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Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members –

Summer has arrived! Heat and humidity! Plus, America's birthday Celebration! For more than two centuries Americans have celebrated July 4th – parades, fireworks, family picnics, holidays. But don't forget to remember and honor the service and sacrifice of our military. Our brothers & sisters in arms and yourself have served to keep America the country that is the leader of the free world.

Our Summer Social Event was 17 June. Check out your Sentinel for fun photos of the event. Also, still planning a trip to north of Nashville to observe the upcoming total solar eclipse on 21 August (a Monday)! We need about 56 people to reserve the bus that will take us on the trip. We are closing in on the number we need for the trip so don't delay and sign up today! A once in a lifetime event! Contact any Board member for additional information (their emails and phone numbers in your issue of the Sentinel).

When you are out and about, ask fellow officers why they are not members of MOAA. That was one of the primary reasons many said they were not members – no one had asked them to join! You can easily serve your Huntsville Chapter just by asking others to join. Spread the camaraderie and help make us better!

We continue to need additional advertisers for the Sentinel. Keep your Huntsville Chapter in mind as you shop at your favorite locations. Your favorite business and WE will greatly appreciate it!

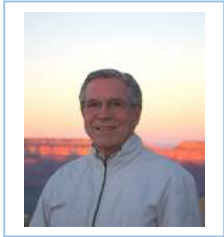
Be sure to attend our monthly member meetings, the last Wednesday of each month at the Summit. You can have lunch starting at 11 (please RSVP), with the meeting at 11:30. It lasts just over an hour with always interesting speakers. On 26 July, we have a presentation from Herb Lewis – The Bird

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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/>

• How to Keep Up with the Coming TRICARE Changes:

As most of you know by now, costs of healthcare and protection of other “promised benefits” (such as increases in retirement payments to adjust to increases in the cost of living) are high priorities in my addressing Legislative Affairs. And, it appears that there will be many changes coming in the TRICARE realm. Continue to let your elected representation in the nation’s capital hear from you on what changes suit you and especially on those that do not. Recently, DoD released its 2018 budget proposal, and not surprisingly, the document included large increases in TRICARE fees across the board. Several fortunate groups escaped the proposed changes, including TRICARE For Life (TFL) beneficiaries (no changes), active duty service personnel, medically retired servicemembers and their families, and survivors of those who died on active duty. But, MOAA has taken a deeper dive into what those fee hikes will mean for other affected beneficiaries.

The proposed fee increases will fall squarely on all other categories of beneficiaries not mentioned above. Military retirees under the age of 65 and their families are hit hard; to a lesser extent, so are active duty family members who choose not to enroll in TRICARE Prime (for instance, many active duty troops with special needs family members). These fee increases are a direct result of the repeal of the 2017 National Defense Authorization Act's grandfathering clause. The intention of the grandfathering was to keep fees where they currently are for beneficiaries in the service prior to 1 January 2018.

As we consider the future of what health care will be for TRICARE beneficiaries, we see there are some significant changes to come in both the short and long term. Through significant changes in law and policy, the Military Health System is modernizing both its delivery processes and how the benefit will be administered. Some of these key changes were outlined by MOAA and you may review them at:

<http://www.moaa.org/Content/Take-Action/Top-Issues/Currently-Serving/TRICARE-Fees-to-get-a-Big-Raise.aspx>

served by United Health Care Military and Veterans In the very near term, by 1 January 2018, the current three TRICARE regions will be consolidated into two regions. TRICARE West will cover most states west of the Mississippi and TRICARE East will cover the majority of the Northeast and Southeast states. Accompanying this regional consolidation will be a change in the TRICARE contractors that currently administer the health care programs in those regions. Humana Military will take over the TRICARE East region,

Continued on page 9

2017-2018 GOVERNING BOARD

EXECUTIVE COMMITTEE

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

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

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

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

STANDING COMMITTEES

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

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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

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

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

LIFE MEMBERSHIP TRUST

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

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandits.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

Plan for the Alabama Tax Free weekend! This year it occurs on 21 July (Friday) – 23 July (Sunday). A list of items for the tax free weekend is at:

<https://www.revenue.alabama.gov/salestax/SalesTaxHol.cfm>

You Exchange ALWAYS has tax free – so you will be able to deduct the normal outside tax rate from your Exchange purchase for the eligible items.

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 on your bill! Start your list of purchases now.

The end of June and into July your Exchange has exercise clothing, outdoor furniture and grills on sale! Bike, toys, appliances and gun safes also! The next week home cleaning supplies, luggage, kitchen supplies, linens, TV's, potable charging batteries, pool toys, fans, and Midea appliances.

The first two weeks of July your Exchange has the bid 20% off furniture event! Bassett, Trisha Yearwood, and Ashley – 20% off!

As always shop early for best selection.

