Volume 60, Issue 6 June 2021



Huntsville Chapter Military Officers Association of America The Semtine

Huntsvillemoaa.org





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



Greetings Huntsville Chapter Members -

Welcome to June as you can tell by the temperatures outside and the speed of the grass growing!

Thanks to the many of you who attended the May Zoom membership meeting – hopefully the last Zoom meeting ever! I have even cancelled our account. I do appreciate the patience and participation of many of you over the last year of Zooms!

As promised, **we are going back to face to face meetings / events**. This includes our Governing Board, Golf Committee, and Membership Meetings. We will also be resuming our chapter breakfasts at the City Café Diner. Details inside.

Plans are complete for our June Membership meeting. We will conduct our first faceto-face membership meeting in over a year at The Summit Club on **Wednesday**, **June 30th at 1100.** We will have a small German buffet and our guest speaker will be the Fox Army Health Center Commander – certainly should be interesting based on the events of the last 16 months! **Please save this date and get your RSVPs in early!**

Speaking of dates to block off on the calendar, here is another one: **September 10th**. That is the date of our annual <u>Scholarship Fund Golf Tournament</u>. This is the time of year that we shift to high gear in planning and working sponsors / donations. **We still need a lot of help** to make this year's tourney the best ever! Our next golf meeting will be June 11th (a Friday) at 1200 at The Links at Redstone golf course. Come join us (we eat lunch there beforehand) – we really do have a lot of fun doing this!

Now that we are back to face-to-face meetings, we are working our list of **guest speakers** for the next 6-8 months. If you have any suggestions, please let me know!

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

Stay Safe!

Rick

Member Meeting (in person) is 30 June at 1100 – Summit Club Guest Speaker will be COL Roberto Cardenaas, FAHC Commander

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



Legislative Corner Lt Col Charles Clements, USAF-Ret



http://www.moaa.org/<u>takeaction</u>/



"All politics is local."

The regular session of the Alabama Legislature ended at mid-night on 17 May. By the end of the session there were 648 bills introduced in the House of Representatives and 405 bills introduced in the Senate.

The following are a couple bills that have been signed into law by Governor Ivey:

1. Next year's \$7.6 billion education budget including increases for school spending, colleges and universities and early learning, as well as some correctional education. The budgets include increases in spending over the current year and 2% pay increases for state employees and K-12 and community college employees.

2. Use of medical marijuana along with its regulation and distribution. The law goes into effect immediately. It allows people with qualifying medical conditions to purchase medical marijuana with the recommendation of a doctor. Conditions include cancer, a terminal illness, depression, epilepsy, panic disorder and chronic pain. Allowable forms of marijuana include pills, skin patches and creams but not smoking or vaping products.

The following bills are under consideration by Governor Ivey:

1. A bill that would entitle regional mental health entities and their employees who work under the Alabama Department of Mental Health the same protections from legal liability as is given to state entities and employees.

2. A bill that would require the Alabama Department of Labor to recover overpayments in unemployment compensation. The bill will help save the state millions of dollars.

3. A bill creating a new state authority to oversee the expansion of high-speed broadband internet services throughout the state.

4. A bill that would raise the age of buying tobacco products, including vaping products, to 21.

5. A bill that would allow the state to adopt permanent daylight-saving times if the federal government approves it.

6. A bill for the General Fund budget in the amount of \$2.4 billion. The approved 2022 fiscal year budget is \$90.6 million larger than the current year's budget and is about \$26.5 million more than what Governor Ivey recommended in February.

Continued on page 9

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, <u>youngbikers@att.net</u>

Secretary: COL Michael C. Barron, USA-Ret, 337-422-8862, <u>m.barron468@gmail.com</u>

Treasurer: Lt Col Charles T. Clements, USAF-Ret, 256-715-1671, <u>ctcbama76@gmail.com</u>

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

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, <u>ctcbama76@gmail.com</u>

STANDING COMMITTEES

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

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, <u>ctcbama76@gmail.com</u>

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

Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

Surviving Spouse 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, <u>rickw675@att.net</u>

Chapter Chaplain: CH (LTC) Bert E. Wiggers, AUS-Ret, 256-617-0055, chapter.chaplane.chapla

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, <u>brucer76@knology.net</u>

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

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, <u>fairlambjrf@comcast.net</u> (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

Plan for the Alabama Tax Free weekend! Alabama Sales Tax Holiday 2021 for school-related items Sales Tax Holiday begins at 12:01 a.m. on 16 July and ends at twelve midnight on Sunday 18 July giving shoppers the opportunity to purchase certain school supplies, computers, books and clothing free of the state's four percent sales or use tax. https://www.freetaxweekend.com/alabama-free-tax-weekend-back-to-school/ Make your list now and get ready to shop!

