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Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE Charles T. Clements, Lt Col, USAF, Ret



Dear Members -

One of our Chapter's main goals is to support a scholarship merit award program. We use our annual golf tournament as a vehicle to raise funds. Last year we raised \$6,000.00 that funded four \$1,500 scholarships. Work, by a very few members, is underway for this year's tournament which will be held on 22 September at the Links at Redstone. We need help acquiring local sponsors. Please look on our website for the golf sponsor flyer and then speak to your barber, drycleaner, dentist, and any other vendor that you regularly use. Ask them sponsor a hole or provide a donation of goods and/or services. Donations can be used in our silent auction as a fund raising tool. We also need golfers. If you are a golfer, sign-up for the early-bird special and save \$10. Contact Bruce Robinson, Don Kimminau or me if you have questions. Contact Rick West when you acquire donations and sponsorships. The next golf committee meeting is at noon on 29 July at the Links—join us for lunch.

Attendance at our membership functions must improve. If the day or time does not work for you, let us know what will. If the speaker does not interest you, suggest some who would. Not thrilled with the menu selection? Tell us what you would prefer. The Governing Board is amenable to making changes. Look for an e-mail survey on this topic soon.

There is a Veteran Suicide Awareness Event, "22 Won't Do", scheduled for 22 October at the Huntsville-Madison County Veterans Memorial. See the article inside. Our chapter will be supporting this event and have an information table on site. More information is available at <http://22wontdo.org/index.html>.

One last thought. The Chapter's Nomination Committee has been formed, led by our past president, Bruce Robinson. They are looking for members interested in serving as Chapter Officers next term. Interested? Please contact Bruce. The elections are held in October.

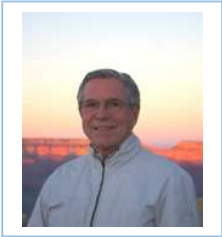
Charles

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/>

• Legislative Priorities Survey Results, by some 6000 MOAA Members in Response to Recent Survey

Have you ever wondered how members of MOAA prioritize legislative proposals among their concerns or areas that should be emphasized by the national organization? Recently, a survey was conducted relating to how members in various categories rated their top priorities among

- Reducing the 2017 military pay raise for a fourth consecutive year
- Imposing big Basic Allowance for Housing (BAH) cuts for thousands of service members
- Raising TRICARE enrollment fees
- Raising TRICARE deductibles
- Increasing pharmacy copays
- Allowing variable pricing of goods sold in commissaries

About 6,000 members responded, and here's their reported #1 priorities:

#1 Retiree Concern:

Force Cuts.....24%
 Prescription Co-pay Hikes.....24%
 Pay Raise Cap.....22%

#1 Active Duty Concern:

Pay Raise Cap.....23%
 BAH Cut.....21%
 Force Cuts.....16%

(Takeaways: Of course, all of these issues are important, and it's difficult to choose among them. But, retired members still care deeply about what's happening to today's troops.)

The survey also asked respondents to **rate their level of concern** on each issue on a 5-point scale from "not at all concerned" to "very concerned". Here's what respondents said they were "very concerned" about:

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

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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@mediacommb.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, brobins@mitre.org

Second Past President: Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, glenncrawley@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: Vacant

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, rickw675@att.net

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Chapter Chaplain: CH (LTC) Bert E. Wiggers, AUS-Ret, 256-617-0055, chbwjg@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, brobins@mitre.org / Col Don Kimminau, USAF-Ret, 256-489-5880, don.kimminau@gmail.com

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

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

Don't forget the 2016 Sales Tax Holiday. August 5 – August 7.
<https://www.revenue.alabama.gov/salestax/SalesTaxHol.cfm> You can check out: <http://www.revenue.alabama.gov> for all the tax exempt items. The Exchange is tax free year round – it usually discounts the amount of tax for purchases during this time. Your opportunity to save on those back to school items - especially those big ticket items like computers.

Your Redstone Exchange is gearing up for August with Back to School! They have everything you need for kids of all ages to go back to school. We have traditional school supplies for your school lists, as well as everything your college kids need. Stop in and take a look at the linens, towels, and other dorm necessities at your Exchange. Make the Redstone Exchange your one stop Back to School shopping destination and SAVE!