Shopette

Bombay sapphire large, small sizes (on sale), and travel sizes available. Kracken black spiced rum (94 proof), Jose Cuervo (various flavors) for the perfect mixed drinks, and specialized rums/whiskeys (Dewar's, Famous Grouse, knob creek, Russel's Reserve, Bulleit 95 rye/buron, Dalwhinie, Macallan (various ages), Chivas Regal, Tullamore Dew, Bushmills, Janeson, Glenfiddich, and others – all on sale!

Be sure to stop in every month to see the wine and spirit specials! Plus, there are new arrivals every month for you to check out – for example – Jackson Morgan southern cream – peaches and cream and salted caramel.

Continued on page 6

Need Addresses

None at this time

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 Edward L. Uher
 256-882-6824,
biged992K@aol.com

Personal Affairs Officer
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 256-424-1334
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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



Fox Army Health Center's Standard of Care is Gold Seal Approved

Fox Army Health Center has renewed its commitment to patient safety and quality care as evidenced by its 2017 reaccreditation from The Joint Commission, which is responsible for certifying the standard of care at some 21,000 health care institutions across the country. The commission reaccredited Fox in both ambulatory care and behavioral health, and certified its patient centered medical home. The last accreditation survey was conducted in 2014.

"Our staff at Fox Army Health Center are proud not only of our reaccreditation by the Joint Commission, but we are pleased to be the first Military Treatment Facility in the Regional Health Command-Atlantic to receive Primary Care Medical Home certification under the Joint Commission standards. We view these accomplishments not only as milestone events, but as key pieces of an ongoing process that helps us maintain our commitment to providing the highest quality care to our patients," said Col Michael Oshiki, Commander, Fox Army Health Center.

The accreditation process, done every three years, looks at some 2,000 elements of performance to ensure that organizations are committed to "giving safe, high quality health care" and are "continually working to improve that care," according to a letter written by Mark Chassin, president of the Joint Commission, in Fox's Accreditation Report. Fox staff received their official certification from the 2017 survey in May.

"This lets our beneficiaries know that we're operating within the same guidelines as any other health center or any other hospital in the United States," said Truelove Sandifer, patient safety and risk manager for Fox. "When we say we're being looked at under ambulatory standards, or patient centered medical home standards, these are the same standards that every facility is being looked at when they come in to do their survey. We're not being operated any different than anywhere else – we are being held to the same standards, and we're doing well doing it."

Safety goals laid out by the commission are to: "improve the accuracy of patient identification, improve the safety of using medications, reduce the risk of health care-associated infections and standard precautions." Accredited institutions are able to achieve those goals through methods such as using two methods of identifying patients, labeling medications, proper hand hygiene and being on the lookout for individuals who may be at risk for suicide.

"To the beneficiaries, it means that they're coming to a safe environment and they will be receiving quality care," said Dr. Margaret Bates.



Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

There will not be surviving spouse luncheons during the months of July and August.

Everyone enjoy your summer and be safe.

The luncheons will resume in September.

Everyone will be called a reminder.

PX – continued from page 3

Commissary

<http://www.Mymilitarysavings.com> is celebrating 6 years of savings! Manager's specials include Kraft cheese slices and Kraft Mayo. Join at the web site to get updates, contests, hot deals, coupons, and recipes. While at your commissary, pick up, hamburgers, steaks, hot dogs, buns, BBQ items, beans, corn, aluminum foil- make a list for all your Independence Day celebration items! Also check out <http://www.commissarysavings.com> additional savings, coupons, and recipes.

For the campers and preppers, check out the commissary MRE's. Mexican style chicken stew, vegetable crumble, ratatouille, and others. New at the commissary is tofu Shirataki – fettuccine, spaghetti, and angel hair. Plus organic kombucha – gingerberry, multigreen, cosmic cranberry, strawberry serenity, and others. Also, Suja organic drinking vinegar in various flavors. New salsa's added – Jack's salsa in special, thick and chunky, sweet onion, and others. And, new hummus from Lantana – carrot, yellow lentil, and edamami.

Check back often at your commissary – with Independence Day – more specials and sales for you!

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 can save worldwide and it is an app at the Apple Appstore and Googleplay. 🛒





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

License and Freedom

““And you shall know the truth, and the truth shall make you **free** (John 8:32, NKJV.)”

Many people think that freedom is the license to do whatever a person wants, but true freedom is the ability to do what is right. It takes obedience in order to have true freedom. I can sit at a piano and be at liberty to play any keys that I want, but I don't have freedom, because I cannot play anything but noise. I have no freedom to play Bach or even “Chopsticks.” Why? Because it takes years of practice and obedience to lesson plans to be truly free at the piano. Then, and only then, does one have the freedom to play any piece of music.

The same is true of freedom in living. To be truly free, we must have the power and ability to be obedient.