Speaking of shopping, 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 (sometimes this has been as much as 20%)! Start your list of purchases now. Plus, be sure to stop in you Exchange especially on Fridays. Often the manager has big sales on clearance items with even more off if you use your STAR card. Plus, always check of the deal of the day at http://www.shopmyexchange.com or download the app!

You Exchange ALWAYS has tax free – so be anticipating that you will be able to deduct the normal outside tax rate from your Exchange purchase for the eligible items. The Exchange will be celebrating its 126th Anniversary in late July (date TBD). Anticipate special sales and giveaways. The Exchange is the 62nd largest retailer in the US and earnings provided \$2.3 billion in dividends to support MWR.

Shopette

Tent sales are back! Be sure to check it out 17-19 June. New – Lighthearted Cupcake wines – all the taste and fewer calories! The Classic Laddie Scottish Barley Bruichladdich, Kirk and Sweeney 18-year Dominican Rum, Flor de Cara rum, Hatian Rhum Barbancourt, Campesino rum Silver X and aged XIV, Zaya aged 16 years rum, and The Isle of Jura 10 years aged scotch whisky.

Also stop in at the Exchange optical center (next to the seemingly abandoned vehicle repair shop). Get a complete pair of glasses for as little as \$39.98. The vehicle repair station is stuck in limbo for now. The Exchange wants a certain rental fee, but vendors don't want to pay that much.

While there check out the movies at the Red Box machine outside – you can reserve your movies using the Red Box app and pick them up anytime that day.

PX/Commissary - continued on page 14

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:

CDR John Inman, USN

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, biged992K@aol.com

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



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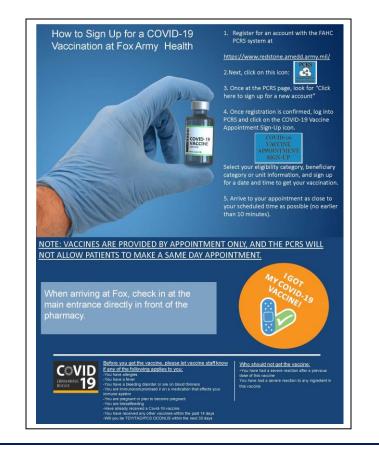
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Fox Army Health Center MAJ Bruce T. Robinson, USA-Ret



- Fox Army Health Center continues to offer the Moderna COVID-19 vaccine to all eligible TRICARE beneficiaries.
- The Center for Disease Control has lifted the mask mandate for fully vaccinated personnel on May 13, 2021. However, masks are still required in areas of increased risks, to include medical and dental facilities, as well as airports. Personnel who are not fully vaccinated should continue to follow applicable mask guidance, including practicing social distancing when possible.
- Fox Army Health Center continues to support the installation and the Redstone Community as we lead up to the Armed Forces Celebration Week from June 20 to July 3. Key events include:
 - o Trash Pandas Patriotic Salute Baseball Game: June 20, 2 p.m., Toyota Field
 - o Iron Mike AUSA Golf Tournament: June 24, 8 a.m., The Links at Redstone
 - Concert in the Park: June 28, 6 p.m., Big Spring Park
 - o Biergarten Festival: July 1, 4 p.m., US Space and Rocket Center





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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ASEA®

Paul & Patsy Morin Independent Associates

Cell: 256-738-0389 Email: paulmorin3018@comcast.net

Website: paulmorin.teamasea.com Huntsville, AL

Surviving Spouse's Luncheon



Mrs. Carrie Hightower 256-882-3992

Welcome back ladies. Now that everyone has been vaccinated, it is safe to resume our luncheons. Our next luncheon will be on Thursday 17 June, 11AM at the Red Lobster, 5951 University Drive in Huntsville. Phone: 256-533-2880. Reservations are required. Everyone will be called.

