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January 2021



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



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

Greetings Huntsville Chapter Members –

Thankfully, we are FINALLY out of 2020. We can only hope that 2021 is a much better year for all of us and for our country! I will certainly not miss a thing about 2020!

Our donation drive for the Scholarship Fund continues – slow but steady! Again, the Chapter and I thank those of you who have so generously donated to this very worthy cause. We are about halfway (yay!) to the total contributions we need to award the same level of scholarships that we did last year. If you have not contributed already and wish to do so, I have included a donation form with the email promulgating this newsletter. If you work or know someone able to help, please forward the form to them.

Save the date! No, we do not know where the COVID is heading, but the Golf Committee and I are being extremely optimistic and have scheduled the 2021 Tournament for Friday, September 10th at The Links at Redstone. I am keeping my fingers crossed!

Face-to-face meetings/events continue to be cancelled. We will continue to use Zoom until it is safe to get together in large groups. The next Zoom meeting will be **January 27th at 1100** – we have some important Chapter business to discuss and will be swearing in the slate of Chapter Officers for 2021-2022.

Just a gentle reminder that annual dues are due! To make it easy, there is a list of those whose membership expired on December 31st in this month's issue. We really do not want to lose a single person from the chapter!

Continued on page 15

Due to the coronavirus situation, Member Meetings are cancelled until further notice

In This Issue

President's Message	1	Fox Army Health Clinic (continued)	9
Legislative Corner	2	Treasurer's Report	10
Concerns	3	National Park Program	11
PX/Commissary	3	Membership Renewal Notice	12-13
Fox Army Health Clinic	5	Golf Tournament	14
Surviving Spouse Luncheon	7	Birthdays	15
Surviving Spouse Corner	7	President's Message (continued)	15
Chaplain's Corner	8	TAPS	16-17
New Members	8	TRICARE Info	18
Membership Statistics	8	Chapter Objectives	19
Surviving Spouse Corner (cont)	9	Important Dates	20

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.”

On the National Front

On 21 December 2020 Congress passed a \$900 billion pandemic relief package that would finally deliver long-sought cash to businesses and individuals and resources to vaccinate a nation confronting a frightening surge in COVID-19 cases and deaths.

Lawmakers tacked on a \$1.4 trillion catchall spending bill and thousands of pages of other end-of-session business in a massive bundle of bipartisan legislation as Capitol Hill prepared to close the books on the year. After months of negotiations, the relief package sped through the House and Senate in a matter of hours. The Senate cleared the massive package by a 92-6 vote after the House approved the COVID-19 package by another lopsided vote, 359-53. President Trump signed the bill into law on 27 December.

The bill combines coronavirus-fighting funds with financial relief for individuals and businesses. It would establish a temporary \$300 per week supplemental jobless benefit and a \$600 direct stimulus payment to most Americans, along with a new round of subsidies for hard-hit businesses, restaurants, and theaters and money for schools, health care providers and renters facing eviction.

The 2021 National Defense Authorization Act (NDAA) is still unsigned. When and if signed the Act will likely provide a 3% pay increase; DoD’s desire to cut Medical Billet and MTFs must be approved by Congress; expansion of some TRICARE benefits; and language requiring a new business case analysis of any proposed merger of the commissary and exchange systems and Congressional approval before DOD takes action.

The Whitehouse is on record opposing a number of cuts in the Senate version of the bill. They include a \$2.1 billion reduction in RDT&E, a \$389M cut to the Conventional Prompt Strike program; a \$45M reduction to the Hypersonic Prototyping program; and a \$186M reduction to the Standard Missile-6 program

Please read the recent posting to the Legislative portion of our webpage. There are two articles, both going into more detail regarding the NDAA.

As always, please take time to look at <http://takeaction.moaa.org>. The National Headquarters 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.

2021-2022 GOVERNING BOARD

EXECUTIVE COMMITTEE

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

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

2nd Vice President: LTC Gary R. Young, USA-Ret, 256-722-2134, youngbikers@att.net

Secretary: COL Michael C. Barron, USA-Ret, 337-422-8862, mbaron468@gmail.com

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Navy Representative: COL Raymond G. Regner, USMC-Ret, 256-851-5903, raymond.regner@gmail.com

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

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

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

STANDING COMMITTEES

Membership (Acting): MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

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

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

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

Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

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

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

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

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

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

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

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ROTC/JROTC: LTC Gary R. Young, USA-Ret, 256-722-2134, youngbikers@att.net

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

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2023)

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

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



PX / Commissary
Col Gerald C. Maxwell, USAFR



Main Exchange

Start your new year out right by checking out the Big Games sales on TV's both online and at your PX. Complete the package with a sound bar, also on sale! Visit <http://www.shopmyexchange.com> for a full variety of gifts, candies, and much more. Don't forget to also check out the Daily Special online only for each day offering special savings for you.