“Men are qualified for civil liberties only to the extent that they are willing to put moral chains on their appetites” (attributed to Edmund Burke).



**WELCOME NEW MEMBERS TO
HUNTSVILLE CHAPTER MOAA**

CPT Mark LaFlamme, USA

Scholarships

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

Please consider donating to our program. Contact Richard West for details.



Officer Vacancy

The Secretary position is being temporarily filled. This is a key position, and we need someone permanent. If you are interested, contact any board member.

Treasurer's Report

CAPT Richard West, USN

For the Month of May 2017

Beginning Balance	\$8389.81
Credits	497.00
Debits	318.95

Ending Balance	\$8567.86
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The FY2018 budget will be posted on the website by 15 September and voted on at the September membership meeting

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If you would like to send a memorial
contribution to the Huntsville Chapter
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information along with your check to:
Memorials, HCMOAA, P.O. Box
1301, Huntsville, AL 35807

In memory of:

By:

Attention!

During the period 2:00 PM 30
June until 5:30 AM 5 July, the
Redstone Arsenal Main Gate #9 at
Rideout Road will be closed to all
traffic.

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Please make travel plans
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Three Pound Family Pack - 12 People \$54.95

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720-093

largely replacing Health Net Federal Services. In the TRICARE West region, currently served by United Health Care Military and Veterans, will be transferred to Health Net Federal. The result will be two new TRICARE regions with a rearrangement of contractors.

During this same time period, the TRICARE plans also will be updated with the **newly created TRICARE Select option, which replaces TRICARE Standard**. Most beneficiaries will be automatically enrolled from Standard into Select unless they choose to change their coverage. In the longer term, there will be other significant changes. One of these will be the implementation of a new electronic health record (EHR). The new EHR, (if you believe the stated expectations) will better support the effective delivery of health care at the patient level as well as provide better integration between **military** hospitals and clinics and the TRICARE network of civilian providers.

DoD officials continue to claim that healthcare costs are “eating the department alive” but the facts don’t back that up. In fact, DoD Health Care costs continue to decline. (for more detail and evidence, see: <http://www.moaa.org/Content/Take-Action/Top-Issues/Currently-Serving/TRICARE-Fees-to-get-a-Big-Raise.aspx>)

MOAA believes these fee increases are disproportional and do not reflect the service and sacrifice of beneficiaries who have earned this health care benefit, fee adjustments should be capped at the annual COLA percentage. (If you agree, make sure your Congressional representation hears from you loud and clear). So, **“What can beneficiaries start doing now?”** To best prepare for the upcoming changes in the TRICARE program, beneficiaries should update both their own and their families information in the Defense Enrollment Eligibility Reporting System,” said Capt. Kathy Beasley, USN (Ret), MOAA's director of government relations for health affairs.

- **Secretary of Defense James Mattis and Joint Chief Chairman General Joseph Dunford Slammed Congress over Sequestration:**

(From the D-Brief, 13 June 2017)

In a late-night hearing, Mattis and Dunford talked everything from the defense budget to the current state of world affairs. **Defense Secretary James Mattis and Joint Chiefs Chairman Gen. Joseph Dunford** hit the House Armed Service Committee last evening ostensibly to bullhorn the threat of sequestration. “No enemy in the field has done more to harm the combat readiness of our military than sequestration,” Mattis told lawmakers.

Defense Secretary James Mattis slammed Congress late Monday for not repealing defense spending caps imposed under the 2011 Budget Control Act (BCA), saying “no enemy in the field has done more to harm the combat readiness of our military than sequestration.” Mattis told the House Armed Services Committee that Congress hurts military readiness by using continuing resolutions to fund the Department of Defense (DOD) rather than passing a full budget by Sept. 30, the end of the fiscal year, and not repealing sequestration.

“During nine of the past 10 years, Congress has enacted 30 separate continuing resolutions upon the Department of Defense, thus inhibiting our readiness and adaptation to new challenges,” Mattis said in his opening remarks. “In the past, by failing to pass a budget on time or eliminate the threat of sequestration, Congress sidelined itself from its active constitutional oversight role.” Mattis asserted that the continuing resolutions, coupled with sequestration, “blocked new programs, prevented service growth, stalled industry

Continued on page 17

President's Message – continued from page 1

Man. A very interesting discussion that will tell you things you never knew about our feathered friends!

The Governing Board spent a lot of time reviewing our meeting and social history and has made the following decisions. This year's Summer Social was our last due to difficulties in scheduling and meeting the minimum attendance required by the Summit Club. In addition, there will be no membership meetings in the months of June or July. Furthermore, due to cost, difficulty in scheduling FOGO guest speakers, and poor attendance, the Gold Bar ceremonies will no longer be a part of the April and November luncheons, but rather a ceremony at Alabama A&M University.