Surviving Spouse Corner: Resources for Surviving Spouses

As a surviving spouse and a member of MOAA, you have access to a host of people who are there to guide you through any difficulties or questions you might have. MOAA exists to protect military benefits and to offer you resources which cannot be found elsewhere.

MOAA membership is 350,000 strong, of which 16% are surviving spouses. Experts in the Washington, D.C., area advocate for legislation benefiting our community; they are equally vigilant when fighting legislation that would harm our benefits.

You are encouraged to visit MOAA.org, where you can sign up to receive *The MOAA Newsletter* and choose areas of most interest to you, such health care and earned benefits, finance, and spouse and family.

On the homepage when you see the prompt "I AM A," scroll down and click on "Surviving Spouse," which will lead you to the Surviving Spouse Page. This site provides information relevant to our community.

MOAA has a Surviving Spouse Advisory Council (SSAC) consisting of eight surviving spouses advocating for issues and concerns of interest to our community. Email SSACouncil@moaa.org with any questions or concerns you may have.

MOAA's Surviving Spouse Virtual Chapter meets once a month and is open to all MOAA surviving spouses and surviving spouse liaisons. Speakers cover important information regarding issues and concerns one month and the next is an open forum meeting taking questions and hearing concerns of attendees. Learn more about the chapter, including how to join.

Additionally, MOAA's Surviving Spouses and Friends Facebook group provides information, answers questions, and offers an opportunity to interact with others traveling the same course. Although not sponsored by MOAA, another Facebook group, DIC Surviving Spouses & Friends, is open to all surviving spouses who receive or who have questions regarding Dependency and Indemnity Compensation.

Check out your local MOAA chapter where you can meet new people and other surviving spouses. Some of our events have speakers on a variety of subjects that might interest or concern you, with some other events providing entertainment. Most chapters have a surviving spouse liaison who is there to assist you with any issues or concerns you might have or just to provide some comfort or a sounding board.



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

Patience

A common sight in America's Southwest desert is the century plant. It's unique. The century plant (*Agave Americanna*) thrives in rocky mountainous, desert sites. It has dramatic, splayed leaves that grow up to a foot wide. The plant can reach twelve feet in diameter.

But what makes the century plant unusual, as its name suggests, is its long reproduction cycle. For twenty or thirty years (no, not a literal one hundred years), the six-foot-tall plant stands the same height and puts out no flowers. Then one year, without warning, a new bud sprouts. The bud, which resembles a tree-trunk-size asparagus spear, shoots into the sky at a fantastic rate of seven inches per day and reaches a eventual height of twenty to forty feet. Then it crowns itself with several clumps of yellowish blossoms that last up to three weeks.

Like the century plant, many of the most glorious things that happen to us come only after a long wait.

"But the fruit of the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law (Galatians 5:22-23, 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:

By:

Membership Statistics

Total Members: 332 Regular Members: 278 Surviving Spouses: 54

New this month: 0 Deaths this month: 1 Renewals: 0

Welcome New Members to Huntsville Chapter MOAA

None this month

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.

Legislative – continued from page 2

7. A bill changing how law enforcement can seize and keep property from low-level drug offenders.

8. A bill to ban on curbside voting in the state.

9. A bill that would prohibit the issuance of state or local government "vaccine passports". The bill says state and local governments "may not require an individual to receive an immunization or present documentation of an immunization as a condition for receiving any government benefit or service or for entry into a government building."

10. A bill to allow city police officers to issue citations for some misdemeanor offenses rather than taking offenders into custody.

The Alabama Legislature gave final passage to a bill allowing Alabama voters to decide whether to borrow \$85 million to improve state parks. Because House Bill 565 is a constitutional amendment, it doesn't need the governor's signature. Alabamians will see the proposed bond issue on their ballots in 2022.

Here are the highlights of what died in the session.

Emergency orders: A bill that would have shortened state of emergency orders and given the Legislature a say in extending them failed in the Senate.

Transgender treatment: The session adjourned without a House vote on a controversial measure to outlaw the use of puberty-blockers or hormones to help transgender minors with their transition.

Gun legislation: The session closed without a House vote on legislation to make it a crime for local police officers to enforce any new federal gun restrictions. The bill is part of a wave of GOP nullification proposals to try to resist any new gun control measures.

Gambling: Alabama lawmakers on ended the 2021 legislative session without a vote on a gambling bill.

