of looking at life. We can look at life as a merry-go-round, with plenty of pretty colors and fantasy-like boats and swans, and seashells to ride in and lots of brass rings to be grasped for prizes. But life lived as a merry-go-round doesn't really go anywhere. It only goes around and around in the same path. The Christian view of life has always regarded life as a Journey, the way John Bunyan did in Pilgrims Progress with mountains to climb and rivers to cross and swamps of despair to make our way through. And at the end of our journey stands the Creator of everything, waiting to receive us in love and rejoicing.

Therefore, when we are thankful only for the material items and entertainment we have in this life we are looking at life as a merry-go-round. Times when we are thankful above all for the gift of the Lord Jesus that we see life as a journey reaching out before us and know our relationship to God is the most important thing in life. Then Thanksgiving takes on a new dimension, a deeper dimension, and we realize it can occur in the face of death, loss of a job, or a prolonged sickness.

**"Know that the Lord, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture."**  
Psalm 100 (NKJ)



## **MOAA Widow's Luncheon**

**Liz Townsend**  
**256-721-9762**

**14 November 2014**

The MOAA widow's luncheon will be held on Friday, 14 November, at Logan's, 4249 Balmoral Drive in Huntsville, phone 256-881-0584.

Carrie Hightower, phone 256-882-3992, will be our hostess. We will meet at 11:00 AM.

## **WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA**

**COL David Carpenter**  
**LCDR Jeff Fox**  
**MAJ LaTona Harris**  
**LTG Patricia McQuiston**  
**COL Juan Pyfrom**  
**LTC David Ryder**  
**COL Brian Tachias**  
**MAJ Jon Westbrook**

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.

## **Scholarships**



The Chapter has instituted an active scholarship program. In conjunction with the Redstone Women's Club, we will issue one or more scholarship each year to a deserving student.

Please consider making a donation to our program. Contact Norb Patla for details.





## **November Guest Speaker**

**Major General Clark W. LeMasters, Jr.  
U.S. Army Materiel Command  
Deputy Chief of Staff  
for Operations and Logistics, G-3/4**

**19 November 2014 - 11 AM  
Summit Club**



Major General Clark W. LeMasters assumed the duties as Deputy Chief of Staff for Operations and Logistics, G-3/4, U.S. Army Materiel Command, on 01 August 2014.

Major General LeMasters previous assignments include: Commanding General of the 13th Sustainment Command (Expeditionary); Chief of Ordnance and Commandant of the U.S. Army Ordnance School July 2010-March 2012; Executive Officer for the Army G-4 July 2009 - July 2010; Director, Distribution Management Center, Army Sustainment Command July 2007- July 2009; Student, Army War College, Chief, Logistics Readiness Center, J4-Operations, USCENTCOM August 2004 - June 2006, Commander, 123rd Main Support Battalion, 1st Armored Division June 2002 - August 2004; Executive Officer, 1st Armored Division Support Command May 2000 - June 2002; Executive Officer, 703rd Main Support Battalion, 3rd Infantry Division April 1999 - May 2000; Materiel Officer, 3rd Infantry Division MMC May 1998 - April 1999; Support Operations Officer, 703rd MSB June 1997-May 1998. Brigadier General LeMasters was previously assigned to Fort Lee, Virginia from December 1994 - July 1996 as a Staff Officer in the Force Development Directorate, U.S. Army CASCOM.

Major General LeMasters was commissioned as a 2nd Lieutenant in 1982, from the ROTC program at Marion Military Institute, Marion, Alabama. Following his graduation from Marion, he served as a Platoon Leader in the 1-115th Infantry Battalion, Maryland Air National Guard, until he completed his Bachelor degree in Chemistry at Frostburg State University, Frostburg, Maryland. LeMasters was assessed to active duty in September 1984 as an Ordnance Officer. He also holds Masters Degrees from the Florida Institute of Technology and the Army War College. His military education includes the Ordnance Officer Basic and Advanced Courses, the Army Command and General Staff College, and the Army War College. During his career, he has served overseas in Germany, Iraq, Qatar, and Afghanistan.