Gerald Maxwell



The Golf Committee needs you. Our annual scholarship fundraising tournament is fast approaching, and there is plenty that needs doing.



How can you help? Here are a few ways:

- Make a donation directly to the scholarship fund. All donations are tax deductible.
- Check around your house for any items (new and unused) that might be suitable for inclusion in a gift basket. Bottles of wine, food items, golf balls, cook books, body lotions, Alabama and/or Auburn logo items, and any other things you deem suitable for a gift basket.
- Help us with sponsors. There are several ways to do this. When you visit the various businesses and vendors that you routinely see (restaurants, financial planners, doctors/dentists, auto repair shops, barbers, car dealers, department stores, and so forth), ask the manager if they would be willing to sponsor the tournament. For a monetary donation, they can sponsor a hole. They can also donate goods and services for our silent auction. If you are still working, check with your employer and see if they would sponsor the tournament.
- Get involved with the committee. Our next meeting is on Friday, 14 July, at 12 noon at the snack bar at the Links at Redstone.
- Sign up to play in the tournament, and ask your friends to join you.

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

Membership Statistics

Total Members: 420
Regular Members: 354
Surviving Spouses: 66

New this month: 1
Deaths this month: 4
Renewals: 1

Your Opinion Matters – and even more so if you put it in writing

Fox Army Health Center staff are encouraging beneficiaries to be on the lookout for the Joint Outpatient Experience Survey (JOES) in the mail, which provides patients with the opportunity to give honest and open feedback about their healthcare experience at Fox.

“When they fill out their JOES it’s an opportunity for us to see what areas we need to improve on for them and where we need to focus,” said Barbara Williford, group practice manager at Fox. “For all the JOES that they fill out we get money back, and that allows us to get additional staffing and better equipment for our patients, so it will increase their satisfaction.”

Generated at random, while patients may not receive a survey after every patient visit, if one does arrive in the mail they should fill it out, Fox staff said. Survey respondents will have the opportunity to rate various areas of the facility, from how they were treated at the front desk, in lab, pharmacy and even their primary care manager (PCM) From January to April 2017, Fox received an average overall satisfaction score of 94.5 through JOES; the facility has a goal of 97.

For each submission, Fox receives \$5. Some questions are weighted, and provide the facility with an added \$100 for every positive outcome.

“Patients that are filling out their surveys have no idea which questions are of greater significance,” said Felecia Wright, patient advocate. “We just want them to fill out the survey honestly and when we get it and we’re scored higher on certain question, that’s how we get our reimbursement.”

Throughout the calendar year, beneficiaries can expect the occasional JOES campaign; Fox staff member will be in various areas of the facility providing further information about the survey.

“They’re just not aware of how important this is, and how it will benefit them, as well as our facility,” Wright said.

Implemented in summer 2016, JOES replaced the Army Provider-Level Satisfaction Survey, and asks very similar questions. The main difference between the two surveys is that JOES spans all branches of service. “It’s across services, so no matter what military service you are in we all get the same survey,” Williford said. “Now the beneficiaries when they PCS, or whatever MTF they go to within the United States or OCONUS, they’ll get the same survey, so they’ll be used to seeing the same survey over and over.”



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

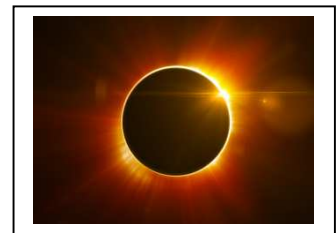


Membership Application or Renewal Confirmation
Yes! I'd like to add my voice to the Huntsville Chapter

<input type="checkbox"/> New	<input type="checkbox"/> Renewal				
<input type="checkbox"/> One Year \$10	Interested in a Chapter Life Membership? Contact us for pricing (based on your age)				
<input type="checkbox"/> Two Years \$20					
<input type="checkbox"/> Three Years \$30					
<input type="text"/> First Name	<input type="text"/> MI	<input type="text"/> Last Name			
<input type="text"/> Preferred Name	<input type="text"/> Birthday (mm/dd/yy)	<input type="text"/> Spouse's Name	<input type="text"/> Period(s) of Active Duty i.e. 1965 – 1990		
<input type="text"/> Grade	<input type="text"/> Branch of Service	<input type="text"/> MOAA National Member #			
<input type="checkbox"/> Active	<input type="checkbox"/> Retired	<input type="checkbox"/> NG	<input type="checkbox"/> Former Officer	<input type="checkbox"/> Reserve	<input type="checkbox"/> Surviving Spouse
<input type="text"/> Mailing Address	<input type="text"/> City	<input type="text"/> State	<input type="text"/> Zip		
<input type="text"/> Phone Number	<input type="text"/> E-mail Address				

Chapter Trip

21 August 2017 (A Monday)



There will be a total eclipse of the sun at about 1:30 PM that day. The track of the eclipse is just north of Nashville. The Chapter has a luxury bus reserved to take members up to Nashville for lunch, and then to witness the eclipse. The last time there was a coast to coast eclipse in the US was 1918. This is a once in a lifetime event.