The March 2021 CPI is 261.327, 3.1 percent above the FY 2021 COLA baseline.

Please read the recent posting to the Legislative Affairs portion of our webpage. There is one article listing the pending veteran related legislation in the current session of Congress.

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

Face-to Face Meetings Resume

The Chapter is resuming in person meetings beginning in June. The Governing Board (10 June), Membership (30 June), and the Golf Committee (11 June) will all begin meeting in person. In addition, the monthly breakfast (12 June) and widow's luncheons (17 June) will resume. We hope you will be able to attend one or more of these gatherings as appropriate.

HCMOAA Treasurer's Report April 2021



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

1. The April 2021 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	\$12,900.45	\$ 8,005.29	
Income	\$ 0.00	\$ 0.07	
Expenses	\$ 80.99	\$ 0.00	
Ending Balance	\$12,819.46	\$ 8,005.36	

3. Notable income: None.

4. Notable expenses: Payments for postage and Zoom fees.

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. A 3-month CD was renewed on 22 March 2021 with Wells-Fargo. The CD was opened with a balance of \$8,515.94. The CD matures on 19 June 2021. The current balance is \$8,516.08. 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. <u>Please consider donating</u> to our program. Contact the HCMOAA Scholarship Fund Treasurer, Rick West, at <u>rickw675@att.net</u> or 256.776.6901 for details.

The 2020-2021 Merit Awards / HCMOAA Scholarship fund drive has finished. **Many thanks** to those who donated and enabled the Chapter to provide \$8000 in scholarships for 2021! Of course, donations are now being accepted for the 2021-2022 scholarship drive!

Note: The below amounts reflect only donations directly to the fund. Golf Tournament monies are tracked separately and presented to the membership following the tournament.

Total received for May:	\$0	T
Total received FY21 to date:	\$7510	



Membership Meeting 30 June 2021 1100 – Summit Club

Guest Speaker: COL Roberto Cardenas, USA Commander, Fox Army Health Center

COL Roberto Cardenas is a native of Los Angeles, California and was commissioned as a Medical Service Corps officer in August 1993 upon graduating from North Carolina State University. He holds a Master of Health Administration from the University of Maryland, University College and a Master of Strategic Studies from the U.S. Army War College. His previous assignments include: U.S. Army Medical Center of Excellence, Office of the Chief – Medical Service Corps, U.S. Army Medical Recruiting Brigade/USAREC, the Joint Staff (J31/J33 and J7), Joint Forces Command (JFCOM) Surgeon's Office, 18th Airborne Corps Surgeon's Office, 44th Medical Brigade, NTC – Observer/Controller, 3rd Infantry Division, and 1st Infantry Division. COL Cardenas' command experience includes C/3rd Forward Support Battalion, 3d Infantry Division and 6th Medical Recruiting Battalion, Las Vegas, Nevada.

COL Cardenas' awards include: the Bronze Star, the Defense Meritorious Service Medal, Meritorious Service Medal (4 OLC), the Joint Service Commendation Medal, Army Commendation Medal (4 OLC), Air Force Achievement Medal, Army Achievement Medal (2 OLC), Joint Meritorious Unit Award, Meritorious Unit Citation, National Defense Service Medal, Humanitarian Service Medal (1 OLC), the Expert Field Medical Badge, Parachutist's Badge, German Airborne Badge (Bronze), Army Recruiter Badge, and the Joint Staff Identification Badge. He is also a member of the Order of Military Medical Merit (O2M3). COL Cardenas is married to the former Alicia Austin of Protection, Kansas and they have two children, daughter Ashton and son Alex.

COL Cardenas will talk about the state of the COVID-19 pandemic, as well as the state of military medicine. He will also take your questions. This should be a veery informative meeting

Menu: Pork schnitzel w/ Jaeger sauce, bratwurst, German pan fried potatoes, red cabbage, cucumber salad, broetchen with butter, German chocolate layer cake and assorted beverages

Cost: \$15 for Chapter members & their family - \$20 for guests – pay at the door – cash or check only