The Exchange is partnering with “Feds Feed Families” as a drop off location for canned and dry goods to help feed local families in need. Help us fight hunger by bringing items in to the Main Exchange, Goss Road Express and Martin Road Express.

Shoppette

Stop in and Register to WIN a Leinenkugel Canoe-B-Q! Your Express has a variety of Express Specials – David Sunflower Seeds in several flavors and Oberto Jerky. Plus, by the registers are several wine varieties on special. Get ready for Back to School and don't forget Labor Day soon! A Special Promotion Sale will be inside your Shoppette 25 & 26 August – be sure to stop in and stock up!

Commissary

August promos on meats, butts and ribs. With Christmas coming up soon don't forget Gift Cards, available in denominations of \$25 or \$50.

Managers Special on pork shoulder Boston butts \$1.47/lb saving you 12cents/lb. Punch up your savings with pork bone in loin chops and roasts at \$1.81/lb – locally \$2.99/lb. BBQ items, drinks, sauces, snack, & chips – all marked down.

Speaking of mark downs – don't forget to check out the Clearance Corner – difficult to find unless you know where to look. Just past the ice cream and before you get to the deli. You will find a large amount of re-taped and marked down boxes – in some cases dramatic mark downs. Also just past the Clearance Corner you will find the Julio Chips (including the “Freakin Hot” Chips) and Sauces area – each item \$3.89.

Need Addresses

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:

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 Gerald C. Maxwell
256-606-5282
gerald.c.maxwell@nasa.gov

Personal Affairs Officer

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Tim Kinnison
EXECUTIVE DIRECTOR
EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Gary Brotherton
NATIONAL CHAIR
EMPLOYER SUPPORT OF THE GUARD AND RESERVE

ESGR
EMPLOYER SUPPORT OF
THE GUARD AND RESERVE

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

Nominated by
SSG Gary Brotherton
who returned recently
from a year of
active duty overseas.

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Fox Army Health Center
Col Gerald C. Maxwell, USAFR



FOX ARMY HEALTH CENTER HAILS NEW COMMANDER

An Army leader commended Fox Army Health's Center's staff and outgoing commander for their dedication to their patients and to the mission, during a change of command ceremony Friday.

Fox Army Health Center employees, members of Team Redstone and local officials gathered to say farewell to Col. David Carpenter as he relinquished command to Col. Michael Oshiki. Brig. Gen. Ronald Place, commanding general of the Regional Health Command-Atlantic (Provisional), conducted the ceremony Friday afternoon in Bob Jones Auditorium.

"We know as an Army, we exist to fight and win our nation's wars, we also know that you cannot win a war without logistics, you cannot win wars without research, but you also cannot win wars without a medically ready fighting force – and that is where we come in," Place said.

"Fox Army Health Center, like all of Army medicine, is dedicated to the mission of keeping this community in a high state of readiness – that includes Soldiers, family members and every single beneficiary entrusted into our care. Medical readiness is our number one priority."

Under Carpenter's two-year tenure, the center led the Army in both secure messaging enrollment and utilization. That embracement of the technology has made it possible for patients to communicate with their medical provider via the internet, expediting obtaining appointments, prescription renewals and other medical needs. The drive-through flu vaccine service was established, to an overwhelmingly positive response from the community. Carpenter also championed major renovations of the Fox Army Health Center laboratory, which reopened its new state-of-the-art facility in 2015.

"Dave Carpenter is an innovator," Place told the crowd. "He is a leader who consistently finds new solutions to ongoing health care issues. He is truly an asset to Army medicine."

Oshiki comes to Fox from Joint Base Lewis-McChord in Washington where he served as an I Corps surgeon.

"I've known Mike Oshiki for almost ten years and I personally selected him for past leadership positions," Place told the crowd. "I am confident that he is the right guy. He is the right leader for this community. I look for the wonderful staff and Col. Oshiki to build on the current success while thoughtfully using your talents to bring additional positive innovations to fruition."

Widow's Activities



Mrs. Carrie Hightower
256-882-3992

WOW Support Group

The WOW Support Group does not meet during the months of July and August.

Everyone will be called in September.

Enjoy your summer.