Remember Valentine's Day is in February so don't forget to pick up and check out online the many fragrance's and gift sets available at your Exchange. The Exchange is also your first stop for your choice of chocolates for your Valentine.

Shopette

Your shopette has a variety of drinks, food items and accessories for your New Year's Day celebration. Stop by today and make your selections!

Also, remember the gas pumps are open 24/7 with your credit card (and always an extra 5 cents off per gallon with your Military Star Card).

Commissary

On a recent visit to the commissary the paper products shelves were fully stocked with no restrictions. Other restrictions continue - fresh beef 4 items, pork 5 items, and chicken wings are limited. Fresh turkey 2 items, fresh hamburger 6 items, and breakfast meat 2 items. No limit on reduced meat.

Your Bakery and Deli can create Meat and Cheese trays or/and Sandwich trays. Please call 256-876-3517 and give at least a 24 hour notice. Remember the Sushi Bar is now located by self-checkout.

The Scholarships for Military Children Program was created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

The application period is open until 11:59pm Pacific Standard Time, Wednesday, February 17th, 2021. Apply at sfmc.militaryscholar.org.

Information for the 2021 Scholarships for Military Children Program is available at commissaries worldwide or online at <http://www.militaryscholar.org>

Need Addresses

None this month

We have lost track of the above members. If you know their whereabouts, please have them contact Bruce Robinson at 256-426-0525 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
jtreadway51@mchs-i.com

Navy/USMC Representative:
COL Raymond G. Regner
256-851-5903,
raymond.regner@gmail.com

Air Force Representative:
Col Edward L. Uher
256-882-6824,
biced992K@aol.com

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

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



Understanding TRICARE Coverage of COVID-19 Testing

If you have symptoms of COVID-19 and go to the doctor to get tested, will TRICARE cover your visit and your test? Will TRICARE cover your COVID-19 test if you don't have symptoms but want to get a test for peace of mind? If you're confused about COVID-19 tests and what TRICARE covers, be sure you check out the latest information on the TRICARE website.

"As COVID-19 cases rise, we know that more and more of our TRICARE beneficiaries may want to get tested," said Elan Green, chief of the Medial Benefits and Reimbursement Section for the TRICARE Health Plan with the Defense Health Agency. "If you have questions about what's covered and how to access care, there are resources to help support you. You can review TRICARE COVID-19 information, or reach out to your TRICARE contractor or medical provider."

When it comes to COVID-19 testing, you should first know that TRICARE covers COVID-19 tests when they're medically necessary and appropriate. A TRICARE-authorized provider must order the test. And the provider must perform the test at a TRICARE-authorized lab or facility. If you got an approved COVID-19 test done and paid a copayment for the test or related office visit, you can file a claim for reimbursement.

To further help you understand your benefits, here are answers to some of the most popular questions about COVID-19 testing and TRICARE. Make note of them before you or a family member gets tested.

Q: Does TRICARE cover COVID-19 testing for active duty service members who have symptoms of COVID-19?

A: Yes. You should get a COVID-19 test at a military hospital or clinic when it's possible. Report your results through your unit and medical channels. If you're a National Guard or Reserve member called or order to active duty for more than 30 days, you must show as TRICARE-eligible in the Defense Enrollment Eligibility Reporting System, also known as DEERS. Your provider should reflect COVID-19 coding on the claim. Your provider will process the claim under the Supplemental Health Care Program.

Q: Does TRICARE cover COVID-19 testing for active duty service members who don't have symptoms of COVID-19?

A: It depends. TRICARE will cover your test if it's required to support your unit's readiness mission or your deployment status. Report your results through your unit and your medical channels. You should get your test done through your service channels or at military hospital or clinic when possible.

Q: If you have TRICARE for Life, will TRICARE cover your COVID-19 testing?

