

Volume 57, Issue 8
August 2018



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members -

It is less than 2 months to our premier annual fundraiser – the Scholarship Fund Golf Tournament! We really need your help with sponsors and donations. This is OUR Scholarship Fund and we should be proud that we have been able to increase it each year. To that end, you will receive separate emails requesting this help and requesting a little time from some of you in executing the tournament on September 20th – please keep that date open on your calendars! In addition, our Scholarship Fund Chairman, Rick West, will be sending out a letter to all members requesting a tax-deductible donation to the fund. This is an all-volunteer run program and 100% of all net proceeds go to the scholarship program!

Please note that the Guest Speaker for August has changed. COL Coles had a schedule conflict and her Deputy, LtCol Scott Wadle, USMC (Ret), will attend in her stead. See his bio and updated meeting information in this newsletter. This should be a great meeting - now is the time to get in your RSVPs!

The terms for our current slate of Chapter officers expire at the end of this calendar year. Elections for a new slate of officers will be conducted in the Fall. Newly elected officers serve for 2 years. The officer positions are: President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, and the three Service Representatives. If you are interested in running for one of these positions, or just want to find out what the position entails, please contact Charles Clements.

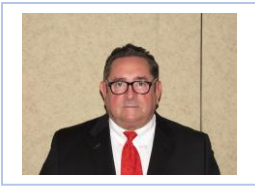
Also check out our MOAA website for more information and updates:
<http://huntsvillemoaa.org>

Gerald Maxwell

Get Involved!

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



Legislative Corner

Lt Col Charles Clements, USAF-Ret



**Take
Action**

→ <http://www.moaa.org/takeaction/>

“All politics is local.”

The Alabama primary run-off election is over. The next event is the general election on November 6th.

In an 85 to 10 vote, the Senate on Monday passed its version of the FY 2019 National Defense Authorization Act. The sprawling legislation must now be reconciled with the House, which passed in its version of the bill in May. The bill authorizes a 2.6 percent military pay raise, matching both the administration's request and what House lawmakers passed. The raise, consistent with private-sector wage growth, would be the biggest pay raise for servicemembers in eight years.

Issues to Watch

TRICARE fees

House position: No new fees

Senate position: Repeal grandfathering

MOAA Position: The most controversial provision in the Senate bill unwinds an important TRICARE grandfathering provision from last year's defense bill. The move repeals protections for health care beneficiaries who entered into the service prior to Jan. 1 from a new cost share structure, one with higher fees and pharmacy copays. MOAA strongly opposes the Senate provision. According to the nonpartisan Congressional Budget Office, higher out-of-pocket costs will push 20,000 beneficiaries out of TRICARE.

Survivor Benefits

House position: “Sense of Congress” to end the widows’ tax ASAP

Senate position: Nothing

MOAA position: While the Senate remained silent on survivor's benefits, the House included a language providing a “sense of Congress” that they “must work together to find a way to eliminate the widows' tax entirely.” It may seem like a small gesture, but the language provides a line in the sand for us to return to lawmakers and say “You've admitted this is wrong. Now let's work towards a solution.” The bill now moves to conference committee for House and Senate lawmakers to iron out differences between the two bills. Expect the bill to be complete by August.

In other news, the June 2018 Consumer Price Index (CPI) is 246.196, which is 2.7 percent above the FY 2018 COLA baseline. The CPI is a measure of the average change over time in the prices paid by urban consumers from

Continued on page 6

2017-2018 GOVERNING BOARD

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

1st Vice President: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

2nd Vice President: Lt Col Charles T. Clements, USAF-Ret, 850-496-6089, ctcbama76@gmail.com

Secretary: Lt Col Charles T. Clements, USAF-Ret, 850-496-6089, ctcbama76@gmail.com (temporary)

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

Army Representative: COL James D. Treadway, USA-Ret, 256-859-1484, jreadway51@mchsi.com

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

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

Immediate Past President: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, ctcbama76@gmail.com

Second Past President: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.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, jreadway51@mchsi.com

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

Historian: Vacant

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

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

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

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

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

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

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

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

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

LIFE MEMBERSHIP TRUST

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

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

LTC John C. Franks, USA-Ret, 703-489-2701, john.franks@ingenuityinc.net (July 2019)



PX / Commissary
Col Gerald C. Maxwell, USAFR



Main Exchange

Your Exchange has a huge supply of back to school items—all tax free! Clothes, shoes, accessories, pens, pencils, markers, backpacks, and notebooks. Plus, everything your college student requires for the new dorm. Also, check out all the items (big screen TV for example) you can put into the now vacant room to make a man or woman cave. Speaking of big screen TV's—now is the time to gear up for all the college games! From desktop to wall filling, your Exchange has the TV for you.