Mrs. Liz Townsend
256-721-9762

MOAA Widow's Luncheon

The MOAA widow's luncheon will not be held in August.

Everyone will be called in September.

Enjoy your summer.

Call Your Regional Contractor First when Getting Specialty Care

TRICARE beneficiaries with special needs or a serious illness or injury have several resources available for help. Your care is best coordinated through your regional contractor.

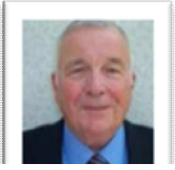
TRICARE rules require that if the care you need is available at a military hospital or clinic near you, and there is space available, you will be referred there first. However, if the care you need is not available, you will be referred to a network provider near you.

It is important to call and remain in contact with your regional contractor. Your regional contractor will have the most current list of providers. If you contact a specialty care provider directly, you could be on a wait list instead of getting the care you or a family member needs.

When you get your referral, your regional contractor will send a letter with the name and location of your specialty provider. The letter will also tell you what care is authorized, the length of time you are authorized to receive that care, and the type and number of visits you are allowed before you need another referral. If you would like a provider that is different than the one provided in your letter, you must call your regional contractor.

Family members with special needs require special considerations. There are resources and information available to help you get the care your family needs. However, you must contact your regional contractor to make sure you have access to the most current list of providers and have the most current information about those providers.

You can reach your contractor by phone. Health Net is the north region contractor and can be reached at 1-877-874-2273. Human Military is the contractor for the south region and can be reached at 1-800-444-5445. The west region contractor is United Healthcare. They can be reached at 1-877-988-9378. If you don't know which region you're in, please visit the TRICARE [website](#).



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

Fear of God

In 1996 U. S. astronaut Shannon Lucid spent 188 days in space along with two cosmonauts from the former Soviet Union. One night after supper she and the two cosmonauts began talking about their childhoods and what life was like for them during the Cold War between the United States and the Soviet Union.

Lucid and the cosmonauts surprised each other. She told them she had grown up fearful of the Soviet Union, and most American adults would have felt the same way. But the cosmonauts said they had been equally afraid of the United States.

What? Afraid of the United States? The idea that Russians would think we wanted to destroy them is incredible to Americans.

These Russian Cosmonauts resemble those who do not know God. They think that God wants to harm them, but nothing could be farther from the truth. Although there is a spiritual cold war going on, in which those who do not know Christ are indeed God's enemies because of their sins, they are not enemies that God wants to destroy. They are enemies that God dearly wants to make his friends.

"For this is the love of God, that we keep His commandments; and His commandments are not grievous." (1 John 5:3, KJV)



WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA

CDR Marty Ohme, USN
Lt Col Brenda Armstrong, USAF
LCDR Fran Witt, USN
CAPT Scott Witt, USN

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 June 2016

Beginning Balance	\$9337.71
Credits	274.00
Debits	460.50

Ending Balance \$9151.21





**Membership Meeting
31 August 2016
1100 – Summit Club**

Guest Speaker: The Honorable Mo Brooks

On November 4, 2014, Congressman Mo Brooks (R-AL) was re-elected as the Representative for Alabama's 5th Congressional District. He proudly represents the people of North Alabama and serves on three important committees: Armed Services, Science, Space, and Technology, and Foreign Affairs.

As a junior member, Congressman Brooks is highly active and engaged in representing the interests of the 5th District. Brooks supports America's missile defense technologies; he introduced successful legislation in 2011, 2012, and 2013 that blocked the White House from sharing classified missile technologies with Russia, and was adapted into the National Defense Authorization Act in FY2012.

During his first year on the Hill, Brooks founded and became co-chairman of the Army Aviation Caucus, a forum in which Members of Congress, staff, and Army leadership raise awareness for Army Aviation and seek to affect legislative priorities. The Caucus now includes more than 40 members and is one of the most active caucuses on Capitol Hill.

Rep. Brooks graduated from Grissom High School in 1972 (where he was all-city in baseball and an active member on two state championship debate teams). He graduated from Duke University in three years with a double major in political science and economics, with highest honors in economics. In 1978, he graduated from the University of Alabama Law School.