Major General LeMasters awards and decorations include, Army Distinguished Service Medal, the Legion of Merit (with 3 Oak Leaf Clusters), Bronze Star Medal (with Oak Leaf Cluster); the Defense Meritorious Service Medal; the Meritorious Service Medal (with 4 Oak Leaf Clusters); the Army Commendation Medal; the Army Achievement Medal (with Oak Leaf Cluster); Army Staff Badge and the Parachutist Badge.


Major General LeMasters is married and they have two children.



*Fox - continued from page 5*

Project LifeSpace is a 12-week weight loss and lifestyle modification program, which focuses on nutrition, activity, and behavioral strategies for initiating and maintaining change. The program is not a one-size-fits-all approach to weight loss. It is tailored to the individual through meal planning and goal setting within a group setting which allows for accountability and motivation. Accountability is also obtained through the use and weekly monitoring of food logs. The class is facilitated by one of the multidisciplinary team members which consist of dietitian, a clinical psychologist, a certified personal trainer, and a physical therapist. Class topics are diverse and include headers such as macronutrients, healthy shopping, cooking, and dining out. Participants are actively engaged in discussions regarding making lasting behavior changes and maintaining health habits long after the 12 week class has ended. There are also several classes on physical activity, exercise, and injury prevention. Participants end the 12 weeks with one-on-one appointment with the dietitian, similar to their initial individual appointment at the start of the program. The final meeting allows for continued goal setting.

Project LifeSpace was piloted with a small group first with favorable results. Introducing the program on a smaller scale allowed for feedback and subsequent changes prior to launching the program to the community through our Wellness Clinic. The positive response made it clear that it would be beneficial to consider ways in which we could make the program's content more attainable to our beneficiaries. The multidisciplinary team members quickly realized that taking the program offsite to the establishments on post would allow for greater participation. The response for the program was incredibly well-received with the class at full capacity within hours of its announcement. The multidisciplinary team members have launched their first offsite session this week, and have already received requests to bring this program to other areas on post.

By using the concepts of the Performance Triad, and the Army Patient Centered Medical Home model, we are focusing on helping our community change their Lifespace through the balance of sleep, activity, and nutrition. For more information, please call 256-955-8888 x1294. 

*Legislative - continued from page 2*

- Jan. - Mar. retirees – 1.7 percent
- Apr. - Jun. retirees – 1.3 percent
- Jul. - Sept. retirees – 0.1 percent
- After Oct. 1, 2014 – no COLA this year.

All members who retired during 2014 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 agreed to accept reduced retired pay and COLAs as a trade-off for the bonus. REDUX retirees' COLAs are depressed 1 percent below the normal COLA rate, so they'll see a 0.7 percent COLA this year.

#### **Retired Pay versus Active Duty Pay Adjustments**

- Retired pay and active duty pay increases are different in most years because they are based on different compensation principles.

#### **COLAs and Military Retired Pay**

- Government retired pay promises must be kept, including annual cost-of-living adjustments (COLA) to prevent erosion of retirees' purchasing power by inflation.

*Continued on page 16*



## **‘What Does It Mean to Be Gold?’**

By Gail Joyce

MOAA National Auxiliary Member Advisory Committee

My son, 24-year-old Sgt. James Casey Joyce, an Army Ranger, was killed in action in Somalia Oct. 3, 1993, in the Battle of Mogadishu, better known as Blackhawk Down. Sometime after his death, I received — from whom, I can’t remember — gave me a pretty gold pin with a purple background and a gold star in the middle. But I came to learn the pin was given to me to wear as a symbol of my son’s service and sacrifice.

Fast forward to when I wore my Gold Star pin to a conference. Most of the people there knew about my loss. As I was talking with a group, an acquaintance walked up, pointed to my pin, and said, “What a pretty pin!” “Thank you,” I replied. “This is my Gold Star pin. I am a Gold Star mom.” Then she said, “Oh, how wonderful! What in the world did you do to earn that?”

What do you say in this situation? What do you do? I quickly figured out she did not know anything about the Gold Star and what it signified. So I explained about the Gold Star pin and what I did to earn it.

There are many stories like mine. But even some people in the military are unaware of the Gold Star and its significance. Imagine having to explain repeatedly what the Gold Star represents —the death of your child or spouse who fought and died for our country — on a service flag, a sticker in a car window, a license plate, or a pin on your lapel.