You may have noticed the Exchange car repair building has been vacant. The Exchange is working to get another tenant and the rumor is that Firestone may be returning. I know negotiations are ongoing.

Don't forget you can save even more by signing up for the Exchange STAR card! The first day you use it – ALL your purchases are 10% off. As always shop early for best selection.

Shoppette

Be sure to stop in every month to see the wine and spirit specials. What's new, wine of the month, spirit of the month, and limited time specials.

While there, check out two of their more expensive items. Don Julio 1942—a limited production tequila. For just \$169.60! Other versions of Don Julio of the not so limited variety at \$40.90. Not to be outdone, Jack Daniel's Sinatra Select is on sale. For Just \$127.50, normally \$142.50. Sinatra had this blend especially made for him and now you can have it too.

The Redstone Express will be hosting its next tent sale 23-25 Aug 2018.

Commissary

At <http://www.commissaries.com> you can check out the latest commissary sales flyer, recipes/coupons and sign up for the commissary rewards card. You will want to download all the football recipes! Also, with the concerns of what is in our food, you can now check out all the food recalls on the commissary web site. Thankfully, there are not that many.

If you haven't tried Freedom's Choice brand yet—you should! The new Commissary store brand - lower prices than the commercial varieties.

For a quick and ready snack, pick up the packaged tuna. You can get it in a pouch (some varieties with a spoon included) or canned (easy remove lid and some varieties with crackers).

Follow the commissary on Facebook or on Twitter.

Need Addresses

Mrs. Joann Miller

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

Concerns

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

None this month

Persons to contact are:

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

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

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

Personal Affairs Officer
Lt Col Gerald Haynes
 256-882-7857
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Do you know how the Windfall Elimination Provision and the Government Pension Offset may affect the direction of your Social Security?



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



IMPORTANT NOTICE!
The Retiree Vision and Dental Benefit
TAKE COMMAND

The current TRICARE Retiree Dental Program will end
DEC. 31, 2018.

During the 2018 Open Season, you can enroll in the Office of Personnel Management's (OPM) **Federal Dental and Vision Insurance Program (FEDVIP)** for dental benefits in 2019. Also, for the first time, most military retirees and their family members who are enrolled in a TRICARE health plan will have the option to enroll in vision benefits through FEDVIP.



Dental care improves oral health.
Given increasing connections between oral and overall health, dental coverage is critical.



Most adults need vision correction.
Approximately 66% of Americans age 18 and over report using glasses, contacts or both.

2019 FEDVIP Dental Plans:

Aetna Dental	GEHA
Delta Dental	Humana
Dominion Dental	MetLife
EmblemHealth	Triple-S Salud
FEP BlueDental	United Concordia Dental

2019 FEDVIP Vision Plans:

Aetna Vision
FEP BlueVision
UnitedHealthcare Vision
Vision Service Plan (VSP)

Note: Plan details and rates for the 2019 plan year will be available in fall 2018.

Important Dates

To prevent a gap in dental coverage when your TRDP plan ends, you must select and enroll in a FEDVIP dental plan during the next Federal Benefits Open Season.