A: It depends. You must follow the Medicare coverage rules. TRICARE will process your claim as secondary payer for services covered by both Medicare and TRICARE, including testing, treatment, and hospitalization.

Continued on page 9

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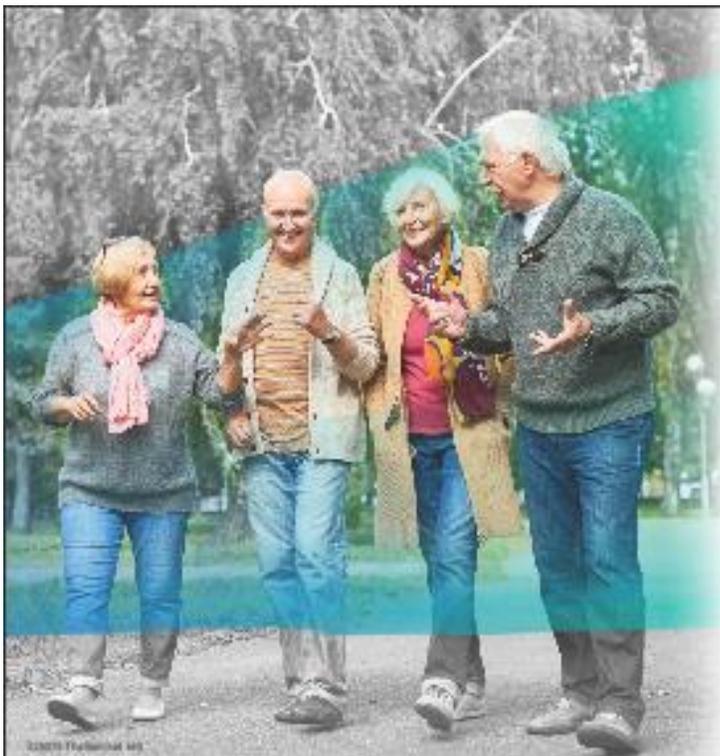
YOU SERVED OUR COUNTRY WELL AND WE WOULD BE HONORED TO SERVE YOU WITH YOUR INSURANCE AND INVESTMENT NEEDS.

Please call our office to set a time for a complimentary one on one meeting with **John D. Stover, LUTCF, Certified Financial Planner™, Certified Kingdom Advisor®**

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Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

Due to the coronavirus situation, the need for social distancing, and the fact that the surviving spouses would be more susceptible to complications from an infection, the widow's luncheons are cancelled until further notice.

Everyone will be called when we resume the luncheons.

Surviving Spouse Corner: There's a Facebook Group for That!

Connect with others and learn about benefits, legislation, and issues affecting surviving spouses and families through this MOAA Facebook page.

By Nancy Mullen, second vice chair, Surviving Spouse Advisory Council

Are you wondering where to go to get information about issues affecting surviving spouses and families? Are you looking for a supportive, nonjudgmental group to assist you in learning and keeping up to date on benefits and legislation impacting our surviving families? Need a pick-me-up or to connect with others who share similar interests as you? Join the [MOAA Surviving Spouses and Friends Facebook page!](#)

Who can join? We have recently expanded our membership to include not only surviving spouses but also our families, military spouses, council and chapter surviving spouse liaisons, advocates, and others with an interest in issues that impact the survivor community, regardless of MOAA membership. Particularly in these times of COVID-19 restrictions, we all need a way to connect with others whom which we have common interests.

Is this a public or private group? This is a private group, and there are no fees or dues. You are required to answer a couple of brief questions and be approved by the administrators of the group to join. These questions are designed to ensure we provide a safe place to share information and connect with other like-minded people as well as protect the group from those who do not have a legitimate interest in our issues.

The group's rules are simple, and members may be removed at the discretion of the administrators. Here are a few of the do's and don'ts to remember:

- Do be kind and courteous; remember the Golden Rule and treat everyone with respect.
- Don't attack someone else just because you disagree with them. We can disagree with one another but keep it respectful. Hate speech and bullying will not be tolerated and such comments will be removed.

Continued on page 9



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

COMPLAINTS

Steve Dorner created the Eudora e-mail system that in 1997 was used by 18 million people. To know that so many people are benefiting from his labor has to make a programmer feel good. Surely, millions can't thank Dorner enough for using sweat and knowledge to make computer easier. However, not all feel that way, and Dorner hears about it, because he now works for the company that owns the program.

