

Volume 55, Issue 4
April 2016

Award Winning

- Newsletter
- Website
- Legislative Reports

Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE

Charles T. Clements, Lt Col, USAF, Ret



Dear Members -

Our next membership meeting is a “gold bar” ceremony, where the graduating cadets from Alabama A&M University and the University of Alabama at Huntsville will be recognized. The guest speaker will be the former Director of the Missile Defense Agency, LTG Patrick O'Reilly. More information on the meeting is inside.

Planning for our Summer Party is underway. It will be held on 25 June at the Summit—save that date. The theme this year is “Support Your Team” so I suspect there will be a few Alabama and Auburn jerseys to be seen. Our entertainment is to be determined. I made a request for the AMC band, but it was denied—apparently a change to the regulation that applies to the band.

Planning is also underway for our annual Scholarship golf tournament. It will be held on 22 September at the Links at Redstone. The “early bird special” is \$65 per player and \$260 for a foursome. All proceeds go to fund our scholarship program. If you want to volunteer to help organize and execute the tournament, contact Bruce Robinson, Don Kimminau or me. If you want to play, then save the date and clean up those clubs. There is no better way to spend a Thursday in September than with a round of golf.

It's time to look ahead to the future. The two year terms of all the elected officers of the Chapter end this year. A nominating committee will be stood up in June, and elections will be held at the September membership meeting. Now is the time for you to start thinking about stepping up and assuming a leadership position in the Chapter. Several positions, including mine, will be open and need to be filled by some capable members.

Finally, we still have two open positions on the present governing board: Historian and Publicity. If you are interested in getting involved, please let me know. And a special “Thank You” to Jim Treadway for taking on the Program's Chair.

Charles

Get Involved!

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



Legislative Corner

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



**TAKE
ACTION**

→ <http://www.moaa.org/takeaction/>

This month's column is a bit shorter than usual, but is intended to drive home the point that if we lose benefits, basically we have nobody to blame but ourselves. Nobody but nobody really appreciates what we are and have accomplished for the nation. First, two thirds of the population doesn't realize that currently we ARE AT WAR, and second, even the Congress is made up of a minority of former members and veterans of the US Armed Forces who basically don't appreciate what is involved with being willing to.

• Alabama Senate Bill 15 (The Un-earmarking Bill)-- Update

We continue to monitor this situation, and hoped we had nipped it in the bud with the success of altering the SB15. However, with the Governor's effort to build new prisons, there have been introduced two new bills in Ways and Means, namely SB287, introduced by Senator Steve Clouse, which now has some 4 or 5 sponsors, and HB313 introduced by Representative Trip Pittman. SB287 is moving along as this is being written and I am doing all I can to gain support for the state veterans while there seem to be those in the Legislature that feel that prisoners out-rank veterans. This is one of many issues that we must prepare to be more active in fulfilling one of our true purposes in Alabama MOAA. Stay tuned and thanks again!!

• Continued Focus on TRICARE Fees

I feel somewhat like a stuck record, but TRICARE continues to be under attack at the federal level. It seems that we have an administration, supported by a Congress with limited military experience, and thus, limited support for the service and sacrifices made through the years by many selfless members of the "All Volunteer Force" that they are so proud to proclaim around the world.

Continued on page 9

2015-2016 GOVERNING BOARD

EXECUTIVE COMMITTEE

President: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, charles.clements@nda.mil

1st Vice President: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

2nd Vice President: CDR John Inman, USN-Ret, 256-425-8022, inman331@msn.com

Secretary: MAJ Joe H. Williams, USA-Ret, 256-880-7694, joehwilliams@bellsouth.net

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

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

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

Air Force Representative: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

Immediate Past President: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, brobinso@mitre.org

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

STANDING COMMITTEES

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

Programs: COL James D. Treadway, USA-Ret, 256-859-1484, jtreadway51@mchsi.com

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

Personal Affairs: COL Bill Stevenson, USA-Ret, 256-424-1334, mrbill5779@comcast.net

Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

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

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

Finance (Budget): CDR Robert Rolf, USN-Ret, 256-206-6164, rolf@att.net

Constitution and By-Laws: CAPT Richard C. West, USN-Ret, 256-776-6901, rick675@hughes.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@gmail.com