Fall 2018
2019 FEDVIP plan rates are available



Nov. 12–Dec 10, 2018
Federal Benefits Open Season for FEDVIP



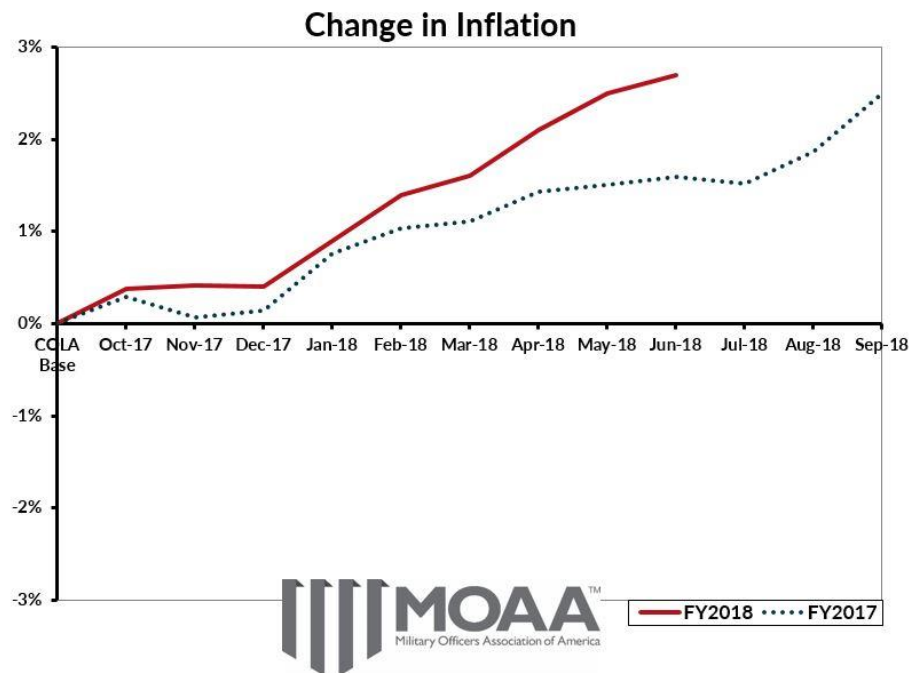
Jan. 1, 2019
2019 FEDVIP plan year begins

For more information, visit TRICARE.benefeds.com.

around the country for a market basket of consumer goods and services. Collectively, the CPI is also used to adjust annuities for federal retirees, survivors, and Social Security recipients.

The June 2018 CPI is 246.196, 2.7 percent above the FY 2018 COLA baseline.

The CPI for July 2018 is scheduled to be released on August 10th.



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

Retiree Appreciation Days 20-22 September 2018

20 Sep

- The Chapter Scholarship Golf Tournament - Links at Redstone – 0800 Shotgun Start

21 Sep

- Health Fair, Vendor Exhibits and the Honor Walk - Community Activities Center - 0830-1230
- Retiree Dinner - Summit Club – 1800

22 Sep

- Free Breakfast - Sparkman Cafeteria – 0630
- Speaker Engagement - Bob Jones Auditorium – 0800-1200

**CAPT Kathy Beasley, USN-Ret,
from MOAA National will be
the keynote speaker on
Saturday morning**



Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

There will be no luncheons in July or August – enjoy your summer. We will resume again in September.

Surviving Spouse Corner: Talking to a Surviving Spouse

When a death occurs after a sudden or long illness during a short or long marriage, the surviving spouse has suffered a huge loss. It is never easy. Out of sympathy and good intentions, family and friends sometimes say the darnedest things. Here are examples of what not say — all comments I heard as a surviving spouse — and some suggestions for what to do and say instead:

- “I understand exactly how you feel because my [substitute any noun other than spouse, including cat, dog, etcetera] died.” Nobody knows how another person is feeling. Every relationship is different. Instead, say one of the following: “I can’t imagine how you must be feeling,” “You must be so sad,” or even, “I don’t know what to say.”
- “If you need anything, let me know.” A recent widow(er) doesn’t know what he or she needs and won’t call. Do say, “May I take you out for coffee?” “May I run errands for you?” “May I bring you a meal or babysit?” or “May I stop by and visit?”
- “He/she is at peace now” or “At least you were prepared,” in the case of a terminal illness. It is never easy. When death is sudden and unexpected, do not say “At least he/she didn’t suffer.” The surviving spouse thinks, *Maybe he/she didn’t suffer, but I am suffering.*
- To a younger survivor, people say, “You are young, and you will move on and find somebody else.” Naturally, the surviving spouse cannot imagine life with anybody other than the deceased spouse.
- Asking any survivor about dating is just as tactless. Do not ask, “When are you going to start dating?” or “Will you remarry?”
- To an older widow, people say, “You were so fortunate to have had such a long marriage or to have known each other so long.” It is never long enough.
- “Did he/she leave you a hefty life insurance policy?” Unless you are a very close family member, the family financial advisor, or an attorney, *do not* ask.
- “It has been a while now. Aren’t you over it yet?”

Don’t be afraid to talk about the deceased, as memories are with survivors constantly. It is comforting to survivors to know others have not forgot them. Tell them, “I remember.” Everybody grieves differently and on a different time line. It can take six months to several years. Accept where a survivor is in the process. Do not assume a survivor is no longer interested in couple’s activities. Your invitation might be declined, but it will be appreciated.

No matter what, remember to be there for a surviving spouse and stay connected.