If you are interested in attending, contact Lt Col Charles Clements, ctcbama76@gmail.com, 850-469-6089. The more that attend, the cheaper the cost of the bus. A full bus is \$25 per person. There are only a few seats left, so make your reservation now. Hope to see you in Nashville!



37 Birthdays in July

LTC Clifford Flanigan, USA
 LTG Robert Moore, USA
 LTC John L Lewis, USA
 LTC Eugene Marchetti, USA
 MG George Turnmeyer, USA
 CW5 Charles Covell, USA
 LTC Steven R Palmer, USA
 LTC Robert Connors Jr, USA
 LTC William Emerson, USA
 Col Stephen Baker, USMC
 CAPT Samuel Powers, USN
 COL Raymond Regner, USMC
 CW3 Monty L Lewis, USA
 LTC Daniel Cutshall, USA
 COL Mary Hall, USA
 Col Daniel Krenzler, USAF
 CH (LTC) Bert Wiggers, USA
 LTC Robert Archer, USA
 LT William Byrd, USN

Maj Edward Morfenski, USAF
 CDR Timothy Zane, USN
 LTC Richard K Jackson, USA
 LTC James Pepper Jr, USA
 COL George Lewis, USA
 LTC Ralph Wisser, USA
 LTG James Pillsbury, USA
 COL Norbert Patla, USA
 LTC Charles Gill, USA
 COL Louis Durnya, USA
 CW5 Harry Hobbs, USA
 COL Goerge Laslo, USA
 Mrs Opal Otto
 LTC Paul Hoffman, USA
 COL John Greaves, USA
 LTC Paul H Fall, USA
 Col George Schrader, USAF
 COL Dennis Patrick, 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 brobinso@mitre.org so it can be included in future newsletters. Thank you.

2017 Summer Social





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

TAPS

Paul E. Wagner, 84, of Huntsville, passed away on June 5th. A longtime member of MOAA, he graduated from Washington State University in Pullman, WA, with a degree in Agricultural Engineering and was commissioned in the Air Force via ROTC. Paul served 27 years, and retired in July 1982 as a Lt. Col. He was awarded many medals and awards, including the Distinguished Flying Cross, The Meritorious Service Medal with One Oak Leaf Cluster, The Air Medal with Nine Oak Leaf Clusters, and the Air Force Commendation Medal with Two Oak Leaf Clusters. In retirement, Paul earned two master's degrees and worked as a Financial Planner for seven years. He was diagnosed with Parkinson's Disease in 2005. In 2012, as his health declined, he and his wife Virginia moved to Huntsville, AL to be near family.

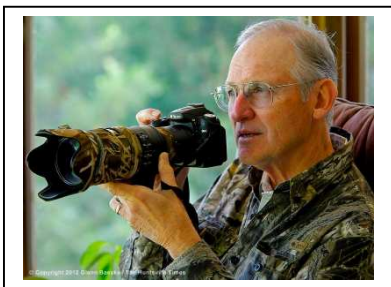
Miriam Nelson, 99, of Huntsville, passed away on June 12th. She was a Life member of the surviving spouse's organization of the Huntsville MOAA Chapter. Laughlin Service Funeral Home handled the arrangements.

Rev. Kinley Owen Eittreim, 84, of Huntsville, passed away on June 12th. He was a long-standing Life member of the Huntsville MOAA Chapter, and served as the Chapter Chaplain. Memorial service was held, and Berryhill Funeral Home assisted the family.

Etta Fine Dean, age 80, of Huntsville, passed away in a single car accident on Friday, June 16. She had just joined the surviving spouse's organization of the Huntsville MOAA Chapter. Mrs. Dean is survived by her two daughters, and a host of other loving family and friends. She was preceded in death by her husband COL Richard Calvin Dean, a long-standing Life member of the Huntsville MOAA Chapter. She graduated from the University of Texas at El Paso (UTEP) with a degree in Education. Services were held at Berryhill Funeral Home. In lieu of flowers, contributions were made to The Hays nature preserve and the Wounded Warrior Project.

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





Membership Meeting

**26 July 2017
1100 – Summit Club**

Guest Speaker: Mr. Herb Lewis

This will be a very interesting talk. Bring a guest and enjoy. The talk will last a bit longer than normal, but well worth it!

Herb Lewis is an honorary master gardener, one of the few in Madison County. He is a native of Texas, where he developed his love of birds, and a retired systems engineer from SAIC.

Upon his retirement in 2004, his wife, Terry, gave him a certified wildlife habitat backyard. Her present awakened her husband's fascination with birds and created a habitat for wildlife in an urban setting.