During World War II, families flew flags in their windows denoting someone in their family was serving in the military. These flags — bordered in red, with a center of white and a star for each member of the family serving — still are being flown today. A blue star represents someone serving in a current conflict, a silver star means someone has been wounded in combat, and a gold star represents a fallen family member.

In 1947, an act of Congress standardized the service banners and established the Gold Star pins to issue to immediate family members of service members killed in combat. The pin is a gold star on a field of purple surrounded by laurel leaves. A pin for next of kin was approved in 1973. It is a gold star on a gold background surrounded by four oak sprigs.

Congress and the military are making an effort to recognize and honor survivors. Congress has designated the last Sunday in September as Gold Star Mother’s Day. Dec. 18 has been designated as Gold Star Wives Day. The Army has developed three public service announcements to inform America of the significance of the Gold Star.

Raising awareness about the Gold Star is also our responsibility as survivors as we continue to honor our loved ones. A Gold Star is something no parent or spouse ever wants to receive. It forever changes who you are. And, I, for one, don’t want anyone to ever forget this sacrifice.

## *Summit Club - Holiday Menu*



### **Holiday Dinner**

Sliced honey glazed ham  
Over roasted turkey breast with giblet gravy  
Corn bread dressing with giblet gravy and cranberry sauce  
Candied yams with marshmallows  
Green beans almandine  
Yeast Rolls & Butter  
Ice Water – Coffee – Sweet or Unsweetened Iced Tea  
Pumpkin pie / Pecan pie

## **HUNTSVILLE CHAPTER MOAA CHRISTMAS PARTY**

**SUMMIT CLUB  
SATURDAY EVENING, 13 DECEMBER 2014**

**COCKTAILS - No Host/Cash bar - 6:00 pm**

**President's Remarks and Dinner - 7:00 pm**

**MUSIC – "Divide by Zero" - a 5-piece blues / classic rock cover band**

**DOOR PRIZES**

**OPTIONAL "SECRET SANTA" GIFT EXCHANGE (See rules on page 14)**

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

**\$15.00 PER PERSON (Members & Family) - \$20.00 PER PERSON (Guests)**

**RSVP by 8 December 2014 (with check made out to HCMOAA) to:**

**CDR Christine Downing  
116 Spring Tanner Road  
Hazel Green, AL 35750-8483  
256-828-9740  
[csdowning@bellsouth.net](mailto:csdowning@bellsouth.net)**





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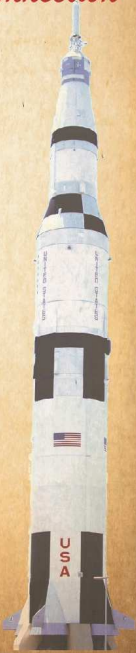
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Mike@MoveToHuntsville.com

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## **WHY YOU SHOULD VOTE**

Everyone should vote in the midterm election. You have a duty, a responsibility, to use your right to vote and to familiarize yourselves with the candidates and the issues up for decision on Election Day.

Every election is important. The individuals elected to office will establish laws under which you have to live, and they will make important decisions for spending the tax dollars you pay to the government.

Good government is established when you participate in the electoral process. Voting is a powerful way for you to participate in that process. It is the greatest weapon you have to protect the Constitution.

History has proven that one vote can make a difference, so it is important that every single voice be heard. Elections have consequences.

The voter must realize that our government is "of the people, by the people and for the people" and our democratic Republic can only function when "we" the people participate. So get out there on 4 November and vote!

## **Hardcopy Sentinel**

As mentioned several months ago, the Chapter is discontinuing its current process of publishing & mailing the hardcopy *Sentinel*, effective with the January 2015 edition. Even with members paying the nominal \$10 per year fee to help defray the costs (and not all do), it is still not a cost effective process. Beginning the first of the year, the newsletter will only be delivered electronically via e-mail.

The Chapter strongly encourages those members who this will effect to provide an e-mail address, so that you can continue to receive the *Sentinel* electronically.

Those members who chose not to provide an e-mail address will stop receiving the newsletter as they know it. The Chapter has studied alternative forms of communication to keep those affected members informed of what is going on, and a decision was made to provide a hard copy newsletter on a quarterly basis.