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

What About Your Pocket?

A soldier wrote once about a moment of comedy he had witnessed in the Army. It happened during a company inspection. A full colonel was conducting the inspection. Everything had gone smoothly until the officer came to a certain soldier, looked up and down and snapped, "Button that pocket, trooper!"

The soldier more than a little rattled stammered, "Right now, sir?" "Of course, right now!" was the reply.

Therefore, the soldier very carefully reached out and buttoned the flap on the colonel's shirt pocket. The officer had been quick to note the youngster's uniform problem but hadn't noticed his own.

For some reason, we seem to be the same way. The faults of others stick out like a missing tooth, while our own are often hard to spot. Small specks in other people seem major, while the planks in our own eye seem excusable.

"And why do you look at the speck in your brother's eye, but do not consider the plank in your eye? Or how can you say to your brother, let me remove the speck from your eye; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye and then you will see clearly to remove the speck from your brother's eye (Matthew 7:3-5, NKJV)."



Chapter Trip

The Chapter is looking at a trip to the Helen Keller home in Tuscumbia, AL. This will occur in the fall – a date to be determined

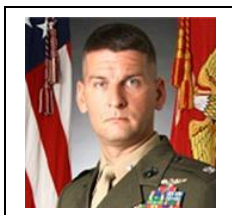


Built in 1820 only one year after Alabama became the 22nd State of the Union, Ivy Green is a simple, white clapboard home design in typical Southern architecture. The main house is of Virginia cottage construction, with four large rooms on the first floor bisected by a wide hall. Each room boasts an individual fireplace. Upstairs are three rooms connected by a hall. Having survived untouched through the ravages of the Civil War, Ivy Green is maintained to the smallest detail in its original state.

Since 1954 Helen Keller's birthplace has been a permanent shrine to the "miracle" that occurred in a blind and deaf seven-year old girl's life. At that time Ivy Green was placed on the National Register of Historic Places.

You are welcome to walk the grounds of one of America's true historical treasures and experience the miracle where it actually took place. The cost of admission is \$5.00.

Logistically, we will meet somewhere on the Arsenal and carpool to Tuscumbia for the visit. We will also stop for lunch at the Coldwater Mill Restaurant before returning to Huntsville. More info to follow on this.



Membership Meeting

29 August 2018
1100 – Summit Club

Guest Speaker: Lt Col Scott Wadle, USMC-Ret
Program Director of Council & Chapter Affairs, MOAA National

Lt Col Scott Wadle entered the Marine Corps upon graduation from the U.S. Naval Academy in 1994 and served more than 22 years in the United States Marine Corps in a wide range of assignments, including command of a Marine Corps Heavy Helicopter Squadron (HMH-461) based out of Jacksonville, NC, and service as the Marine Corps Liaison to the Defense Advanced Research Projects Agency (DARPA). He served as the Aide-de-Camp to the Commanding General, 2d Marine Aircraft Wing. Scott also served at the U.S. Naval Academy where he was assigned as both a Company Officer and as an instructor in the Leadership, Ethics, and Law Department. During his tenure at the Naval Academy, he was selected as the Outstanding Adjunct Faculty Member for two consecutive years. He retired in 2017 following his last assignment as head of the Weapons Systems Requirements Branch at Headquarters Marine Corps, Department of Aviation, in the Pentagon.

A career aviator, he deployed around the world in support of combat and contingency operations—including deployments to Kosovo, Djibouti, Iraq, and Afghanistan.

He holds a Bachelor's Degree in History from the United States Naval Academy, a Master's Degree in Leadership and Human Resource Development from the Naval Postgraduate School, and a Master's Degree in National Resource Strategy from National Defense University.

Scott joined MOAA in 2018 as the Program Director for Council and Chapter Affairs.

Scott will give us an update on what is new by the way of chapter recruiting and retention, chapter incentives, chapter awards, and any other relevant chapter topics. He will talk to any National MOAA goals and initiative and how they might impact the chapters. He will also answer questions, so come prepared.

This will be an important meeting, so plan on attending.

Menu: Fried chicken, brisket, whole kernel corn, mashed potatoes, strawberry cobbler 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, csgiving@bellsouth.net, NLT 25 August 2018



HCMOAA Treasurer's Report June 2018

Submitted by CAPT Richard C. West, USN (Ret.)

1. The June 2018 Treasurer's Report is presented herein. It has been reviewed by the Governing Board and will be presented to membership for approval at the August 2018 meeting.