After graduation, Rep. Brooks worked as a prosecutor in the Tuscaloosa District Attorney's office, where he built a solid "tough-on-crime" reputation. While there, he obtained guilty verdicts in every one of the 20-plus jury trials he prosecuted. He also organized and managed the grand jury.

Rep. Brooks left the Tuscaloosa District Attorney's office in 1980 to return to Huntsville as a law clerk for presiding Circuit Court Judge John David Snodgrass. In 1982, Brooks was elected to the Alabama House of Representatives and became one of 11 Republican legislators (out of 140 total) and the only elected Republican legislator north of Birmingham.

In 1991, Brooks was appointed Madison County District Attorney. In 1996, he ran for the Madison County Commission and unseated an eight-year incumbent Republican. He was reelected to the Commission in 2000, 2004, and 2008.

In 1976, Mo Brooks married Martha Jenkins of Toledo; they met at Duke University. Mo and Martha are the proud parents of four children and grandparents of seven grandchildren. Rep. Brooks was first elected to the U.S. House of Representatives on November 2, 2010.

Menu: BBQ pork, BBQ chicken, macaroni & cheese, pinto beans peach cobbler, rolls 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 27 August 2016

Retirees:

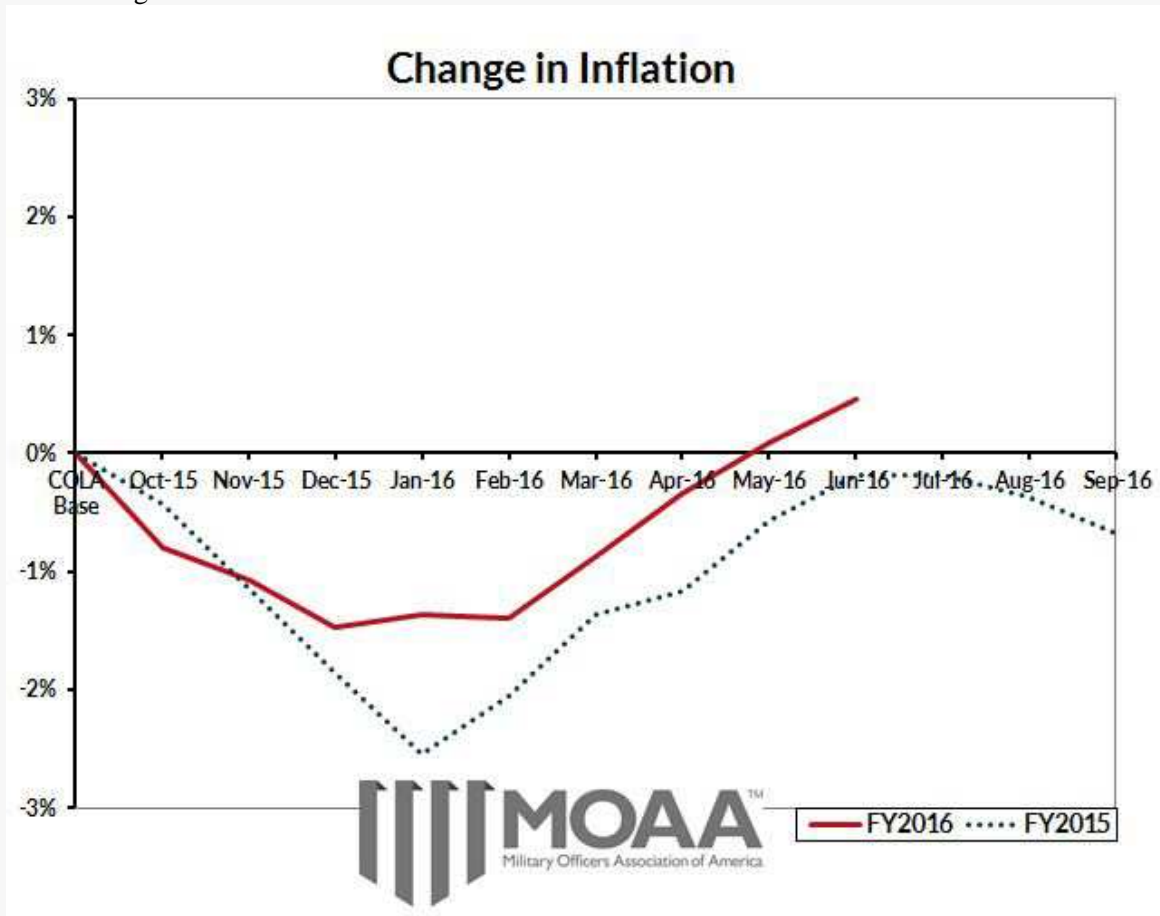
Force Cuts.....72%
 Rx Copays.....69%
 Pay Raise Cap.....62%
 Deductibles.....50%
 Enrollment Fees.....47%
 Commissary.....31%
 BAH Cut.....28%