RSVP: CAPT Rick West, 256-776-6901, rickw675@att.net, NLT 21 June 2021

Huntsville Chapter Military Officers Association of America P.O. Box 1301 - Huntsville, AL 35807 www.huntsvillemoaa.org							
MOAA	Membership Application or Renewal Yes - I'd like to add my voice to the Huntsville Chapter!						
New	One Year \$10*	lf New, ho	ow did you he MOAA Na				
Renewal**	Two Years \$	- 	Local event				
Life Membership***	Three Years \$	- 	Letter / e-mail from HCMOAA HCMOAA website Friend / acquaintance Other (Please explain				
**If renewing just update	fter September 1 st will have any address or phone cha r Life Membership? Contac MI	nges, verify e-ma	il address, an	d sign the form	ar		
Preferred Name	Birth Date	Spouse	e's Name				
Grade	Branch of Service	Period(s)) of Active Du	ty (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.							
Active Retirec	I NG F	Former Officer	Reserve	Surviving Spouse			
Mailing Address	city		State	Zip			
Phone Number	E-mail Ac	ldress		Signature	_		
	Korean War Vete	rans Annua	al Lunche	eon			
Legacy 4 Korean War Ve War Veterans:					lorean		
Date: June 24, 2021, (11 Where: The Summit on Guest Speaker: General	Redstone Arsenal	manding Gene	eral, U.S. A	rmy Materiel Comn	nand		
We will send out an offic This event is by invitation like to join us this year, p and send a message. Thank you!	n only. If you have neve	er attended our					

Chapter Happenings



COL Mike Roddy, USA (Ret) and a chapter member, presents a JROTC award at Ft. Payne High School on 7 May



Chapter President Rick West and members Sam Scruggs, Charles Clements, and Shane DeBusk present the HCMOAA Wreath at the 2021 Memorial Day Ceremony at the Veterans Memorial Park

There's no time like now to plan your future.



Dale C Kuehi Financial Advisor

2045 Cecil Ashburn Drive S E Suite 103 Huntsville, AL 35802 256-881-1583

Edward Jones edwardjones.com

MKT-GERAK-A

PX/Commissary – continued from page 3

Commissary

http://www.Mymilitarysavings.com is celebrating 10 years of savings! Manager's specials include Kraft products and various meats. 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 holiday celebration items! Plus, don't forget to check out the clearance beef and pork products in the meat section. Reduced for quick sale! Plus, don't forget to check out the deal of the week at <u>http://www.commissaries.com</u> Also check out <u>http://www.commissarysavings.com</u> additional savings, coupons, and recipes. New at the commissary - Fairlife ice cream with 9 grams of protein per serving and much longer freezer life.

Check back often at your commissary since monthly specials rotate depending on the season! At <u>http://www.commissaries.com</u> 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.

For the campers and preppers (e.g., in case of another pandemic), check out the commissary MRE's. Mexican style chicken stew, vegetable crumble, ratatouille, and others. Plus check out the center of the store for bulk item sales! Big box selection without the big price tag – and only the 3% surcharge that enables you to have your commissaries maintained and to build more.

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 hold its next planning meeting on Friday, 11 June, at 1200. It 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!





CPT Rene E Lemieux, USA LTC Stephen D Rice, USA LTC Johnnie L Bone Jr, USA CDR Rudolph M Ohme, USN COL Michael A Roddy, USA MAJ John F Wilson Jr, USA Capt Kenneth E Shepard, USAF COL Tom L Albertson, USA CDR Robert P Rolf, USN LTC James M Ivy IV, USA Col Bernard S Morgan Jr, USAF LTC William L Brigadier, USA Lt Col Andrew J Grau, USAF LTC Gary R Young, USA Mrs. Helen J Kolankiewicz MAJ Michael V Tallman, USA LTC Roderic Spencer Jr, USA CPT Vernon K Sutter, USA Mrs. Florence L Garman CW3 Lewis F Spencer Jr, USA Mrs. Lois J Wendt COL John A Olshefski, USA CWO Richard C Demming, USA MAJ Sherrill T Chaffin, USA Mrs. Freddia K Scott Mrs. Nora Taylor CW4 William W Wright, USA COL Lee M Tonsmeire, 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 <u>brucer76@knology.net</u> so it can be included in future newsletters. Thank you.

Governing Board Vacancies

The chapter either has, or will have, vacancies in several governing board positions. We need some dedicated volunteers to fill these positions and help the leadership team keep the chapter vibrant. Brief descriptions of the positions follow. If you think you may be able to fill one of the vacancies, or desire additional information, contact any board member.