2. Monthly Summary:

	Operating Funds	Savings	Scholarship Fund
Starting Balance	\$ 7004.83	\$ 8000.14	\$ 7515.68
Income	\$ 0.00	\$ 0.19	\$ 0.00
Expenses	\$ 836.40	\$ 0.00	\$ 0.00
Ending Balance	\$ 6168.43	\$ 8000.33	\$ 7515.68

3. Notable income included: none.

4. Notable expenses included payment for Tut Fann BBQ and for May's guest speaker and membership meeting meals.

5. Chapter savings account activity was limited to interest.

6. Scholarship Fund checking account activity: none.

7. The Chapter holds an \$8000 (current value: \$8153.46) Certificate of Deposit with Renasant Bank for reserve funding and advance dues payment protection.

Scholarship Fund

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

Scholarship Fund Donations Received During July 2018

NONE

Total received for July:	\$0
Total received FY18 to date:	\$520



**WELCOME NEW MEMBERS TO
HUNTSVILLE CHAPTER MOAA**

**LTC Roderic Spencer, USA
Mrs. Freddia Scott
Mrs. Kathleen Weinberg**

Membership Statistics

Total Members: 383
Regular Members: 316
Surviving Spouses: 67

New this month: 3
Deaths this month: 2
Renewals: 0

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:

Board Member Position Open

We have an opening on the board for a Secretary. The position is currently being filled on an interim basis.

The Secretary's duties mainly are to take minutes at the board and membership meetings to document the proceedings.

If you are interested in serving as Secretary, contact any board member.



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INSIDE CREEKSIDE CORNER**

**5PM- 11PM TUESDAY - SATURDAY
HAPPY HOUR DAILY 5PM- 6:30PM**



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

If New, how did you hear about us?

_____ MOAA National
_____ Local event
_____ Letter / e-mail from HCMOAA
_____ HCMOAA website
_____ Friend / acquaintance
_____ Other (Please explain _____)

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

*\$5 for New Members joining between 7/1 to 11/1

New Members joining after 11/1 will have membership paid through following calendar year

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

Election of Chapter Officers

Regular elections of officers will be held biannually on even numbered years. Prior to the August membership meeting, a nominating committee will be appointed to identify potential candidates. The names of the candidates will be proposed at the September membership meeting and published in the October edition (electronic and printed) of *The Sentinel*.

At the October membership meeting the recommended slate of nominees will be read and additional nominations called for from the floor. Nominations will then be closed, and election of officers will take place.

The results of the election shall be published in the November and January (printed only) editions of *The Sentinel*. The newly elected officers will take office at a formal installation at the January membership meeting.



31 Birthdays in August

Mrs Carrie V Hightower
MAJ John V Yelverton, USA
Capt Melissa M Lacey, USAF
Col Frederck J Driesbach, USAF
LTC Philip H Bradle, USA
COL William A Holbrook, USA
COL Joseph B Goss Jr, USA
LTC Joseph J Della Silva, USA
LTC Michael W Dinardo, USMC
Mrs Carol H Freyder
COL Thomas A Sharp, USA
LTC Norman P Hopkins, USA
Mrs Helen K Wilson
MAJ Richard J Quinones, USA
Capt William L Jackson, USMC
CW4 Louis J Kubik, USMC

Mr Alvin M Jupiter
COL John D Rivenburgh, USA
LtCol Ronald G Harvey, USAF
LTC Richard H Sorrell, USA
MAJ Warner A Davis, USA
Mrs Margot G Snyder
MAJ Michael B Wood, USA
COL Michael C Barron, USA
LCDR Frances K Witt, USN
COL William J Roberts, USA
COL Ronald C Crowley, USA
LTC Richard A Carter, USA
Mrs Marjorie E Hines
CPT Camden J Kent Jr, USA
COL Ronald N Funderburk, USA

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

The Golf Committee Needs You

It's that time again. Initial planning is underway for the 2018 Scholarship Golf Tournament. You don't need to know anything about golf or commit an excessive amount of time – you can volunteer as much or as little as you see fit. The following are some of the ways you can help:

- When you visit a local merchant, ask them if they could donate any goods or services
- Recommend businesses that we can approach to be sponsors
- Spread the word about the tournament to any golfers that you know
- Set aside some time on tournament day to help out at the course – just an hour or two
- Join the golf committee – we meet monthly over lunch at the Redstone golf course



If interested, or to find out more, contact Bruce Robinson, brucer76@knology.net or 256-426-0525



TAPS

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

LT Neil W. Cocker, USN-Ret - 93, of Huntsville passed away early Wednesday July 11th. A graduate of Hope College, LT Cocker served on the Navy ships Leyte and the Rushmore. Originally from New York, a position with General Electric brought he and his family to Huntsville in 1965, a move that left him with a love of the south for the rest of his life.