Active Duty:

BAH Cut.....64%
 Pay Raise Cap.....61%
 Deductibles.....51%
 Enrollment Fees.....46%
 Force Cuts.....44%
 Rx Copays.....37%
 Commissary.....17%

• **COLA Watch**

Take note that the possibilities of an increase in retired pay (and Social Security benefits are finally beginning to surface. Here is the change in inflation based on June 2016 statistics. The July results will be released 16 August 2016.



Note: Military retiree COLA is calculated based on the CPI for Urban Wage Earners and Clerical Workers (CPI-W), not the overall CPI. Monthly changes in the index may differ from national figures reported elsewhere. - See more at: <http://www.moaa.org/takeaction/#COLA-Watch>

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Your Huntsville Real Estate Connection



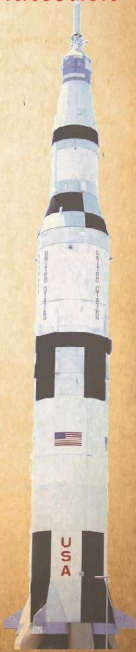
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256-508-0211

Mike@MoveToHuntsville.com

www.MoveToHuntsville.com



Membership Statistics

Total Members: 423
Auxiliary Members: 65
Life Members: 207

New this month: 4
Deaths this month: 4
Renewals: 0

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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

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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

_____ **New**

_____ **Renewal**

_____ **One Year \$10**
 _____ **Two Years \$20**
 _____ **Three Years \$30**

Interested in a Chapter Life Membership?
Contact us for pricing (based on your age)

_____ **First Name** _____ **MI** _____ **Last Name**

_____ **Preferred Name** _____ **Birthday (mm/dd/yy)** _____ **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**

Legislative – continued from page 9

• **Exactly Which Health Costs Are “Spiraling?”**

To briefly revisit an issue I addressed previously, the continuing ‘song and dance’ that military health care costs are spiraling out of control still continues to raise its head in various Congressional discussions. I cannot adequately emphasize the importance of your continuing to address the issue of “promised” health care for retirees amid the tactical skirmishes we win over co-pay, premium and other out-of-pocket-for-the-patient, increases that seem to be tagged on to annual defense budgets in some quiet committee meeting or elsewhere. We cannot afford to let our guards down for even a month as we continue to contact our elected representatives about these issues. Yes, typically, they often get whittled down to less impact by the time budgets are passed versus their initial proposed increases. BUT, some in the Congress continue to attempt to sneak them in hoping that they can slip past the scrutiny of our supporters, who by the way, are still too few in number. PLEASE, though it may seem like a broken record, continue to make your voices heard over and over again that the continuing attempt to erode our remaining benefits may fail! 🇺🇸