Since retiring, Herb Lewis has focused his personal hobbies of landscaping, birding and photography into creating a natural wildlife habitat within his backyard garden primarily to attract the birds. He in turn gives presentations to various groups sharing his experiences.

Today, the backyard of his southeast Huntsville home is a shrine to the 84 species of birds that have come to his yard or flown near his home.

He is an instructor for the Master Gardener classes covering three counties and instructor for the annual Birmingham Audubon Mountain Workshop. He also is a volunteer docent and shuttle driver at the Huntsville Botanical Garden. Herb and his wife Terry sponsored and helped develop the Lewis Birding Trail at the Huntsville Botanical Garden.

Presentation Description:

Each Spring and Fall, for a two to three-week period, thousands of migrating songbirds fly over the Tennessee Valley nightly on their epic journey between their nesting areas in the northern parts of North America and wintering areas in the tropics. "Experiencing Bird Migration- A Gardening Perspective" includes proven techniques of garden design for creating a backyard bird friendly habitat. Herb Lewis' simple ideas and principles have brought over 90 bird species to his Huntsville backyard since 2004. Herb will share personal photos of many migrating birds attracted to his wildlife habitat environment.

Menu: Pork schnitzel, bratwurst, red cabbage, fried potatoes, cucumber salad, chocolate cake, brotchen 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 22 July 2017

Surviving Spouses Corner

On April 5, Surviving Spouse Advisory Committee members joined over 165 participants — including members of MOAA's board of directors and staff, council and chapter leaders from almost every state, and members of the Currently Serving Advisory Committee, and Currently Serving Spouse Advisory Committee — for MOAA's annual Storming the Hill event in Washington, D.C. The storming teams provided congressional legislators detailed fact sheets on sequestration, the Survivor Benefit Plan (SBP)/Dependency and Indemnity Compensation (DIC) offset, and TRICARE.

The return of sequestration in FY 2018 will cut billions from the defense budget and impose increased risks to U.S. national security. Debt reduction is a national responsibility, and the budget should not be balanced by placing a disproportional burden servicemembers and their families. Sequestration puts our national defense at risk with reduced spending on readiness and modernization, hollows our uniformed forces, and affects morale. A bipartisan debt-reduction package is needed to avoid disproportionate penalties to DoD that impact servicemembers and military retirees and their families.

SBP is an insurance annuity to provide a military spouse up to 55 percent of the servicemember's retired pay upon death for any reason. For active duty post-9/11 deaths, the coverage automatically is provided to the spouse. Under current law, survivors of deceased active duty and retired servicemembers must forfeit DIC dollar-for-dollar from their SBP when military service causes the death and DIC is awarded by the VA, currently \$1,258 a month (\$15,095 a year). Those impacted by this inequity (64,100) lose all or part of their SBP. MOAA has been fighting for full repeal of the offset for 16 years.

In 2008, Congress approved a Special Survivor Indemnity Allowance (SSIA) to partially compensate for the SBP/DIC injustice with incremental increases over 10 years (October 2017) toward eliminating the offset. The SSIA was extended last year at \$310 a month (\$3,700 a year) and ends May 2018.

MOAA Hill stormers ask legislators to cosponsor and support current legislation (H.R. 846 and S. 339) and engage House and Senate Armed Services, Appropriations, and Budget committee members, as their support will be needed for a solution to fully repeal the offset. If a full repeal cannot be funded, the SSIA should be extended.

Stormers also provided a document on TRICARE fee increase prevention to each congressional office. MOAA believes congressional actions should remain consistent with current philosophy and prevent disproportionate TRICARE fee increases.