In the 1970's, a position with TVA moved he and his wife to Knoxville, but retirement brought them back home to Huntsville. An avid numismatist since age 13, Neil was active in the BRNA. He was a Mason, and later became a Shriner, and was an active member of the Huntsville Kiwanis chapter and Golden K.

Neil was married 65 years to Corinne "Teddy" Cocker, who passed away in 2014. He is survived by his children, Timothy Cocker of GA, Susan McBarron of VA, and Thomas Cocker of GA, five grandchildren, and six great-grandchildren. He will be laid to rest in the Chattanooga National Cemetery at a date to be later determined. In lieu of flowers, the family requests donations be made to the Huntsville Humane Society.

COL William Lester Rehm, USA-Ret – 88, of Hermitage, TN passed away July 25, 2018. He was born in Clayton, LA and graduated from Baton Rouge High School. He went on to Louisiana State University where he graduated with a degree in Chemistry and Physics.

While at LSU he was involved in the ROTC program and entered the Army. While serving, he obtained his Master's Degree in Engineering from Purdue University. He served in both the Korean and Vietnam conflicts. In Vietnam, he gathered intelligence on Soviet air defense systems and missiles deployed in North Vietnam. He returned to Redstone Arsenal in Huntsville, Alabama where he led the "Red Eye" Missile Project. This project developed programs that produced many of the nation's military and NASA rockets. He served 22 years in the Army rising to the rank of Colonel. He retired in 1973 and joined Huntsville Utilities as a Purchasing Agent.

He is survived by his daughter Susan Rehm Smith (Scott), his granddaughter Jessica Lauren Smith, his grandson Bennett Scott Smith (Amethyst), his great grandson Lincoln Scott Smith and numerous nieces and nephews. He was preceded in death by his wife Helen Maddox Rehm, his sons Mark Eric Rehm and Carl Merrill Rehm.

The family will hold a private memorial in Hermitage, TN and he will be buried with full military honors in Arlington, VA at Arlington National Cemetery along with his wife and infant son Carl.

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



The Wall that Heals 1-4 November 2018 John Hunt Park



The Wall That Heals - Vietnam Veterans Memorial Replica & Mobile Education Center will be coming to Huntsville 1-4 November. The Replica and Mobile Education Center will be located in the John Hunt Park off of Airport Road. The Wall That Heals will be hosted by around 35 cities this year.

The new replica is 375 feet long and 7.5 feet high. More than 58,000 names on this new replica are engraved to allow visitors to make rubbings of individual service's member's names just as one can at the Wall in Washington, DC.

Once the Wall is set-up it will be open 24 hours a day through 1400 hours on Sunday, November 4. A substantial number of volunteers will be required. You may sign up as a volunteer for a specific period of time here:

<https://www.signupgenius.com/go/10c0545aaa82ba7ff2-twth>

Additional exhibits will be located in the Jaycee Building and the Veterans Memorial Museum in John Hunt Park.



In concert with the Redstone Arsenal Military and Civilians' Club,

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



7th Annual "Retiree Appreciation Days" Scholarship Fund Golf Tournament

Entry Fee - \$75

Includes golf/cart, breakfast, lunch & door prize ticket

- Prizes for: Top Three Teams, Longest Drive, Closest to the Pin, Hole in One
- Silent Auction
- Mulligan / Power Drive packages for sale

Thursday
20 September 2018
The Links at Redstone
0800 Shotgun Start
Registration begins 0630
4-person Scramble

Early Bird Special:

Register by 20 August
for **\$65** per player

Don't wait!