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

FAHC Liaison: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, brobinso@mitre.org / Col Don Kimminau, USAF-Ret, 256-489-5880, don.kimminau@gmail.com

ROTC: CDR John Inman, USN-Ret, 256-425-8022, inman331@msn.com

TOPS: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, brobinso@mitre.org

The SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, brobinso@mitre.org

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2017)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandis.com (July 2018)

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



PX / Commissary Col Gerald C. Maxwell, USAFR



Main Exchange

Check the <https://www.shopmyexchange.com> web site every day for the super daily special. At this site, you can also see the latest specials, weekly sales, and sweepstakes. The first plant truck sale of the season is April 1&2. Shop early for the best selection! Pick up your copy of the Exchange "The Art of Fashion" sale book, where everything from purses, dresses, sunglasses and perfumes are on sale. Plus, get a coupon on the back for \$20 off your \$100 purchase of regular priced women's apparel, handbags and footwear with your Starcard purchase. And, \$10 off your \$50 purchase of the same items (no Star card necessary). Also, don't forget to download the Exchange EXTRA app today. Get it on Google play, the Apple app store, or scan the QR (quick response) code in flyers and ads.

Shoppette

The Exchange quarterly Tent Sale is almost here. Look for the announcement! Last year it was late June to early July so plan ahead! Customers can purchase their favorite Class Six beverages under a large white tent at the Super Summer Sale. The Shoppette also has a wide variety of mobile phone accessories and bar items that you will always need. Stop by and stock up! A new item in stock is the bold new red Purple Heart wine (\$16.99 750ml). Also under what's new are Conecuh Ridge whiskey, Angels Envy, Hibiky Harmony, Jefferson's Ocean, Crown Barrel Select, Sazerac Rye Whiskey, Breckenridge Bourbon, Stanahans, Hirsch Small Batch, and Haig Cub Scotch.



Continued on page 9

Need Addresses

Mrs. Mary Lou Thompson

We have lost track of the above member. 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:

None this month

Persons to contact are:

Army Representative:

COL James D. Treadway

256-859-1484

jttreadway51@mchsi.com

Navy/USMC Representative:

CW4 Louis J. Kubik

256-859-3054

lkubik@mediacombb.net

Air Force Representative:

Col Gerald C. Maxwell

256-606-5282

gerald.c.maxwell@nasa.gov

Personal Affairs Officer

COL William Stevenson

256-424-1334

Mrbill5779@comcast.net



Paul Snowden,
Tim Kinnison, COL., USAF (Ret.)
Gary Brotherton

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Fox Army Health Center Col Gerald C. Maxwell, USAFR



Fox Army Health Center Holiday Schedule Fiscal Year 2016- Change 2

(Subject to mission requirement changes)

Federal Holiday full day closure dates:

Federal Holidays	Dates
Columbus Day	12 October 2015 (Monday)
Veteran's Day	11 November 2015 (Wednesday)
Thanksgiving Day	26 November 2015 (Thursday)
Christmas Day	25 December 2015 (Friday)
New Year's Day	1 January 2016 (Friday)
Martin Luther King's Birthday	18 January 2016 (Monday)
Washington Birthday	15 February 2016 (Monday)
Memorial Day	30 May 2016 (Monday)
Independence Day	4 July 2016 (Monday)
Labor Day	5 September 2016 (Monday)

During the afternoon closure the entire health center will open from 0730-1330. Closure for staff routine training and activities will be 1330-1630 on the following dates:

Routine Training Dates
5 November 2015 (Thursday)
7 January 2016 (Thursday)
3 March 2016 (Thursday)
7 April 2016 (Thursday)
2 June 2016 (Thursday)
4 August 2016 (Thursday)
1 September 2016 (Thursday)

Full day closure for staff Quarterly Collective Training will be from 0730-1630 on the following dates:

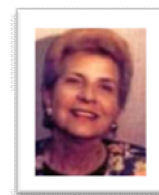
Quarterly Training Dates
3 December 2015 (Thursday)
12 February 2016 (Friday)
22 April 2016 (Friday)
2 September 2016 (Friday)

Nurse Advice Lines (NALs) are available during non-duty hours at (256) 955-8888 or 1-800-223-9531 to provide care advice. Fox Army Health Center is an ambulatory care clinic, and does not have an emergency room. In case of emergency, Dial 911.