Jo Thomas writes about in the *New York Times*:
He gets about 100 e-mails a day and says that having 18 million users "is very gratifying, but it can also make me feel a little hunted sometimes."

"I'm the one who has to, in the final analysis, deal with every single problem, and I tend to concentrate on what's wrong." He said, "There are days when I think that every one of those 18 million people thinks I'm wrong, stupid, and out to get them."

God must feel something like this computer programmer. As the Creator He takes all kinds of blame from people who don't like His program for their lives. Often these people blame Him for their own mistakes. They blame Him for situations that are for the best often, but they cannot begin to understand.

Worst of all, people think God is out to get them when in fact the opposite is true. God has employed his infinite genius to program goodness into every person's life.

"In all your ways acknowledge Him, and He shall direct your paths. Do not be wise in your own eyes; fear the Lord and depart from evil." (Proverbs 3:5-6, NKJV)



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: **LTC Dale Stevens**

By: Ed and Karla Gniadek

Membership Statistics

Total Members: 354
Regular Members: 299
Surviving Spouses: 55

New this month: 3
Deaths this month: 2
Renewals: 15

Welcome New Members to Huntsville Chapter MOAA

COL Robert Thomas, USA
CW5 Reggie Jacobs, USA
COL Larry Becker, USA

Recruiting

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

Surviving Spouse – continued from page 7

- Do respect the privacy of the group. Comments made within this group are not to be shared outside of the group. Some of the discussions can be sensitive and private in nature, and it is important that we can trust each other. Files may also not be shared without the approval of the administrators. Posts within the page cannot be seen by the Facebook “friends” of others in the group, unless they are members of the group themselves.
- Don’t post sensitive information, such as your phone number, address, social security number, or bank account information. If you need advice that requires you to share this type of information, please privately contact the administrators for assistance.
- Do remember that “tone” is sometimes difficult to determine online. Stop and think before reacting negatively as you may have misinterpreted a comment or response. Remember that many of us are grieving, so please give a little grace.
- Don’t post about politics or political events. This page is apolitical and will not be used to promote any candidate or political party.
- Do feel free to contribute material to the site, provided it does not violate group rules. If you are unsure, please reach out to one of the Facebook group administrators.
- Don’t sell products or advertise your business. This is also not a dating site.

If you are a member of the group, you might have noticed more activity recently and even posts that are not benefit or surviving family specific. We intend this page to be not only an efficient way to disseminate information on benefits, proposed legislation, advocacy efforts, etcetera, but also a way for all of us to connect and uplift one another. Feel free to share an encouraging or funny meme and pictures of your loved ones and pets and post comments supporting each other. Our group is expanding, and we would be happy to welcome more members. We would love to get to know each of you and look forward to your comments on our page. ¶¶¶

FAHC – continued from page 5

Q: If you’re an active duty family member with COVID-19 symptoms, will TRICARE cover your test?

A: Yes. Your coverage is based on your health care provider’s clinical judgement and if the test is medically necessary and appropriate.

Q: You’re an active duty family member with no symptoms, and you’ve been exposed to a person with COVID-19 for a long period of time. Will TRICARE cover your test?

A: Yes, but not in all cases. Your coverage is based on your provider’s clinical judgement. The test must also be medically necessary and appropriate.

Q: Will TRICARE cover your test if you’re returning to work and you don’t have COVID-19 symptoms?

A: No. TRICARE, won’t cover your test unless you’re an active duty service member and it’s required for mission readiness or deployment.

You can find these scenarios and others, as well as more detail, on the TRICARE COVID-19 testing page. If you have a question about COVID-19 and your benefits that isn’t answered, you can contact your TRICARE contractor or health care provider. You can also visit the TRICARE FAQs and the Centers for Disease Control and Prevention website to learn more. If you get tested, make sure the results are documented in your medical records. ¶¶¶



HCMOAA Treasurer's Report November 2020

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

1. The November 2020 Treasurer's Report is presented herein. It was virtually reviewed by the Governing Board and forwarded for membership approval at the next membership meeting.