For more information, contact Bruce Robinson at brucer76@knology.net / 256-426-0525 or Rick West at rickw675@att.net / 256-776-6901 or visit huntsvillemoaa.org

To sign up, mail this form with your check made out to HCMOAA to: HCMOAA
P.O. Box 1301
Huntsville, AL 35807

Player 1: _____ E-mail: _____

Phone: _____ Need Base Access? Yes ____ No ____

Player 2: _____ E-mail: _____

Phone: _____ Need Base Access? Yes ____ No ____

Player 3: _____ E-mail: _____

Phone: _____ Need Base Access? Yes ____ No ____

Player 4: _____ E-mail: _____

Phone: _____ Need Base Access? Yes ____ No ____

100% of Net goes to the
HCMOAA Scholarship Fund

Sponsorship does not imply endorsement by the
US Army or the Department of Defense

Tips for a Safe, Healthy Summer

Summer is the perfect time to enjoy the sun, outdoor dining, and water activities. Although fun, these summer activities can pose some risks to your health.

In the event you need to see a medical professional, know your TRICARE benefit and the different types of covered services available to you and your family, including preventive care, urgent care, and emergency care. If you're not sure if you need medical attention, remember the Military Health System Nurse Advice Line is free and available 24/7.

Keep in mind the following tips so you and your family stay safe and healthy this summer:

Protect Skin from Sun Exposure: When you and your family are having fun outdoors, use these tips to stay safe in the sun:

- Use sunscreen with SPF 15 or higher.
- Wear clothing that covers your skin.
- Avoid direct sunlight by sitting in the shade or using a beach umbrella.
- Wear a hat to protect your face, head, ears, and neck.
- Wear sunglasses that block ultraviolet rays.

If you're at a higher risk of developing skin cancer, get checked out. TRICARE covers skin cancer exams for individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions.

Prep, Cook, and Store Food Properly: When hosting outdoor summer gatherings, food safety is key, especially since keeping food cool can be a challenge. Check out these tips to reduce your chances of food poisoning from summer foods:

- Wash your hands, kitchen surfaces, cookware and utensils thoroughly before you prepare food.
- Separate your foods to avoid cross-contamination.
- Cook your meats, whether using the oven or grill, until they're the correct internal temperature.
- Chill food within two hours (within one hour if hotter than 90 F) and don't leave food in the heat or sitting at room temperature for a long time.

Make Smart Decisions in or near Water: If engaging in water fun, here are a few safety tips to protect yourself and loved ones while you're in or near water:

- Know how to swim and any limitations in your swimming ability.
- Always supervise kids when around water.
- Bring a friend.
- Wear a lifejacket.
- Swim in supervised (lifeguarded) areas.
- Drink responsibly and avoid alcohol during water activities.

To ensure this summer is filled with good memories, make safety a priority at all times.

Summer Safety: Tips to Prevent Food Poisoning

Summertime is filled with special occasions focused on family, friends, and food. While cookouts and picnics are fun, food preparation and storage is a serious consideration in the summer months. The Centers for Disease Control and Prevention (CDC) report that each year, nearly 48 million people get sick from a foodborne illness. Although proper preparation and prevention help reduce the chances of getting sick from food, it's also important to be familiar with your TRICARE treatment options.

Symptoms of foodborne illness, also called food poisoning, occurs when contaminated food is eaten and causes an adverse reaction. This reaction may differ among various illness strains, but most include stomach cramping, vomiting, and diarrhea. Pregnant women, young children, older adults, and individuals with conditions causing a weakened immune system are at an increased risk for food poisoning.

Most food poisoning symptoms are minor and will get better without treatment. If symptoms continue or worsen, see your doctor or seek urgent care. You can also contact the Military Health System Nurse Advice Line (MHS NAL) 24/7 with urgent care questions. In the U.S., call 1-800-TRICARE (1-800-874-2273) and select option 1. On the MHS NAL website, you can also chat with a nurse or find country-specific phone numbers.

According to the CDC, following four simple steps at home — clean, separate, cook, and chill — can help protect you and your loved ones from food poisoning.

Clean - Wash your hands and clean kitchen surfaces often when cooking. Use soap and warm water when washing hands and make sure to wash continuously for at least 20 seconds. Wash your cookware and utensils thoroughly.

Separate - Keep foods apart and don't cross-contaminate. Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator and when grocery shopping. Use separate cutting boards and plates for these foods before they're cooked.

Cook thoroughly - Consider your food safely cooked when the internal temperature gets high enough to kill germs. You can check the temperature of your food by using a food thermometer. Use this chart for comparing food temperatures.

Chill - Refrigerate perishable food within two hours or within one hour if the outdoor temperature is above 90°F. Thaw frozen foods in the refrigerator, in cold water, or in the microwave. Don't leave food at room temperature where bacteria can easily grow.

Check out more tips from TRICARE to help you enjoy a safe and healthy summer.