Mrs. Carrie Hightower
256-882-3992

Widow's Activities



Mrs. Liz Townsend
256-721-9762

WOW Support Group

Many members attended our March Luncheon. Thank you for the support.

The WOW Support Group will meet for lunch on Thursday, April 14th, at Casa Blanca Mexican Restaurant, 1001 Heathland Drive, Huntsville. Phone: (256) 895-4265.

We will meet at 12 noon. Everyone will be called.

MOAA Widow's Luncheon

The MOAA widow's luncheon will be held on Friday, April 8th at the Olive Garden, 3730 University Drive, Huntsville. Phone: (256) 539-1955.

Liz Townsend will be your hostess. We will meet at 11:00 AM.

Please call Liz at 256-721-9762 for reservations.

Dedicate Yourself to Healthy Eating this National Nutrition Month

Who would ever play the games Rate Your Plate or Nutrition Sudoku? Anyone who wants to learn how to eat right, that's who! Join the Military Health System as we observe National Nutrition Awareness this month.

Nutrition is an important aspect of a healthy lifestyle. The Centers for Disease Control and Prevention lists being overweight as one of the risk factors for prediabetes, a condition that affects 86 million American adults. Prediabetes puts people at increased risk for type 2 diabetes, heart disease, and stroke. It has been estimated that without weight loss and moderate physical activity, 15-30 percent of people with prediabetes will go on to develop type 2 diabetes within 5 years.

The Academy of Nutrition and Dietetics celebrates National Nutrition Month to teach both adults and kids about food, nutrition and healthy living. The academy offers several tips that can help you on your way to better nutrition:

- Eat breakfast
- Make half your plate fruits and vegetables
- Watch portion sizes
- Fix healthy snacks
- Get to know food labels
- Follow food safety guidelines

There are several resources to help you on your quest for better nutrition and healthy food choices. Visit the [Academy's](#) website for tip sheets, videos and games, all designed to help you learn more. You can also find information about health and wellness on the [TRICARE](#) website.



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

Difficult Questions

"The secret things belong to the LORD our God, but the things that are revealed belong to us and to our children forever, that we may do all the words of this law." (Deuteronomy 29:29, ESV)

In *Hiding Place*, Corrie ten Boom writes about a question she asked her father.

"Father what is sex sin?" He turned to look at me, as he always did when answering a question, but to my surprise he said nothing. At last he stood up, lifted his traveling case from the rack over our heads, and set it on the floor.

"Will you carry it off the train, Corrie?" he said. I stood up and tugged at it. It was crammed with the watches and spare parts he had purchased that morning. "It's too heavy," I said.

"Yes," he said. "And it would be pretty poor father who would ask his little girl to carry such a load. It's the same way, Corrie, with knowledge. Some knowledge is too heavy for children. When you are older and stronger, you can bear it. For now you must trust me to carry it for you."

And I was satisfied--more than satisfied--wonderfully at peace. There were answers to this and all my hard questions—but now I was content to leave them in my father's keeping.

And so it is that to find peace, we must leave many questions in our Father's keeping.

And Jesus said, "I still have many things to say to you, but you cannot bear them now." (John 12:6, ESV)



WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA

LTC Mark Lumb, USA
LTC Lyn Tronti, USA

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 Gerald Maxwell for details.



Treasurer's Report

CAPT Richard West, USN

For the Month of February 2016

Beginning Balance	\$9897.68
Credits	3272.00
Debits	2346.95

Ending Balance	\$10,822.73
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Membership Meeting

27 April 2016

1100 - Summit Club

Guest Speaker: LTG Patrick O'Reilly, USA-Ret

LTG O'Reilly is a Nonresident Senior Fellow at the Atlantic Council with expertise in recoverable energy, cyber-security, aerospace and missile defense. He also is the Senior Vice President at Alphabet Energy, Inc. leading the application of thermoelectric technology to convert waste heat directly into electricity for the U.S. government and military. Additionally, Pat is a member of National Advisory Committee for Spark 101 (a non-profit organization to stimulate students' interest in Science, Technology, Engineering and Math).