Members who paid a multi-year fee for hard copy *Sentinel* delivery will have the balance refunded to them.



Huntsville Chapter  
Military Officers Association of America  
P.O. Box 1301  
Huntsville, AL 35807-0301

### Membership Application or Renewal Confirmation

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

<input type="checkbox"/> New	<input type="checkbox"/> Renewal		
<input type="checkbox"/> One year \$10.00	Interested in a Chapter Life Membership?		
<input type="checkbox"/> 2 years \$20.00	Contact us for pricing (based on your age)		
<input type="checkbox"/> 3 years \$30.00			
_____ 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 Membership Number	
<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 Code
_____ Telephone Number		_____ Email address	

## Attention Annual Members

It's not too early to renew your membership for next year – why wait until the last minute

The Chapter has one of, if not the, lowest membership rates in the country at \$10

***You can't even get lunch for \$10 these days!***

You can also renew for multiple years and lock in that low rate

Don't know when your membership expires? Contact Chris Downing at  
256-828-9740 or [csdowning@bellsouth.net](mailto:csdowning@bellsouth.net)

Don't want to worry about renewing ever again - consider becoming a Chapter Life Member –  
contact Robert Szeremi at 256-883-5127 for the details

ACHIEVING  
RETIREMENT DREAMS  
THROUGH COMMON SENSE  
AND DEDICATION,

ONE CLIENT  
AT A TIME.



Our commitment is to help you work towards achieving all your financial goals and to provide you with a "worry free" retirement.

We invite you to discover and experience the power of our services:

- Portfolio Review & Comparison
- Social Security Income Maximization
- Income Analysis & Design
- 401k rollover/TSP rollover
- Estate Planning
- Wealth Management
- Risk Allocation

Call us today at 256.715.0094 or  
visit our website at [www.cloudfinancial.com](http://www.cloudfinancial.com).

Investment advice is offered by Horter Investment Management, LLC, a Registered Investment Adviser. Insurance and annuity products are sold separately through Cloud Financial, Inc. Securities transactions for Horter Investment Management clients are placed through Pershing Advisor Solutions, Trust Company of America, Jefferson National Monument Advisor, Fidelity, Security Benefit Life, and Wells Fargo Bank, N.A.



STRATEGY. ETHICS. PERFORMANCE.

## Membership Statistics

Total Members: 450  
Auxiliary Members: 71  
Life Members: 234

New this month: 8  
Deaths this month: 1  
Renewals: 2

## MOAA Connect

MOAA's Social Media  
Application

Go to [www.moaa.org](http://www.moaa.org), and  
on the pull-down menu  
"Connect with MOAA" select  
"MOAA Connect"

Set up your profile, and  
begin collaborating with  
MOAA members across the  
country

Give it a try!



## **"Secret Santa" Gift Exchange - Voluntary**



If you want to participate, you buy a gift (\$20 value) and wrap it. It should be a nice gift - something that you might want to receive. Gifts are put on a table when you arrive for the party. Everyone who brings a gift is given a number – from "1" to "N". Number 1 starts the process. He/she picks a gift from the table and opens it for all to see. Number 2 goes next, and has the choice of picking a gift from the table or stealing number 1's gift. If he selects a gift from the table, he opens it for all to see. If he steals the gift, then Number 1 selects a new gift from the table and opens for all to see. Continue in this fashion with Number 2 going next. Once a gift has been stolen twice it is safe and can no longer be taken. The person with the last number is special and can either take the last gift on the table, or steal ANY gift, even the safe ones. If he chooses to steal, the person stolen from gets the last gift on the table. Then the gift exchange is over.