**37 Birthdays in August
Happy Birthday!**



TAPS

**COL Henry Mattern, USA
COL Robert Russell, USA
CH (MAJ) Frank Turnbow, USA
LTC Kenneth Thompson, USA**

COL John Rivenburgh, USA	LTC Michael Dinardo, USMC
Mrs Carrie Hightower	Mr Alvin Jupiter
MAJ John Yelverton, USA	CAPT James Newman, USN
Lt Col Ronald Harvey, USAF	Col Frederick Driesbach, USAF
Mrs Doris Prince	LTC Roger Buterbaugh, USA
LTC Philip Bradley, USA	MAJ Richard Quinones, USA
LTC Henry Arnold, USA	MAJ Warner Davis, USA
COL William Holbrook, USA	Mrs Margot Snyder
COL Joseph Goss Jr, USA	COL Ronald Funderburk, USA
MAJ Michael Wood, USA	LTC Richard Carter, USA
COL Michael Barron, USA	LTC Patrick Conner, USA
COL Richard Dean, USA	CW4 Edwin Nickel, USA
COL William Roberts, USA	Mrs Carol Freyder
COL Thomas Sharp, USA	COL Ronald Crowley, USA
LTC Norman Hopkins, USA	Mrs Helen Wilson
Mrs Marjorie Hines	CPT Camden Kent Jr, USA
COL George Sisson Jr, USA	Capt William Jackson, USMC
CDR David Swindle, USN	LTC Richard Sorrell, USA
CW4 Louis Kubik, USMC	

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:

TRICARE Reminds Beneficiaries: Protect Your Personal Information

Fraud against TRICARE beneficiaries is in the news. Protecting your personal information is vital to your privacy, and prevents abuse of taxpayer funds. Be safe; don't share your military ID or other personal or family information with an unknown person.

Fraudsters often target TRICARE beneficiaries, including active duty service members. Examples include fake surveys used to collect personal information or offering gift cards to get your information, then billing TRICARE for services you didn't need or never received.

If you think you are the victim of TRICARE related fraud, you can [report it](#) to the Defense Health Agency. You can also report cases where you think someone is trying to defraud TRICARE. For example, if your TRICARE explanation of benefits shows a bill for something you didn't get, tell your [TRICARE Regional Contractor](#).

TRICARE usually doesn't contact you asking for personal information, such as your military ID number or Social Security number. Only provide that information to a trusted entity, like your doctor, a claims processor, or your TRICARE regional contractor. Be wary of an unknown person offering a gift or reward in exchange for providing a health service. They may be trying to get your information to commit fraud.

For more information about fraud, visit www.health.mil/fraud.

TRICARE Offers Tips to Avoid Mosquito Bites this Summer

The American Mosquito Control Association reports that over one million people worldwide die from mosquito-borne diseases every year. This summer, TRICARE wants to help you avoid their bites, which are not only irritating, but can also carry diseases that make both people and pets very ill. Mosquito bites can cause severe skin irritation because of an allergic reaction to the mosquito's saliva. This is what causes the red bump and itching. But that's not all. There are several well-known diseases transmitted by mosquito bites:

- Malaria
- Dengue
- Dog Heartworm
- Eastern Equine Encephalitis
- West Nile Virus
- Zika Virus

You can protect yourself and your family from mosquito bites by taking a few simple precautions.

First, wear long-sleeved shirts and pants clothing when the weather permits. Wear light colored, loose fitting clothing. Studies have shown that some of the 174 mosquito species in the United States are more attracted to dark clothing and most can readily bite through tight-fitting clothing.

Next, you should wear insect repellent. There are many different kinds of insect repellent, but the Centers for Disease Control and Prevention (CDC) recommends products that have at least one of the following active ingredients: DEET, Picaridin, IR 3535, or Oil of lemon eucalyptus. Choose the lowest concentration of DEET that will provide the coverage you need and be sure you read the labels to find out how much product is in the repellent.

Get rid of any standing water around your house--mosquitoes lay their eggs near water and they don't need a lot. Check and empty children's toys, clear roof gutters of debris, avoid water collecting on pool covers and repair leaky outdoor faucets. Be sure to clean pet dishes and bird baths regularly.

For more information, visit the [Mosquito-Borne Illnesses](#) page on the Military Health System website. If you have traveled internationally recently, and develop a fever, headache, rash, muscle or joint pain, visit your healthcare provider immediately and tell them about your travel. To find a provider near you, visit the TRICARE [website](#).

Prevent Identity Theft - Get Your Free Credit Report

A man begins getting letters and phone calls from a credit card company telling him he is in default on his account. He doesn't have an account with that company ...or so he thinks. In fact, his daughter had opened an account in his name without his permission. As long as the daughter was paying on the account, he remained unaware. When she stopped making payments, that's when the company began to contact him.

So how do you find out if there are accounts in your name you don't know about? It's pretty easy. Under Federal law, you are entitled to obtain an annual free credit report. Simply go to <http://www.annualcreditreport.com> and follow the steps. You will have to provide a social security number and other personal information. You are limited to one report each year from each of the big three credit reporting companies: Experian, Transunion & Equifax.