2. Monthly Summary:

	Operating Funds	Savings
Starting Balance	\$ 9,017.23	\$ 8,004.96
Income	\$ 20.00	\$ 0.07
Expenses	\$ 484.99	\$ 0.00
Ending Balance	\$ 8,554.23	\$ 8,005.03

3. Notable income: Credit card transaction.

4. Notable expenses: Payments for our website, LMT payment for Steve French and Zoom.

5. Chapter savings account activity was limited to interest.

6. The Chapter Operating Funds contains \$1403.07 in reserved funds donated by various VSOs in support of the 2019 RAD Luncheon for the Retirees. This is money unused from 2019 donations and will be applied to a future RAD luncheon or similar event.

7. Our Certificate of Deposit (CD) with Wells Fargo Bank matured last month. We re-invested the funds with Wells-Fargo again, but the term is only 5 months. The new CD was opened on 19 October 2020. The CD was opened with a balance of \$8,515.59 and the current balance is \$8,515.66. The CD matures in mid-March 2021. The funds represented by this CD are for reserve funding and advance dues payment protection.

Scholarship Fund Donations

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 the HCMOAA Scholarship Fund Treasurer, Rick West, at rickw675@att.net or 256.776.6901 for details.

Many Thanks to the Following Supporters for their Generous
Scholarship Fund Donations Received During December 2020

See list of donors on next page



Donors for the month of December 2020

COL Robert O'Donnell, USA (Ret.)
COL John Fairlamb, USA (Ret.)
COL Louis Durnya, USA (Ret.)
COL Mary S. Hall Van Bebber, USA (Ret.)
MAJ Sherrill Chaffin, USA (Ret.)
COL Thomas Kunhart, USA (Ret.)
CWO Richard Demming, USA (Ret.)
COL Marvin Smith, USA (Ret.)
CAPT Thomas Jones, USN (Ret.)
Col Bernard Morgan, Jr., USAF (Ret.)
Mrs. Rosemary Bundy
LTC Gary and Mrs. Tracy Young, USA (Ret.)
CDR Paul Morin, USN (Ret.)
Anonymous (5 donors)

Total received for December:	\$1935
Total received FY21 to date:	\$4840

Your Options to Get a Flu Shot

Do you normally receive your care at a military hospital or clinic? If the flu vaccine isn't available at a military hospital or clinic, you can still get the vaccine at no cost through the TRICARE network. First, check with your military hospital or clinic for availability. If the flu vaccine is unavailable, follow the guidance below.

Remember, if you're an active duty service member or National Guard and Reserve member, follow your unit chain of command and service guidance for recording the vaccine in your service medical record.

If the flu shot is unavailable at your military hospital or clinic, you can get your flu shot:

- From a TRICARE participating network pharmacy at no cost. Remember for it to be covered, the vaccine must be administered by a pharmacist at a participating network pharmacy or a TRICARE-authorized provider at a participating network onsite clinic.
- From a TRICARE-authorized network provider at no cost. Confirm whether your network provider is offering the vaccine. Although the cost of the vaccine is covered, you may still have to pay toward the cost of the visit with the provider based on your plan.

You can also use a TRICARE non-network provider or non-network pharmacy, but deductible and cost-shares may apply based on your TRICARE plan. You may have to pay out of pocket and file a claim for reimbursement.

Learn more about TRICARE coverage of your flu shot, and take command of your health.



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



Membership Application or Renewal
 Yes - I'd like to add my voice to the Huntsville Chapter!

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

*New members joining after September 1st will have their membership paid through following calendar year
 **If renewing just update any address or phone changes, verify e-mail address, and sign the form
 ***Interested in a Chapter Life Membership? Contact us for pricing (age-based)

_____ First Name	_____ MI	_____ Last Name
_____ Preferred Name	_____ Birth Date	_____ Spouse's Name
_____ Grade	_____ Branch of Service	_____ Period(s) of Active Duty (i.e. 1965-1990)

Membership in our MOAA Chapter is not the same as MOAA National membership. At a minimum, FREE "Basic" MOAA National membership is required. If you are not already a National member, we will add you as a Basic member. Again, it's FREE and provides several valuable benefits. Please contact us for more information.

_____ MOAA National Membership Number

<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
_____ Mailing Address	_____ City	_____ State	_____ Zip		
_____ Phone Number	_____ E-mail Address	_____ Signature			

Attention Annual Members

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

***Members who need to renew are listed on the next page
 Don't risk getting dropped from the rolls – renew now!***

You can also renew for multiple years and lock in that low rate
 Don't know when your membership expires? Contact MAJ Bruce Robinson at
 256-426-0525 or brucer76@knology.net .