Prior to retiring from the Army, LTG O'Reilly was the Director for the Missile Defense Agency (MDA), Office of the Secretary of Defense, Pentagon, Washington, DC. In this capacity, he oversaw MDA's worldwide mission to develop a capability to defend deployed forces, the United States, Allies, and friends against ballistic missile attacks.

During his career, he served in both command and staff officer positions in a variety of operational units including the 1st Cavalry Division, the 3rd Support Command, Germany, and as an Assistant Professor of Physics at the United States Military Academy. As an Acquisition Officer, he served as Program Manager for Directed Energy Programs, PATRIOT PAC-3 Missile, Terminal High Altitude Area Defense Missile System, Ground-based Midcourse Defense Program, and as the Army Program Executive Officer for Combat Support and Combat Service Support.

LTG O'Reilly is a graduate of the U.S. Military Academy and has Masters Degrees in Physics, National Security and Strategic Studies, and Business. LTG O'Reilly is a graduate of the U.S. Army Command and Staff College, the U.S. Naval College of Command and Staff, and the U.S. Army War College.

Menu: Meat lasagna, chicken parmesan, green beans, tossed salad, garlic toast, tiramisu and assorted beverages

Cost: \$16 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 23 April 2016

Legislative – continued from page 2

As I have written before, and as those of you who keep up with the facts through the various national MOAA media know, there is a myth afloat that would claim that the percentage of Defense Funds assigned to personnel costs continue to increase as a percentage of the total defense budget. That myth has been debunked flatly and is now old and inaccurate news. Obviously, the total dollars required to maintain our defense forces have been increased over time, but the percentage dedicated to personnel has stayed pretty much level.

And, yet, there are many in the Congress and the various review boards and commissions who continue to perpetuate this fairy tale. National MOAA has done a lot to try to dispel this and we as individual and chapter members must continue to contact and try to convince our elected representatives that without skilled troopers and without a clear incentive to choose the military for a career, the volunteer force cannot and will not continue in our future. Enough soap box, but I cannot over emphasize the need for our voices to be heard. Healthcare costs for the active and retired forces seem to be a particularly popular whipping boy and I urge you to continue to stand fast against these efforts as they are incrementally applied, in such efforts as gradual increases in TRICARE copays and deductibles, both for visits and (especially) pharmacy costs.

As I told you last month, a recent legislative update opined that the proposed FY17 DoD budget was **light on specifics to improve value** for beneficiaries - but **heavy on across the board TRICARE fee increases**. If you need a refresher, take a look at the fairly detailed coverage in the March *Sentinel*. **Finally, I'm counting on you** to continue to make your voices heard (and emails/letters read) in Montgomery and the District of Columbia. 🇺🇸

Exchange – continued from page 3

Commissary

Last year the Commissary had a case lot sale in mid-May – so start your planning for sale items now! Look at the entrance of your Redstone Commissary to sign up for email alerts of sales, get copies of the Maxi-saver brochure <http://www.CommissarySavings.com> and your copy of the Family magazine – with interesting articles, recipes, and of course more coupons!

Keep in mind that three to five mindless bites a day can mean an extra 5 pounds around your waist in six months. Your commissary not only saves you an average of 30% or more, but also has links to healthy living and recipes at: <http://www.commissaries.com/healthy-living/index.cfm>

Your commissary has exclusive savings for you and they vary each month. Check out the complete list every month at: <http://www.commissaries.com/partners.cfm> 🇺🇸



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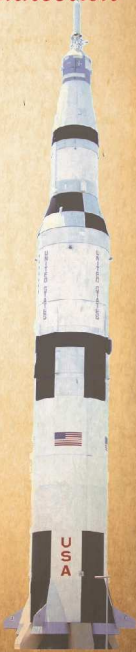
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Mike@MoveToHuntsville.com

www.MoveToHuntsville.com



Membership Statistics

Total Members: 458
Auxiliary Members: 70
Life Members: 220

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

Help the Chapter Recruit New Members

**Do you know someone who is eligible to be
a Chapter member?**

**Bring him/her to the next membership
meeting as your guest**

**If they join the Chapter, lunch is on us at the
next meeting**

MOAA Connect

MOAA's Social Media Application

Go to 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

It's a great way to share information with
your fellow Chapters

Give it a try!