**28 Birthdays in November  
Happy Birthday!**



COL George Shepard, USA  
COL Carl Steimle, USA  
COL Eugene Hagewood, USA  
MAJ Julius Plucker IV, USA  
CAPT Alan Maiorano, USN  
MAJ George Wandler, USA  
LTC Tom McLaughlin Jr, USA  
LTC Paul Williams, USA  
COL Harold Stubbs, USA  
LTC Jose Velasquez, USA  
LTC Edwin Kennedy, USA  
LTC William Timperly, USA  
CW4 Tommy Sandner, USA  
Col Millard Moon, USAF

Mrs Clara Kirsopp  
CW3 Bill Billingsley, USA  
Col Andrew Setlow, USAF  
Capt Delbert Hall, USAF  
LTC Peter Maloney, USA  
Col James Lee, USAF  
CW4 Samuel Whitaker, USA  
CW3 Kenneth Albrecht, USA  
Col Gerald Maxwell, USAFR  
LTC James Scott, USA  
Mrs Venita Proctor  
CWO James Armitage, USA  
LTC Charles Joyner, USA  
LTC David Ryder, USA



**TAPS**

Our deepest sympathy to the families of our departed friends

**LTC Melvin Jones, USA**

**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:



alroosters.com

2710 Carl T. Jones Dr. 256.270.7197

475 Providence Main St. 256.489.0886

Mon-Fri 9-7 Sat 9-4

**Menu of Services**

Roosters Club Cut... Precision cut, shampoo, hot towel and style...	\$26.00
Hot Towel Shave... Our special seven step process.....	\$22.00
Gentlemen's Choice... Club cut AND hot towel shave.....	\$45.00
Hero Cut... Club cut for active duty servicemen, police and firemen.....	\$22.00
Head Shave... Same special seven step process as the face.....	\$22.00
Beard Trim.....	\$12.00
Beard Trim with Clean Shaved outline.....	\$18.00
Littlemen... Age 10 and under.....	\$18.00

**Treasurer's Report**

**CAPT Richard West, USN**

**For the Month of September 2014**

Beginning Balance	\$15550.58
Credits	4573.01
Debits	5599.95

Ending Balance \$14523.64





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## RETURN SERVICE REQUESTED

*The Sentinel* is published monthly primarily for the membership of the Huntsville Chapter of the Military Officers Association of America (HCMOAA), P.O. Box 1301, Huntsville, AL 35807-0301. The views expressed are those of the authors and do not necessarily reflect the opinions of HCMOAA, its officers or its editor.

Convert to the e-mail-only version of this newsletter and increase the funds we allocate for charities. New members automatically receive the e-mail version unless a print copy is requested. To convert to the e-mail version please contact: [brobinso@mitre.org](mailto:brobinso@mitre.org)

**Web Page: [huntsvillemoaa.org](http://huntsvillemoaa.org)**

### *Legislative - continued from page 9*

#### • **The VA Launches New Study on Care:**

The Veterans Access, Choice and Accountability Act of 2014 (P.L. 113-146) fulfills a MOAA recommendation to Congress and the Administration for an independent commission to assess how the VA health system could be improved for our nation's veterans in the 21st century. MOAA strongly feels that while access, capacity, and management issues must be attacked aggressively, a longer-term view is needed to ensure the VA delivers quality health care services in a timely and caring manner to veterans in the coming years. The Choice Act establishes a two-part framework to study the VA health system from top to bottom. The VA has awarded a contract for the independent assessment of the system to the MITRE Corporation, a non-profit company that operates a number of federally funded research and development centers.

The assessment will consider current and projected veteran demographics, capabilities, resources, access standards, workflow, clinical staffing, facilities and medical construction, caseload dynamics, information technologies, scheduling, business and purchasing systems and related activities. The study will be completed within 60 days. The findings and recommendations will be submitted to VA Secretary Bob McDonald, reported to the House and Senate Veterans Affairs Committees, and posted online for public comment. At that point, a Commission on VA Care will be empanelled to take up the independent assessment and make its own evaluation of veterans' access to VA care and develop recommendations on how best to organize the Veterans Health Administration, locate health care resources, and deliver health care to veterans over the next two decades. MOAA will continue to monitor this important work that is vital to the health and well-being of millions of veterans.

- See more at:

[http://www.moaa.org/Main\\_Menu/Take\\_Action/Top\\_Issues/Retired\\_Still\\_Working/Veterans\\_Issues/VA\\_Launches\\_New\\_Study\\_on\\_Care.html#sthash.FuOfazOv.dpuf](http://www.moaa.org/Main_Menu/Take_Action/Top_Issues/Retired_Still_Working/Veterans_Issues/VA_Launches_New_Study_on_Care.html#sthash.FuOfazOv.dpuf)