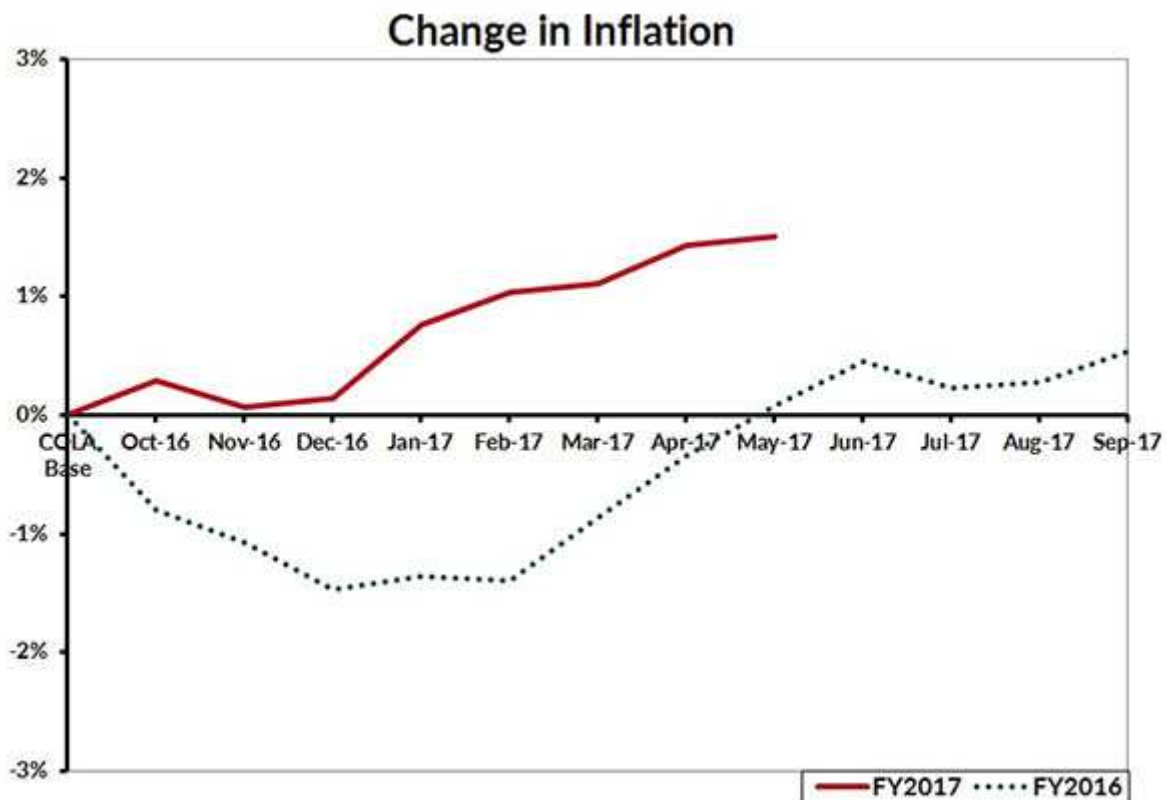
Please contact your legislators on these issues using MOAA's toll-free line to the capitol switchboard, (800) 272-6622. Ask the operator to connect you with your legislator's office, then ask to speak with the legislative assistant or military legislative assistant, and request co-sponsorship of H.R. 846 or S. 339.


initiative and placed troops at greater risk. Despite the tremendous efforts of this committee, Congress as a whole has met the present challenge with lassitude, not leadership.”

Lawmakers went back and forth with Mattis on the gap between the White House’s 2018 defense budget and President Trump’s campaign promises, with Mattis repeatedly defending President Trump’s \$603 billion base budget.

- **Continuing COLA Watch**

Though at a slightly lower incline, the change in inflation rate continued upward in May and the CPI for June 2017 is scheduled to be released on 14 July 2017.



The Consumer Price Index (CPI) is a measure of the average change over time in the prices paid by urban consumers from around the country for a market basket of consumer goods and services. The market basket includes the prices of food, clothing, shelter, and fuels, transportation fares, charges for doctors' dentists' services, drugs, and other things people buy for day-to-day living. Prices are collected from about 50,000 housing units and approximately 23,000 retail establishments - department stores, supermarkets, hospitals, filling stations, and other types of stores. All taxes directly associated with the purchase and use of items are included in the index. Prices of most goods and services are obtained by personal visits or telephone calls of the Bureau of Labor and Statistics' (BLS) trained representatives. Collectively, the CPI is also used to adjust annuities for other federal retirees, survivors, and Social Security recipients. 



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

The Huntsville Chapter of the Military
Officers Association of America presents



The Links at Redstone

RETIREE APPRECIATION – SOLDIER for LIFE DAYS

SCHOLARSHIP FUND GOLF TOURNAMENT

Entry Fee - \$75

Includes: golf/cart, lunch,
breakfast, door prizes ticket

- Prizes for: Top 3 Teams,
Longest Drive, Closest to
Pin, Hole in One
- Silent Auction
- Mulligans / Power Drive
packages for sale

Thursday

September 21, 2017

The Links at Redstone

0800 Shotgun Start

Registration begins 0630

4-person Scramble

Early Bird

Special:

**Register by
August 21st for
\$65 per player**

Don't Wait!

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

****If you need base access, contact Rick West****

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

Contact Phone Number: _____

PLAYER 1: _____ Email: _____

PLAYER 2: _____ Email: _____

PLAYER 3: _____ Email: _____

PLAYER 4: _____ Email: _____



**100% of net to the
HCMOAA Scholarship Fund**

Sponsorship does not imply endorsement by the
U.S. Army nor the Department of Defense.



Men's Health Is Important Too

Do you know what the top health risks are for men? According to the [Centers for Disease Control and Prevention](#) (CDC), the leading causes of death among men in the U.S. include heart disease, stroke, cancer and respiratory diseases. How can you reduce men's health risks? Learn about common health problems facing men and how to prevent them. For example, TRICARE covers [preventative services](#) to help men of all ages get and stay healthy.