Don't want to worry about renewing ever again - consider becoming a Chapter Life Member – contact
 COL John Fairlamb at 256-539-0161 or fairlambjrf@comcast.net for the details

The following annual members need to renew their memberships:

COL James R Allred, USA
Lt Col Brenda Armstrong, USAF
COL Donald R Baker, USA
MAJ Gordon M Brown, USA
CW2 Ann D Bruno, USN
CPT Stephen E Cecil, USMC
Mrs. Margot J Chabot
LTC Joseph J Della Silva, USA
LTC Earl A Freeman, USA
COL Ronald N Funderburk, USA
MAJ Diana M Hansen, USA
Mrs. Carrie V Hightower
LTC James O Holland, USA
CDR Paul R Jensen, USN
Col Donald F Kimminau, USAF
Capt Steven E Lavender, USAF
CW4 Michael H McIntosh, USA
Maj Edward L Morfenski, USAF
LTC Mark L O'Brien, USA
CDR Rudolph M Ohme, USN
COL Maurice A Ottinger, USA
Col Jon M Owings, USAF
COL Norbert Patla, USA
LT James L Pointer, USN
Col Charles R Rice, USAF
CDR Robert P Rolf, USN
CW4 Robert C Savage, USA
LTC Richard H Sorrell, USA
LTC Roderic Spencer Jr, USA
Maj Robert F Stierwalt, USAF
COL Steven E Walburn, USA
LTC Glen W Williams, USA
CAPT Scott W Witt, USN

LCDR James G Andrews, USN
Col Stephen C Baker, USMC
MAJ Theron Bowman, USA
COL Robert A Brown, USA
COL Nathanael P Causey, USA

CW5 Charles A Covell, USA
LTC James F Duttweiler, USA
LCDR Aaron T Freymiller, USN
Mrs. Myrna G Griffiths
Lt Col Gerald W Haynes, USAF
Lt Col James B Dooley, USAF
CDR John E Inman, USN
LTC Edwin L Kennedy, USA
COL George S Laslo, USA
LTC Eugene A Marchetti, USA
COL James E Moentmann, USA
LTC Hector New, USA
COL Jeffrey S Ogden, USA
LTC David C O'Neil, USA

LTC Douglas L Oyle, USA
COL Larry M Pigue, USA
LTC David E Pray, USA

CPT Gary M Rose, USA
LTC Douglas Schuetz, USA

LCDR Walter A Starkey, USN
LCDR Emanuel M Tsikalas, USN
Col Dwayne B Wilhite, USAF
LCDR Frances K Witt, USN
MAJ Michael C Maynard Jr, USMC

We get to know you first, then your goals.



Dale C Kuehl
Financial Advisor

2045 Cecil Ashburn Drive S E
Suite 103
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Scholarship Golf Tournament

Our annual fundraising golf tournament for 2021 is scheduled for September 10th at the Links at Redstone.

The Chapter's Golf Committee will begin to hold monthly planning meetings as soon as it is safe to conduct face-to-face meetings. They will take place at the Links restaurant over lunch.

The Golf Committee needs volunteers to make the tournament a success. You don't need to know anything about golf to help out.

Areas where you can help include:

- Corporate sponsorships
- Soliciting items for the silent auction & door prizes
- Soliciting rounds of golf from local courses
- Advertising the tournament
- Signing up golfers
- Helping staff the tournament – registration, silent auction, photography, manning prize holes, placing hole signs, and more

If you would like to join the Committee, or just find out more, contact Bruce Robinson at 256-425-0525 or brucer76@knology.net

Hope to see you on the Links!



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



20 Birthdays in January

BG William J Fiorentino, USA
COL Wood R DeLeuil, USA
Mrs. Lee Newell
Col Dwayne B Wilhite, USAF
Col David C Hall, USAF
COL Robert A Brown, USA
MAJ Monte C Washburn, USA
CDR Paul R Morin, USN
COL Carl D Owens Sr, USA
Lt Col James B Dooley, USAF

COL Gilbert J Stieglitz, USA
COL Jimmy C Hill, USA
CW2 Ann D Bruno, USN
CW4 William J Barron, USA
MG Kenneth J Quinlan, USA
COL Thomas J Kunhart, USA
COL Steven E Walburn, USA
LTC Eric C Deets, USA
CW4 Michael H McIntosh, USA
COL Gary L Bliss, 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.