Membership: A key position. The chair maintains a roster of chapter members & keeps it in synch with MOAA National's online roster. Responsible for recruiting & retention of members.

Webmaster: Maintains the chapter's website & keeps it current. You can be as creative as you want. The position could be filled by a spouse, child or grandchild of a member.

Chaplain: Provides spiritual support to members in need. Provides prayers at chapter meetings. Provides a monthly newsletter article. You need not be a military chaplain or any type of priest or minister to fill the position.

Publicity: Helps to advertise chapter events with local media & the Redstone Rocket. The main event is our fundraising golf tournament.

Historian: This position has not been filled for many years. The historian would be responsible for establishing a digital archival system for storing relevant chapter documents. You can be as creative as you want.



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

LTC Clifford T. Flanigan, USA (Ret) - 90, of Sarasota, Florida passed away at Tidwell Hospice, on May 15, 2021 from natural causes. He was born on July 1, 1930 in Detroit, Michigan to James C. and Susan (Sebastian) Flanigan. He served in the US Army and graduated from West Point Military Academy in West Point, New York. and after retirement, where he was last stationed at USMA, Clifford went to work as the Vice President of Engineering at Mount Sinai Medical Center. He moved to Sarasota, Florida in 2009 from Huntsville, Alabama and was a member of St Paul Lutheran Church is Sarasota, Florida.

During his 24 plus years in the US Army, he served as a Combat Engineer, (Parachutist); Superintendent of Construction; served in the INDOCHINA Theater and was awarded the Legion of Merit with two Oak Leaf Clusters; Bronze Star Medal; Meritorious Service Medal; Army Commendation Medal with one Leaf Cluster; Good Conduct Medal; National Defense service Medal with one Oak Leaf Cluster; Vietnam Service Medal with three Oak Leaf Clusters; Republic of Vietnam Campaign Medal; Parachutist Badge; Republic of Vietnam Gallantry Medal with Citation Badge and Palm; Republic of Vietnam Civil Actions Honor Medal, First Class and one overseas bar. He completer the United States Army Command and General Staff College; Engineer Officer Career Course; Combat Intelligence Course (Honor Graduate); Nuclear Weapons Employment Course; Engineer Officer Basic Course and the Airborne Course.

Lt. Colonel Flanigan is survived by his loving family: his wife of also 67 years, Joann Flanigan of Sarasota, Florida; sons; Michael Flanigan of Sarasota, Florida and Kevin Flanigan of Albuquerque, New Mexico and a daughter, Susana Santa Cruz of Tampa, Florida.

Full military honors and graveside services were held on Thursday, May 27, 2021 at 12:30 pm at the Sarasota National Cemetery, 9810 State Road 7, Sarasota, Florida with the US Army Honors and Ceremonial Funeral Team, American Legion Post 159 and Rev. Ashley Nicolls, officiating.

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



History of Father's Day

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972–58 years after President Woodrow Wilson made Mother's Day official-that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2021 will occur on Sunday, June 20.

Mother's Day: Inspiration for Father's Day

The "Mother's Day" we celebrate today has its origins in the peace-andreconciliation campaigns of the post-Civil War era. During the 1860s, at the urging of activist Ann Reeves Jarvis, one divided West Virginia town celebrated "Mother's Work Days" that brought together the mothers of Confederate and Union soldiers. However, Mother's Day did not become a commercial holiday until 1908, wheninspired by Jarvis's daughter, Anna Jarvis, who wanted to honor her own mother by making Mother's Day a national holiday-the John Wanamaker department store in Philadelphia sponsored a service dedicated to mothers in its auditorium.

Thanks in large part to this association with retailers, who saw great potential for profit in the holiday, Mother's Day caught on right away. In 1909, 45 states observed the day, and in 1914, President Woodrow Wilson approved a resolution that made the second Sunday in May a holiday in honor of "that tender, gentle army, the mothers of America."

Origins of Father's Day

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm-perhaps because, as one florist explained, "fathers haven't the same sentimental appeal that mothers have."

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

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Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2021 occurs on June 20. In other countries–especially in Europe and Latin America–fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

Father's Day: Controversy and Commercialism

Many men, however, continued to disdain the day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products-often paid for by the father himself." During the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in New York City's Central Park-a public reminder, said Parents' Day activist and radio performer Robert Spere, "that both parents should be loved and respected together."