Identify Potential Health Concerns

Men and women share many of the same health concerns, but there are certain conditions that predominately affect men. Examples include colon cancer, skin cancer, high blood pressure, obesity and heart disease. It's important to learn about these conditions in addition to the [health conditions that are unique to men](#), such as prostate and testicular cancers.

"Take the opportunity to put your health first today," said Dr. James Black, Medical Director for the Clinical Support Division at the Defense Health Agency. "Knowing the signs and symptoms of common conditions can help let you know if you need to speak to a medical provider and may even save your life."

Your primary care manager (PCM) can also help you identify potential health concerns and assess your risk for developing certain health problems. If you don't have a primary care manager, [find a PCM](#) on the TRICARE website. You can also set up your [appointment online](#).

Get Screened Regularly

Women are 100 percent more likely to visit the doctor for annual exams and preventive services than men. However, TRICARE offers men several [preventative services](#), such as cancer screenings, lab tests and immunizations. Your PCM can help you decide what tests you need based on your age and risk factors. Important health screening tests for men include:

- [Blood Pressure Screening](#)
- [Cardiovascular Screening](#)
- [Colorectal Cancer Exam](#)
- [Prostate Cancer Exams](#)
- [Skin Cancer Exams](#)
- [Testicular Cancer Exams](#)

Make Healthy Lifestyle Choices

Although men seek regular medical care less often than women, they're more likely to smoke, drink and choose unhealthy or risky behavior. The more committed you are to [choosing healthy lifestyle choices](#), the easier it is to maintain your health. Consider making the following choices to help you live a long and healthy life:

- Avoid smoking: Smoking can cause conditions such as heart disease and cancer. TRICARE provides resources to help you quit tobacco, such as [toll-free quit lines](#), [counseling](#), and [tobacco-cessation medications](#). Also, [UCanQuit2](#) provides useful tips and tools.
- Limit alcohol: Drinking too much can contribute to poor health. Visit the TRICARE [Alcohol Awareness page](#) for information about alcohol and drinking responsibly.
- Eat a healthy diet and exercise regularly: Eating healthy and being physically active can help prevent a variety of health problems. Learn about the benefits of [healthy living](#) and how you can improve your overall health.

Knowledge of men's health issues, regular health screenings and leading a healthy lifestyle is only half the challenge of maintaining your health. Taking steps to improve your health and reduce your risk for disease is just as important. Visit the [TRICARE](#) website today to learn more and get started.

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.

Member Recognition - LTC Royal C. Lewis, USA

LTC Lewis achieved two major milestones recently.

First, on December 5th, 2016 he turned 100 years old.

Second, on May 10th, 2017 he was named a Knight in the National Order of the League of Honor by the President of the French Republic for his efforts to help to liberate France during World War II.

Congratulations!

Important Dates in July

- 1 July – Abraham Lincoln establishes the income tax (1862)
- 1 July – Battle of Gettysburg (1863)
- 2 July – James Garfield shot (1881)
- 2 July – Lyndon Johnson signed the Civil Rights Act (1964)
- 4 July – Independence Day
- 5 July – PT Barnum born (1910)
- 6 July – Louis Pasteur develops rabies vaccine (1885)
- 8 July – Monthly Breakfast – Royal Rose Diner**
- 8 July – Nelson Rockefeller born (1908)
- 12 July – Henry David Thoreau born (1817)
- 13 July – Monthly Board Meeting – Java Café**
- 14 July – Fall of the Bastille (1789)
- 14 July – Gerald Ford born (1913)
- 16 July – First atomic bomb detonated in New Mexico (1945)
- 16 July – Apollo 11 lifts off (1969)
- 16 July – John F. Kennedy Jr. crashes his plane off Martha's Vineyard (1999)
- 17 July – TWA Flight 800 crashes off Long Island (1996)
- 18 July – Nelson Mandela born (1918)
- 20 July – Neil Armstrong walks on the moon (1969)
- 20 July – Sir Edmund Hillary born (1919)
- 21 July – Guam ceded to the US by Spain (1898)
- 21 July – Ernest Hemingway born (1899)
- 22 July – John Dillinger killed by FBI agents (1934)
- 22 July – "22 Won't Do" event – Veteran's Memorial
- 25 July – Ocean Liner *Andrea Doria* sinks (1956)
- 26 July – USS Indianapolis delivers atomic bombs to Pacific theater (1945)
- 26 July – Monthly Member Meeting – Summit Club – Speaker is Mr. Herb Lewis**
- 27 July – Korean War ends (1953)
- 28 July – Bonus March on Washington DC (1932)
- 30 July – Teamster Leader Jimmy Hoffa last seen alive (1975)
- 31 July – US Patent Office established (1790)