President's Message – continued from page 1

The holidays are over and hopefully all of you are doing fine! Please continue to follow CDC and AL guidelines regarding the COVID. As usual, I will reiterate that there is NO reason or excuse not to take adequate personal measures including face masks and copious amounts of sanitizer!

If anyone has suggestions or ideas for the Chapter, please let me know! My email and phone number are in this issue.

Stay Safe!

Rick



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

TAPS

LTC Dale Marlin Stevens, (USA Retired) passed from this life on Sunday, December 3rd, at the age of 80. Dale was born in Boyd, MN to Leslie and Hazel Stevens. On February 10, 1979 he was married to Marianne Solting Erdal. Together they enjoyed a life of travel and family. Dale's final Army assignment was in Huntsville, AL, where he and Marianne became members of St. Mark's Lutheran Church in 1979. Dale served on the Church Council and on various committees. In 2019 they moved to Magnolia Trace, a retirement community in Huntsville.

Following graduation from Boyd High School, he earned a B.S. Degree in Civil Engineering from South Dakota State University in Brookings and M.S. Degree from the School of Mines and Technology in Rapid City, SD. Dale served 20 years as an active duty Army officer including combat tours in Vietnam and serving as the engineering officer in the 7th Special Forces Group.

Following retirement from the Army, he was employed at various local companies, including AECOM/Earth Tech, Teledyne Brown Engineering and Teledyne Solutions, Wyle Labs, and BDM Corporation. He was a licensed Professional Civil Engineer; Fellow and Life Member of the American Society of Civil Engineers; Fellow and Life Member of Chi Epsilon, an ASCE Honors organization; and a multi engine instrument rated commercial pilot. His hobbies included wood working, boating, and a myriad of do-it-yourself projects. He befriended all the neighborhood animals everywhere he lived.

Dale was preceded in death by his parents, his stepfather, and his brother, Roger. Survivors include wife, Marianne; daughter Joan (Peter); and son, Jeff (Katrina). Dale was most proud of his grandchildren, Peter and Sam Schroeder and Hannah, Elijah, and Josiah Stevens. He is also survived by many cousins and a host of friends. Due to Covid, a memorial service will be held at a later date.

Kathleen Jeanette Gregory Weinberg, born September 9, 1933 and passed away May 23, 2020 at the age of 86, she is survived by her three children, Paul C. Weinberg, Nina Lawles and her husband Bobby and Allan J. Weinberg and his wife Lois Anne, eighteen grandchildren and thirty plus great grandchildren. Kathleen has one living brother Byron Gregory and his wife Ruth.

Kathleen was born and raised in Perry, IA where she was a member of her high school basketball team and played viola with her high school orchestra. Upon graduation from high school, she moved to California with her family and found a job as an administrative assistant for Civil Service. It was here that she met the love of her life, Ray.

Kathleen was the typical army wife who accompanied Ray to all of his assignments i.e. Ft. Ord, CA; Ft. Bliss, TX; Vicenza, Italy; Ft. Sill, OK; Babenhausen-Ober-Amergau, Germany; Frankfurt, Germany; Ft. Monmouth, NJ; Ft. Gordon, GA and she held down the fort when Ray did two tours in Vietnam.

Continued on next page

Continued from previous page

Kathleen fully retired after twenty years with Civil Service in 1968 and promptly hit the road with Ray in their RV. They traveled the US and Canada for the next 15 years making new friends along the way. Kathleen was an avid quilt maker, amassing enough material to rival Hancock Fabrics. She enjoyed playing bridge and board games, learning to cope with Ray's re-writing game rules according to "Weinberg's Rules". Kathleen also bowled on bowling leagues with her family at their different assignments. Later, she spent many years accompanying Ray and the boys on their bowling tournaments when she hung up her bowling shoes.

At this moment no services have been arranged. The family plans to have a celebration of life at a later date. Kathleen will be buried at Concord Cemetery in New Market, AL alongside her husband and her parents.

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



Make Your Mental Health a Priority this Holiday Season

The holidays can be a great time to reunite with family and friends, relax, and recharge. Of course, even during a typical holiday season, extra travel, shopping, entertaining, and memories of lost loved ones may cause stress. This year, the holidays during the COVID-19 pandemic may bring added stress because the Centers for Disease Control and Prevention (CDC) recommends modifying holiday plans by limiting in-person gatherings. Especially in this unusual holiday season, you should take time to think about ways to strengthen your mental health. Here are some tips and a reminder about your TRICARE coverage, which includes mental health services.