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.

3 Reasons Why You Should Get the COVID-19 Vaccine

Last month, every adult in the U.S. became eligible to get a COVID-19 vaccine. We've missed special moments of togetherness during the national response to COVID-19. But vaccination and other precautions offers the best path towards safely returning to normal life.

If you haven't gotten your COVID-19 vaccine yet, there are many reasons why you should do so. Here are a few of the benefits of getting a COVID-19 vaccine from the Centers for Disease Control and Prevention (CDC).

1. Getting vaccinated is the best way to protect yourself, your loved ones, and the most vulnerable in the community.

Vaccination is an effective way to lower your risk of contracting COVID-19. And it will also help keep you from getting seriously ill if you do catch the virus that causes COVID-19. Getting vaccinated can also protect the health of the people around you, including those at increased risk of severe illness from COVID-19.

2. COVID-19 vaccination is a safe way to build immunity.

All approved COVID-19 vaccines currently available in the U.S. are safe and effective at preventing COVID-19 based on clinical testing. Although getting COVID-19 may offer some natural immunity, the CDC states, "The risk or severe illness and death from COVID-19 far outweighs any benefits of natural immunity." The COVID-19 vaccines will help your body develop immunity to the virus that causes COVID-19 without you having to get sick. And you can't get sick with COVID-19 from a COVID-19 vaccine.

Take the time to learn more about the safety of the vaccines and facts about them. If you have medical concerns about the vaccines, consult with your doctor.

3. A COVID-19 vaccine is an important tool in helping to stop the pandemic.

While wearing masks, staying 6 feet apart from others, avoiding crowds, and washing hands frequently help reduce your chance of being exposed to COVID-19 or spreading the virus to others, these precautions aren't enough. Vaccines are a key tool to help stop the pandemic. They'll work with your immune system so it will be ready to fight the virus if you're exposed. According to the CDC, you should continue to use all the tools available to protect yourself and others until you're fully vaccinated.

If you're fully vaccinated, you can start doing more. The CDC website includes guidance on what you can start to do. If you still need to get the COVID-19 vaccine, visit the TRICARE website for ways you can make your COVID-19 vaccination appointment.

Take command of your health, and get a vaccine as soon as you can to protect yourself and others. You can learn more about COVID-19 vaccines and options for finding a vaccine near you on the TRICARE website.

Get the Mental Health Care Support You Need with TRICARE

When you sprain your ankle or notice a suspicious lump, you seek medical attention. But what if you notice yourself worrying a lot more than before, or you feel more stressed and irritable? Or if you or your family members are concerned about your alcohol or pain medication use? These may be mental health issues, and it's important to know that treatment is out there, that treatment works, and relief is possible. If you think you or a family member may need mental health services, explore your options with TRICARE.

The Centers for Disease Control and Prevention states that an estimated 50% of Americans are diagnosed with a mental health condition at some point in their lifetime. For many people, these mental health concerns aren't addressed until they worsen and interfere in daily life. So, it's important to talk to your doctor when you do have concerns.

"Taking care of your mental health is just as important as taking care of physical health," said Dr. Krystyna Bienia, clinical psychologist and senior policy analyst at the Defense Health Agency. "There are a wide range of services available to help you learn skills, develop coping strategies, and connect with other resources."

If you're ready to speak with a TRICARE-authorized provider, you have options. You can talk with your primary care provider. You can also visit a mental health care provider. If you need assistance to help you find a provider that's right for you, contact your TRICARE contractor. Keep in mind, how you get non-emergency mental health care depends on the level of care you need, your health plan, and your sponsor status.

Getting Care for Nonemergency Mental Health Care

You don't need a referral or pre-authorization for any outpatient mental health (except for psychoanalysis) and substance use disorder (SUD) care. This includes services, like therapy and counseling. For example, if you have TRICARE Prime, you don't need a referral to see a network provider for office-based outpatient mental health services. If you have TRICARE Select, you can see any TRICARE-authorized provider. But you'll lower your out-of-pocket costs if you choose to see a network provider. If you have TRICARE For Life, Medicare is the primary payer for your mental health care. You only need a referral or authorization from TRICARE if your Medicare benefits are exhausted.

Active-duty service members should always seek nonemergency mental health care at military hospitals or clinics first. And you need to get a referral and pre-authorization for all civilian mental health care. Refer to Getting Mental Health Care to learn more.