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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



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



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	Interested in a Chapter Life Membership? Contact us for pricing (based on your age)			
<input type="checkbox"/> Two Years	\$20				
<input type="checkbox"/> Three Years	\$30				
<input type="text"/> First Name		<input type="text"/> MI	<input type="text"/> Last Name		
<input type="text"/> Preferred Name		<input type="text"/> Birthday (mm/dd/yy)	<input type="text"/> Spouse's Name	<input type="text"/> Period(s) of Active Duty i.e. 1965 – 1990	
<input type="text"/> Grade	<input type="text"/> Branch of Service	<input type="text"/> MOAA National Member #			
<input type="checkbox"/> Active	<input type="checkbox"/> Retired	<input type="checkbox"/> NG	<input type="checkbox"/> Former Officer	<input type="checkbox"/> Reserve	<input type="checkbox"/> Surviving Spouse
<input type="text"/> Mailing Address		<input type="text"/> City	<input type="text"/> State	<input type="text"/> Zip	
<input type="text"/> Phone Number		<input type="text"/> E-mail Address			

April 16th is Shred Day

The Better Business Bureau is having a Shred Day on 16 April from 8:30 - 12:00 at the Redstone Federal Credit Union on Wynn Drive. This service is free to the community. Anyone with documents that need to be shredded can drive thru and get them shredded without getting out of their vehicle.

Additionally, volunteers are needed to support the activity and assist with:

- Greeting and directing customers as they drive thru in their automobile
- Remove the items from the automobile and place in the destruct bins
- Pull bins to the shred truck

If you are interested in volunteering, please contact Ms. Camille Solley at 256-533-1642 x103 or csolley@northalabamabbb.org.

**30 Birthdays in April
Happy Birthday!**



TAPS

Our deepest sympathy to the
families of our departed friends

1LT Victor Grimes, 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:

Col Charles Orr, USAF
COL Henry Mattern, USA
COL Faison Gibson, USA
MAJ Raymond Weinberg, USA
CW4 Joseph Costello, USA
CW2 Ernest Carrick, USA
LCDR Don Vaden, USN
LTC Stephen Torok, USA
Mrs Pattie Chatfield
Mrs Josephine Walsh
LTG George Stotser, USA
COL Herbert Dixon, USA
LTC Fred Maksimowski Jr, USA
Mrs Lillian Kawano
LTC Kenneth Worsham, USA

LtCol David Dunlap, USA
LTC Albert Reumann, USA
COL Henry Brown, USA
CWO Bennie Robison, USA
COL Robert Pastorelli, USA
LTC Samuel Scruggs, USA
LTC Richard Allen, USA
CPT Stephen Cecil, USMC
1LT William Redmond, USAR
Lt Col Edward Gniadek, USAF
MAJ Gordon Brown, USA
COL Gary Jerauld, USA
Mrs Terry Cave
Mrs Lucy Mize
COL Henry Oldham, USA

Volunteers Needed

The Chapter has several vacant board position that need to be filled. A fully staffed board is critical to the continued smooth functioning of the Chapter. The positions are:

Program Chair - recently filled

Golf Committee – help plan and execute the annual golf tournament, our primary fund raising activity – you don't need to know anything about golf to help out

Publicity Chair – help advertise Chapter events in the Redstone Rocket and other media – get “our brand” out there

Historian – help consolidate and maintain vital Chapter records – going digital

If you are interested in volunteering, or would like additional information, please contact Charles Clements at 256-450-3610 or charles.clements@mda.mil

VLER HIE Initiative

When it comes to your health, information is important. Your doctors need information about your medical history and the need for information continues as long as you need care. The Military Health System (MHS) is making it easier for you and your providers to get the information you need, all from one resource - the Virtual Lifetime Electronic Record (VLER) Health Information Exchange (HIE) Initiative.

Access to your information is important to all of your providers, regardless of where you receive care. Through our private and secure network, only authorized healthcare professionals will access your health care information. The information exchanged is already part of your TRICARE benefit. If you are active duty, your information is already shared through VLER HIE.