Huntsville Chapter Objectives

- Promote the aims of the national MOAA organization
- Further the legislative and other objectives of MOAA through grassroots activity
- Foster fraternal relationships among retired, active and former officers of the uniformed services
- Maintain liaison and a positive relationship with the Redstone Arsenal Garrison and other military commands in the Northern Alabama area
- Provide a social venue for members to meet periodically and enjoy fellowship with people of similar interests and backgrounds
- Promote and assist worthy community activities
- Provide useful services and information for members and their dependents and survivors
- Provide representation to the Alabama Council of Chapters of MOAA
- Provide representation to the Northern Alabama Veterans and Fraternal Organizations Coalition
- Protect the rights and interests of service retirees and active duty military members in matters of state legislation through the Alabama Council of Chapters

Benefits of Membership

We are the largest of the 13 chapters in Alabama and have about 450 members. We have been recognized by National MOAA for the last four years with Level of Excellence awards. We provide grassroots support for issues that affect us and are active in both the Redstone Arsenal and Madison County communities. Why should you join our chapter? This is what we do, and what's in it for you:

- Partnership with Redstone Arsenal agencies – Fox Army Health Clinic, Army Community Service, MWR, PX/Commissary, Military Retiree Council
- Membership in the North Alabama Veterans and Fraternal Organizations Coalition (NAVFOC) – plugged in to the larger Veterans associations “big picture”
- Recognizing leadership – JROTC/ROTC awards and “gold bar” ceremonies
- Recognizing potential – Scholarship Awards program with the Redstone Arsenal Military and Civilians Club
- Community service/relations – annual Tut Fann Veterans Home BBQ, Memorial Day wreath laying ceremony, Veterans Day parade and events, Retiree Appreciation Day
- Camaraderie – Monthly meetings & breakfasts, parties, golf tournament
- Information – Monthly newsletter, web site, Personal Affairs, guest speakers
- Legislative action – grassroots activities, support for National MOAA agenda
- Venue for getting involved

Please visit our award-winning chapter website at <http://huntsvillemoaa.org> where you can find out more about chapter activities.

Attention Members

One of the best sources of income for the Chapter comes from advertisements like the ones in this newsletter. You are the best resource for identifying potential advertisers. The next time you go out to dinner, or to shop, or to get a haircut, or to get your car fixed – ask the business manager if they would consider advertising. Let them know that the newsletter reaches our 400+ members each month. All they can say is “no”.

If they are interested or desire more information, please let Bruce Robinson know, and he will follow up with them. His contact information is brucer76@knology.net or 256-426-0525.

Important Dates in August

- 1 August – Anne Frank made her final diary entry (1944)
- 2 August – Iraqi Army invaded Kuwait, resulting in Desert Shield (1990)
- 3 August – Christopher Columbus set sail from Spain (1492)
- 4 August – Black Tie Charity Ball - VBC
- 5 August – First Federal Income Tax signed into law (1861)
- 5 August – Marilyn Monroe died (1962)
- 6 August – Atomic bomb dropped on Hiroshima (1945)
- 6 August – Jamaica achieved independence from Great Britain (1962)
- 6 August – Voting Rights Act signed into law (1965)
- 7-9 August – Space & Missile Defense Symposium - VBC
- 7 August – Congress approve Gulf of Tonkin Resolution (1964)
- 8 August Russia declares war on Japan and invades Manchuria (1945)
- 9 August – Atomic bomb dropped on Nagasaki (1945)
- 9 August – Monthly Board Meeting – Java Café**
- 9 August - Richard Nixon resigned the Presidency (1974)
- 11 August – Monthly Breakfast – Royal Rose Diner**
- 11-16 August – Watts riots in Los Angeles (1965)
- 13 August – Berlin Wall established (1961)
- 14 August – Social Security Act signed into law (1935)
- 14 August – Japan surrenders, ending World War II (1945)
- 15 August - 300,000 people show up for Woodstock (1969)
- 16 August – Gold discovered in the Klondike River (1896)
- 16 August – Elvis Presley died (1977)
- 21 August – Hawaii became the 50th state (1959)
- 24 August – Mount Vesuvius erupted, destroying Pompei (79 AD)
- 24-25 August – The Capital, White House and other buildings burned (1814)
- 26 August – Krakatoa exploded, killing 36,000 (1883)
- 28 August – March on Washington (1963)
- 29 August – Monthly Member Meeting – Summit Club**
- 31 August – Princess Diana killed in a car crash (1997)