“This can be a challenging season, potentially made more difficult with the pandemic,” said Dr. Krystyna Bienia, a clinical psychologist and senior policy analyst at the Defense Health Agency. “It’s important to take care of your mental health, just as you would your physical health, and establish or maintain healthy habits.” The CDC reports that during the pandemic, “fear and anxiety can be overwhelming and cause strong emotions” and this certainly applies during the holidays as well. Making time to take care of yourself may help ease those feelings. Here are some steps to help you take care of your mental health:

- **Keep up with healthy habits.** These may include getting enough sleep, eating healthy foods, and staying active.
- **Recognize your feelings and be realistic.** Just because it’s the holiday season, doesn’t mean you have to feel jolly. Traditions, holiday plans, and your feelings may be different this year.
- **Reach out.** Seek out friends or family members by phone, text, or video chats. Volunteering your time is also a way to lift your spirits while helping others.

If you’re still feeling depressed or anxious and need some help, talk to your doctor. TRICARE offers services to support your mental health needs. In addition, there are many non-clinical counseling and support services that can be very helpful. These include Military OneSource, Military Family Life Counselors, service counseling services, and chaplains.

How do you know when it’s urgent that you ask for help? The National Institute of Mental Health suggests calling your health care provider if you experience the following symptoms for a prolonged length of time:

- Difficulty sleeping
- Appetite changes with weight loss or gain
- Trouble getting out of bed due to mood
- Difficulty concentrating
- Loss of interest in things you usually enjoy
- Unable to perform usual daily tasks
- Thoughts of self-harm or death

If you reasonably think you’re having a mental health emergency, call 911 or your local emergency number, or go to the nearest emergency room. If you or a family member needs immediate help, you can also reach out to a crisis hotline.

TRICARE offers a wide variety of mental health support services, from substance use disorder treatment to individual psychotherapy and family psychotherapy. You don’t need a referral or pre-authorization for most office-based outpatient mental health care services unless you’re an active duty service member. Active duty service members must get referrals. Your out-of-pocket costs will be lower if you use a TRICARE network provider, as mentioned in the [*TRICARE Mental Health and Substance Use Disorder Services Fact Sheet*](#). You can find network providers by using the provider directory.

Take command of your health this holiday season. And make your safety and mental health a priority.

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 over 350 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 350+ 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 January

- 1 January – New Year’s Day
- 1 January – College Football Playoff Semi-finals
- 1 January – Emancipation Proclamation freed the slaves (1863)
- 1 January – Ellis Island opened in New York harbor (1892)
- 1 January - The Commonwealth of Australia was founded (1901)
- 1 January - Fidel Castro seized power in Cuba (1959)
- 3 January - Alaska was admitted as the 49th U.S. state (1959)
- 4 January - President George Washington delivered the first State of the Union address (1790)
- 5 January - Nellie Taylor Ross of Wyoming became the first female governor (1925)
- 8 January -The Battle of New Orleans (1815)
- 8 January - Charles de Gaulle took office as the president of France (1959)
- 9 January- Construction work began on the Aswan High Dam (1960)
- 10 January - Florida became the third state to secede from the Union (1861)
- 10 January – League of Nations established (1920)
- 11 January - Alabama seceded from the Union (1861)
- 11 January – College Football Championship
- 13 January - Douglas Wilder of Virginia became the first African American governor (1990)
- 14 January – Monthly Board Meeting – via Zoom**
- 16 January - The Shah of Iran fled his country (1979)
- 18 January - Martin Luther King Day
- 19 January - Indira Gandhi was elected prime minister of India (1966)
- 20 January – Inauguration Day
- 21 January - The Concorde supersonic jet began passenger service (1976)
- 22 January - Abortion became legal in the U.S (1973)
- 23 January - The American ship USS Pueblo was seized by North Korean (1968)
- 24 January - The California gold rush began (1848)
- 25 January - President Kennedy conducted the first live televised presidential news conference (1961)
- 27 January - The Russian Army liberated Auschwitz death camp (1945)
- 27 January – Monthly Member Meeting – via Zoo**
- 28 January - The U.S. Coast Guard was created (1915)
- 30 January - Adolf Hitler was appointed Chancellor of Germany (1933)