You can also request your free reports by phone by calling (877) 322-8228.



In concert with the Military Retiree Council
and the Redstone Arsenal
Community Women's Club



Join us at
the Links at
Redstone

The Huntsville Chapter of the Military
Officers Association of America presents
our

5th Annual "Scholarship" Golf Tournament "Retiree Appreciation – Soldier for Life Days" Thursday 22 September 2016

0800 Shotgun Start
Registration begins at 0630
4-person Scramble Format

Early Bird Special:

Register by August 20th at the reduced rate of
\$65 per player / \$260 per 4-person team!

Don't wait – Sign up Now!

Interested in Sponsoring or
Donating directly to the
Scholarship Program?

Contact: Charles Clements
(Huntsville Chapter MOAA President)
256-450-3610 or
charles.clenents@mda.mil

100% of net proceeds returned as
merit awards for the Huntsville
Chapter MOAA Student Scholarship
Program

Individual Golfer - \$75
Or
4 Person Team - \$300

Includes range balls, cart, golf, lunch &
door prize ticket

Prizes for: Top Three Teams, Longest
Drive, Straightest Drive, Closest to the Pin,
Hole in One

Silent Auction with lots of great items!
Mulligan / Power Drive packages for sale!

To Sign Up Contact

Rick West Bruce Robinson
256-776-6901 or 256-450-3191
rckw675@att.net brobinso@mitre.org

Mail this form and your check made out to HCMOAA to

Rick West, 151 Tipton Rd, Gurley, AL 35748

PLAYER 1: _____ PLAYER 2: _____

PHONE: _____ PLAYER 3: _____

E-MAIL: _____ PLAYER 4: _____

Member Spotlight – Colonel Everett Mosley, USA

As Relayed by CDR Christine Downing

This month the spotlight shines on Ev Mosley who grew up in a very small town outside of Meridian, MS just about 5 miles from the Alabama border. He and his family have lived here in Huntsville since 1969, but the story lies in where he went in between.

After being awarded his undergraduate degree from Vanderbilt, he attended medical school at George Washington University. While there he took advantage of a program in the Army that would pay for his final year of schooling in exchange for service. He did his internship in the Army as an anesthesiologist and then reported to his first duty station in Germany. This would prove to be a very important event in his life as he and the other staff members became very close during their time defending the Fulda Gap; the dozen or so of them formed such strong bonds they held annual reunions until recently when travel became too difficult for many of the group.

He was also the commander of a small hospital in Garmisch, Germany as well as serving as the Chief of Anesthesiology at Fort Bragg and a tour of duty in Viet Nam. During his time at Fort Bragg he was assigned to the detail recovering one of the space capsules as it splashed down in the Atlantic Ocean. He says this was one of the most special moments in his career for a couple of reasons. Not only was it a wondrous thing to watch the capsule come down after such a long journey, but after getting back to the Navy ship the other guys on the helicopter told him how close they had come to crashing into the ocean! Apparently the pilot got caught up in the spectacle of the nighttime splashdown and almost splashed the helicopter as well. The co-pilot was able to recover control of the helicopter and landed them safely back aboard the Navy ship. It was then that Ev realized how close they had come, so he confidently exercised his ability to write a prescription for medicinal brandy which all the helicopter occupants took advantage of!

After about 13 years of active service, Ev, his wife and their two small children were at Walter Reed Hospital in Washington, D.C. The Army offered him the position as Chief of Anesthesiology, a job which he knew was mostly administrative in nature. Ev wanted to continue caring for sick patients and not working behind a desk, so he decided to end his active service. He stayed in the Army Reserves until retirement. After leaving active service he and his wife Devvy were considering two or three job offers with the Huntsville area being one of them. He clearly remembers coming over Monte Sano mountain with the absolutely stunning view of the valley and they thought right then that Huntsville would be the place to settle their family. They have never regretted that decision for one moment! Ev worked at all the hospitals in the area in his career after the Army. He was also active in many, many mission activities helping to establish hospitals and improving health care in places such as Guatemala, Belize, Jamaica, Panama and Zaire. The couple's two children also graduated from Vanderbilt; one resides in Nashville, the other in Massachusetts. Ev considers that he has had a truly blessed life throughout all his adventures.