Non-active duty beneficiaries can choose if they want to participate. If you don't want your information accessed by your doctors in VLER HIE, you can opt out. Once you opt out, the MHS will not be able to share your information, even in case of an emergency.

To opt out, you can go to [TRICARE.mil](https://www.tricare.mil), download and complete the VLER Opt-Out (In) Letter template, then mail it to the address provided on the letter. If you choose to opt out now and change your mind later, you may opt back in.

Dedicate Yourself to Healthy Eating this National Nutrition Month

Who would ever play the games Rate Your Plate or Nutrition Sudoku? Anyone who wants to learn how to eat right, that's who! Join the Military Health System as we observe National Nutrition Awareness this month.

Nutrition is an important aspect of a healthy lifestyle. The Centers for Disease Control and Prevention lists being overweight as one of the risk factors for prediabetes, a condition that affects 86 million American adults. Prediabetes puts people at increased risk for type 2 diabetes, heart disease, and stroke. It has been estimated that without weight loss and moderate physical activity, 15-30 percent of people with prediabetes will go on to develop type 2 diabetes within 5 years.

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Member Spotlight – CW4 Bob McCall, USA

As Related by CDR Christine Downing

Born in North Carolina, Bob McCall spent his growing up years in Greensboro. He had two older brothers in the Army and he wanted to join too. However, his mother had different ideas and wouldn't sign for him to enlist before he was 18 years old. One of his brothers advised him to study a trade before getting in the Army, that way he'd have a leg up on other enlistees. So Bob went to radio school and got his federal license thinking that would lead to a great start in the Army. Soon after he turned 18 years of age, he was drafted in 1945, just after the war was over.

His intelligence and skills impressed those he met while going through the induction process, but he was told that they were very sorry in that the only openings they had were in infantry, artillery and tanks. So, Bob ended up in the infantry with not much need for his radio skills. His first duty station was in northeast Italy. Bob left active duty in 1947 but remained in the reserves and took a job at a cotton mill in Danville, VA. This was a very important decision on his part since in the course of his duties there he met his wife Mildred. They had 5 children and spent 65 years together before Mildred passed away in 2002.

After being recalled in 1952 for the Korean War, he was selected to attend a radar school at Fort Monmouth and from there he worked in Research and Development at White Sands. Most of his subsequent tours were related to air defense units and support to the 7th Army. He completed two tours in Viet Nam, as well as postings in Michigan, Texas and Washington state and right here in Huntsville. But he fondly recalls a tour in Germany as his most enjoyable. He says that all his children, one son and 4 daughters, loved their time in Germany because of the travel they were able to undertake. It wasn't always easy managing the logistics of traveling with that large of a family, but it was well worth it for the education the children received outside of the classroom.

Bob remains quite the traveler and has been going back to visit the places and people he still knows from his time in Italy. In fact, the building that was their officer's quarters all those years ago is still standing and he's been fortunate enough to stay there again on his many visits. In fact, the locals lovingly refer to that room as the "Sergeant McCall Room!" The grandson of the building's owner was a professor at the University of Trieste and played an important role in not only getting a museum opened, but invited Bob to come for the opening ceremonies.

After retiring from the Army in 1972, Bob finished his college work and then opened a small business assisting other small businesses in contracting with the U.S. Army. Through his connections, he was offered a teaching position in electronics at Calhoun which then led to teaching business courses at Athens State University. He loved that position so much that he remained there for 20 years before becoming fully retired in 1992. In fact, Bob was very instrumental in establishing the Athens satellite campus on the Arsenal. Between his wonderful Army experiences, his love of teaching, and his large family (which includes 11 grandchildren) Bob thinks he's had a pretty wonderful life!