TRICARE covers treatment for medically and psychologically necessary mental health and substance use disorders. Keep in mind, your costs will vary depending on the level of service. As stated in the *TRICARE Mental Health and Substance Use Disorder Services Fact Sheet*, you can

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lower costs by seeking care at military hospitals or clinics or from TRICARE network providers. Download the fact sheet and go to TRICARE Costs to learn more about costs and getting care.

Covered Treatments

Depending on your needs and diagnosis, many treatment levels may be available to you. Keep in mind that some mental health services are excluded from coverage. You can read further to learn about how these options differ.

- Office-based outpatient treatment (psychotherapy, substance use disorder treatment, and more). This may include individual, family, or group therapy. Different types of therapy are available to help people with various mental health needs. These services can help decrease symptoms and increase well-being and healing.
- Intensive outpatient treatment. This is typically a form of therapy, counseling, or rehabilitation where patients go to a treatment center for several days a week, a few hours at a time.
- Partial hospitalization programs. These programs provide daytime treatment, where the patient lives at home and commutes to treatment for six or more hours per day for up to seven days a week.
- Psychiatric residential treatment centers for children and adolescents. These residential centers provide therapeutic structure and monitoring in a home-like environment.
- Inpatient treatment. This is the most intensive level of treatment. This is 24-hour care in a treatment facility or hospital. It's usually a short-term treatment until the patient can transition to a different level of care.

TRICARE covers medically and psychologically necessary and appropriate services offered through telehealth platforms, including several telehealth options for mental health. With a computer, tablet, or smartphone, you can connect securely with your provider. Not all providers offer telehealth, so ask yours if it's something they offer. You can also explore other options offered by your TRICARE contractor, like Doctor On Demand and Telemynd if you're in the TRICARE East Region and TRICARE West Region.

As always, if you think you have a medical health emergency, call 911 or your local emergency number right away. You can also go to the nearest emergency room. You don't need a referral or pre-authorization for emergency care.

The Military Health System recognizes May as Mental Health Awareness Month. Take command of your mental health and get the care you need. Learn how TRICARE can support your mental health.

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 <u>http://huntsvillemoaa.org</u> 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 <u>brucer76@knology.net</u> or 256-426-0525.

Important Dates in June

- 3 June The Duke of Windsor married Wallis Warfield Simpson (1937)
- 4 June Rome liberated by US 5th Army (1944)
- 4 June A train wreck in Jessore, Bangladesh, killed 76 and injured over 500 (1972)
- 4 June Chinese troops fire on unarmed protesters in Tiananmen Square in Beijing (1989)
- 5 June Robert F Kennedy shot & mortally wounded (1968)
- 6 June D-Day (1944)
- 6 June California voters approved Proposition 13, severely limiting property tax rates (1978)
- 8 June Apache leader Cochise died (1874)
- 9 June The British signed a 99-year lease for Hong Kong (1898)

10 June – MOAA Board Meeting – TBD - 1100

- 11 June Mount Pinatubo in the Philippines erupted (1991)
- 11 June The Soviet military occupation of East Germany ended (1994)
- 11 June Golf Meeting The Links 1200
- 12 June The Philippines declared their independence from Spain (1898)
- 12 June Civil rights leader Medgar Evers was assassinated (1963)

12 June – MOAA Breakfast – City Café Diner - 0900

- 13 June The New York Times began publishing the Pentagon Papers (1971)
- 14 June Continental Army established (1775)
- 14 June Warren G. Harding became the first President to broadcast a message over the radio (1922)
- 14 June Univac 1, the world's first commercial electronic computer was unveiled (1951)
- 17 June Watergate burglary (1972)
- 18 June Battle of Waterloo (1815))
- 19 June Julius and Ethel Rosenberg were executed (1953)
- 20 June First day of summer
- 20 June Father's Day
- 22 June Hitler invaded Russia (1941)
- 24 June Berlin Blockade established (1948)
- 25 June Custer's last stand (1876)
- 25 June Korean War began (1950)
- 26 June The United Nations Charter was signed (1945)
- 28 June World War I ended (1919)
- 28 June Archduke Francis Ferdinand and his wife were assassinated at Sarajevo (1914)
- 30 June MOAA Member Meeting Summit Club 1100