Suicide Prevention

Central Alabama Resources

Veteran suicides are a tragic loss to our nation. At the last Alabama MOAA Council of Chapters meeting in July, the attendees were briefed by a representative from the Central Alabama Veterans Health Care System. They stated that there are, on average, 20 veterans that commit suicide every day. That is an incredible number— nearly 7,300 a year. Available resources include:

- Central Alabama Suicide Prevention Team at 334-727-0550 [extensions 2484, 3599, 3612 & 3864].
- Veterans Crisis Line at 800-273-8255 [press 1 to speak to mental health professionals]

Huntsville Awareness Event



On average, 22 times a day, 1 time every 65 minutes someone hears that voice telling them that killing themselves is the only way out. The purpose of this event is to bring awareness to all of the Veterans that are struggling to get up every morning and face another day. We want to bring awareness to the soldiers that think there is no hope, no reason to leave the house, and no reason to make friends. We need them to understand that there are people that want to help, there are people that will talk to them, there is someone else out there that is going through, or has gone through what they are feeling.

22 Won't Do will take place on October 22, 2016 at the Huntsville Veterans Memorial in Downtown Huntsville. The goal is to have at least 2222 people doing 22 pushups to not only break a World Record, but to show our support to those warriors that need to understand that there is hope. Please don't give up. Call the suicide prevention number, go to Facebook and find people going through the same feelings, find a friend.

In order to break this World Record there are several things that we need to do. We need to pay for the Guinness Judge, we need t-shirts made, we need water bottles, and entry numbers, tents, food trucks, bounce houses, billboards, yard signs and other things to make this a fun family event.

There will be a \$22 entry fee per person. This donation will go toward the Combat Medic Statue being placed at the Veterans Memorial in November. Registration also includes a T-shirt and other goodies.

We are looking forward to an amazing event! This event will be held rain or shine.

We are ready to show our Veterans that Huntsville, Alabama supports them!

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.

Grill Up Food Safety this Summer

According to the Centers for Disease Control and Prevention (CDC), 1 in 6 Americans get sick from eating contaminated food each year. TRICARE wants to help you practice food safety this summer. Food poisoning peaks in the summer months because warmer temperatures cause foodborne germs to grow. There are several things you can do to prevent illness in your family and friends.

First, wash your hands often when handling raw meat. Dirty hands and surfaces used to prep your meat can carry germs. So keep your hands and your prep area clean.

Next, clean your grill and your grilling utensils with a moist cloth or paper towel. If you use a wire bristle brush, check the grill after cleaning it. The brush bristles can come off and stick into food along with all the germs you thought you were cleaning off.

Throw away all meat marinades and sauces and don't re-use them. Raw meat juices can spread germs to cooked food. Also, put cooked food on clean plates and store different food separately. Meats need to be kept hot until served but grilled veggies keep well once they have cooled.

Check out the CDC's website for more information on food safety when grilling. If you feel sick after eating grilled foods, contact your provider or visit your nearest [urgent care](#) center.

Important Dates in August

1 August - Anne Frank penned her last entry into her diary (1944)

2 August – SMDC Change of Command

3 August – Columbus sets sail (1492)

4 August – Coast Guard established (1790)

5 August – Marilyn Monroe died (1962)

6 August – First atomic bomb dropped on Japan (1945)

9 August – Richard Nixon resigned (1974)

11 August – Monthly Board Meeting – Summit Club

13 August – Monthly Breakfast – Golden Corral

13 August – Berlin Wall established (1961)

14 August – Social Security established (1935)

16 August – Gold discovered in the Klondike (1896)

16-18 August – SMD Symposium - VBC

18 August – Women gain the right to vote (1920)

21 August – Hawaii becomes 50th state (1959)

24 August – Vesuvius erupts & buries Pompeii (79 AD)

24-25 August – White House & US Capital burned (1814)

26 August – Krakatoa erupts & kills 36,000 (1883)

23 August – Huntsville municipal elections

31 August – Monthly Membership Meeting – Summit Club

31 August – Princess Diana died (1997)