HCMOAA SUMMER PARTY

“Support your Team – Pro or College”



WHERE: The Summit Club
WHEN: Saturday, 25 June 2016 from 6:00 - 9:30 PM
PRICE: \$17.00 per person (gratuity included)



Reservations are required no later than Monday, 20 June 2016



Dress: Casual, but team apparel highly encouraged!
(Prizes for best male & female fans)



MENU

Chicken cordon bleu w/ supreme sauce
 Marinated flank steak w/ mushroom sherry sauce
 Mashed potatoes w/ brown gravy
 Green beans almandine
 Fried okra
 Apple cobbler
 Rolls with butter
 Coffee, Iced tea



Entertainment TBD



Cash Bar



Please reserve ____ space(s) for me (us)

Enclosed is a check for \$ _____ (\$17.00 per person) payable to HCMOAA

Mail to: CDR Christine Downing, 116 Spring Tanner Rd, Hazel Green, AL 35750

The people in my party will be:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Pineapple Open 2016

Golf Tournament

Hosted by the
Redstone Arsenal

Community Women's Club

Proceeds help support our Redstone Community in the
form of Scholarships and Community Assistance

When and Where:

Date: Friday April 8, 2016

Location: The Links at Redstone

Check in: 6:30 am

Tee Time: Shotgun start at 8:00 am

Format: 4 person scramble

Prizes:

Prizes will be awarded for top
teams and skill contests.

Mulligans, Door Prizes and a
Silent Auction will be available!

Cost:

Individual player: \$75

Cost includes:

- Goodie Bag with snack and water
- Cart and Green Fees
- Lunch

The Links will offer refreshments for purchase

Sponsorship Opportunities:

Single-Hole Sign \$100

Three-Hole signs \$250

Team & Three-Hole signs \$500

Sponsorship Opportunities:

rsacwcmembership@gmail.com



RSA Community Women's Club Pineapple Open Golf Tournament

Who is Playing: Team Name or Company:

Names of Players:

Point of Contact:

Phone: _____

Email: _____

Mail form and checks NLT April 1, 2016 to:

RSA CWC

PO Box 8113

Huntsville, AL 35808

RSA CWC is a 501c (4) non profit organization not affiliated with RSA or the US Army



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Seminar: Financial Basics for Future Homeowners

Presented by: Redstone Housing Services Office, Army Community Service and
Redstone Federal Credit Union

April 5th, and again on May 3rd
11 AM to 12:30 PM in the ACS Conference Room
Pershing Welcome Center, Building 3443, Aerobee Road

To register, contact Mary Breeden at 256-876-5397 or mary.c.breeden.civ@mail.mil

Seating is limited, so call to reserve the class you want

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 Community Women's 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.

Don't Snooze on Getting Enough Sleep

The National Sleep Foundation is celebrating Sleep Awareness Week, its annual event to raise awareness regarding the health benefits of sleep.

When you don't get enough sleep it affects your health, mood, productivity and more. Talk to your health care provider if you are having trouble sleeping. They can help determine if you're having a short period of restlessness or if you have a sleep disorder and may share helpful tips to improve your sleep habits.

If it's determined that a sleep study is necessary, you must be referred to a sleep disorder center by your doctor in order for TRICARE to cover a sleep study.

TRICARE also covers home/portable sleep studies as an alternative to in-facility studies for the diagnosis of obstructive sleep apnea in an adult when certain criteria are met. Check with your [regional contractor](#) for details.

You should try to get seven to eight hours of quality sleep every 24 hours. [Research](#) shows that after only one day without sleep, even young, healthy service members lose 25 percent of their ability to think clearly.

For more information about how much lack of sleep affects you, including how much you really need, visit the [National Sleep Foundation](#)'s website.

Important Dates in April

- 1 April – April Fools' Day
- 8 April – CWC Pineapple Open Golf Tournament – Links at Redstone
- 9 April – End of Civil War (1865)
- 10 April – Bataan Death March (1942)
- 11 April – Volunteer Appreciation Luncheon – Summit Club
- 12 April – First Space Shuttle Launch (1981)
- 14 April – Board Meeting – Summit Club
- 14 April – President Lincoln Assassinated (1865)
- 15 April - Titanic Sank (1912)
- 15 April – Tax Day
- 18 April – Paul Revere's Ride (1775)
- 18 April – Doolittle Raid on Tokyo (1942)
- 27 April – Member Meeting – Summit Club
- 30 April – Monthly Breakfast – Golden Corral



Note: Change to Monthly Breakfast Schedule

- No breakfast in June or December, as the chapter has parties those months
- Beginning in July, the breakfast will be held on the second Saturday of the month