

Volume 55, Issue 6  
June 2016



Huntsville Chapter  
Military Officers Association of America

# The Sentinel

Huntsvillemoaa.org



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



Dear Members -

Some good news: In early May our chapter's newsletter and its editor, our past president Major Bruce Robinson, was recognized as a "5-Star" winner of the Colonel Marvin J. Harris Communications Award for our superb newsletter. Thanks Bruce.

One of our chapter's main goals is to support a scholarship merit award program that is managed by the Redstone Community Women's Club. Last month four \$1,500 scholarships were awarded on the Chapter's behalf. The proceeds from our golf tournament in 2015 made this possible. Planning continues for this year's tournament. It will be held on 22 September at the Links at Redstone as a part of Retiree Appreciation Day. If you want to volunteer to help organize and execute the tournament, contact Bruce Robinson, Don Kimminau or me. If you want to play, then save the date and clean up those clubs. There is no better way to spend a Thursday in September than with a round of golf. The next golf planning meeting is at noon on 3 June at the Links—join us for lunch.

The ROTC and JROTC season is over for this year. As a result of the leadership of our 2nd vice president, Commander John Inman, our chapter participated in ceremonies at 19 high schools and one university. A cadet from each school was presented with a MOAA medal and a framed certificate. Thanks to John and all the members that took time to go to these schools.

The summer party planning is complete – all that is missing is you – so make sure you sign up for this gala event. It will be on 25 June from 6:00 to 9:30 PM. We will have a great buffet and a cash bar. The theme is "Support Your Team" so plan on wearing sports paraphernalia. A registration form is inside.

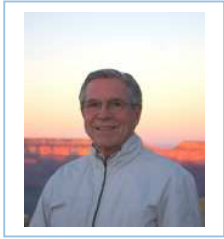
*Continued on page 6*

***Get Involved!***

### In This Issue

President's Message	1	Legislative (continued)	9
Legislative Corner	2	Membership Statistics	10
Concerns	3	Membership Renewal Notice	11
PX/Commissary	3	Birthdays	12
Fox Army Health Clinic	5	TAPS	12
Widow's Activities	6	Chapter Happenings	13 & 14
President's Message (continued)	6	Member Spotlight	15
Chaplain's Corner	7	Summer Party	16
New Members	7	Chapter Objectives	18
Treasurer's Report	7	Important Dates	19

*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/>

Jerry's computer crashed, so we have a substitute legislative column, nowhere as good as the real thing.

## Another Round of BRAC?

On Thursday, defense officials urged Congress to consider another round of base realignment and closures (BRAC).

Officials testified before the Senate Appropriations Subcommittee on Military Construction and Veterans Affairs on military facility and installation funding shortfalls.

Across the board, defense and services leaders voiced concerns over reduced funding and the challenges of keeping up with current environmental requirements.

The proposed \$1 billion FY 2017 military construction budget is an 18-percent reduction from last year's budget. The Army's budget is at its lowest since 1993.

Katherine Hammack, assistant secretary of the Army for Installations, Energy and the Environment, spoke frankly of the struggles in funding readiness with a reduced budget, stating, "The Army has decided to take strategic risks to fund installations so it can support soldier readiness."

She said the Army has an excess of about 21 percent in infrastructure, which is expected to increase further with the force drawdown. With another round of BRAC, the Army believes it could save over \$5 million annually to reinvest in training and troops.

The FY 2017 Navy's budget of almost \$12 billion is a 10-percent reduction from last year's funding levels. The Navy warned of significant consequences and degradation of future military operations if funding continued at these levels.

The Air Force's FY 2017 \$8 billion budget is down 4-percent. The Air Force has placed military construction as a top priority, and 40 percent of the budget will go to chip away at a significant backlog for existing mission infrastructure.

*Continued on page 9*

## 2015-2016 GOVERNING BOARD

### EXECUTIVE COMMITTEE

President: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, [charles.clements@nda.mil](mailto:charles.clements@nda.mil)

1st Vice President: Col Gerald C. Maxwell, USAFR, 256-606-5282, [gerald.c.maxwell@nasa.gov](mailto:gerald.c.maxwell@nasa.gov)

2nd Vice President: CDR John Inman, USN-Ret, 256-425-8022, [inman331@msn.com](mailto:inman331@msn.com)

Secretary: MAJ Joe H. Williams, USA-Ret, 256-880-7694, [joehwilliams@bellsouth.net](mailto:joehwilliams@bellsouth.net)

Treasurer: CAPT Richard C. West, USN-Ret, 256-776-6901, [rickw675@att.net](mailto:rickw675@att.net)

Army Representative: COL James D. Treadway, USA-Ret, 256-859-1484, [jtreadway51@mchsi.com](mailto:jtreadway51@mchsi.com)

Navy Representative: CW4 Louis J. Kubik, USMC-Ret, 256-859-3054, [lkubik@mediacombb.net](mailto:lkubik@mediacombb.net)

Air Force Representative: Col Gerald C. Maxwell, USAFR, 256-606-5282, [gerald.c.maxwell@nasa.gov](mailto:gerald.c.maxwell@nasa.gov)

Immediate Past President: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, [brobinso@mitre.org](mailto:brobinso@mitre.org)

Second Past President: Maj Glenn S. Crawley, USAF-Ret, 256-883-2323, [glennscrawley@comcast.net](mailto:glennscrawley@comcast.net)

### STANDING COMMITTEES

Membership: CDR Christine Downing, USN-Ret, 256-828-9740, [cdowning@bellsouth.net](mailto:cdowning@bellsouth.net)

Programs: COL James D. Treadway, USA-Ret, 256-859-1484, [jtreadway51@mchsi.com](mailto:jtreadway51@mchsi.com)

Legislative Affairs: Lt Col Gerald Haynes, USAF-Ret, 256-882-7857, [jerry15@hiwaay.net](mailto:jerry15@hiwaay.net)

Personal Affairs: Vacant

Public Affairs (Publicity): Vacant

Chapter Historian: Vacant

Auxiliary Liaison: Mrs. Jan Camp, 256-464-8622, [janetecamp@aol.com](mailto:janetecamp@aol.com)

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

Finance (Budget): CDR Robert Rolf, USN-Ret, 256-206-6164, [rolf@att.net](mailto:rolf@att.net)

Constitution and By-Laws: CAPT Richard C. West, USN-Ret, 256-776-6901, [rick675@hughes.net](mailto:rick675@hughes.net)

Audit: MAJ Robert C. Szeremi, USA-Ret, 256-883-5127, [szeremi@comcast.net](mailto:szeremi@comcast.net)

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

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

FAHC Liaison: Col Gerald C. Maxwell, USAFR, 256-606-5282, [gerald.c.maxwell@nasa.gov](mailto:gerald.c.maxwell@nasa.gov)

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, [brobinso@mitre.org](mailto:brobinso@mitre.org) / Col Don Kimminau, USAF-Ret, 256-489-5880, [don.kimminau@gmail.com](mailto:don.kimminau@gmail.com)

ROTC: CDR John Inman, USN-Ret, 256-425-8022, [inman331@msn.com](mailto:inman331@msn.com)

TOPS: MAJ Bruce T. Robinson, USA-Ret, 256-450-3191, [brobinso@mitre.org](mailto:brobinso@mitre.org)

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

### LIFE MEMBERSHIP TRUST

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

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, [monte.washburn@heartlandis.com](mailto:monte.washburn@heartlandis.com) (July 2018)

LTC John C. Franks, USA-Ret, 703-489-2701, [john.franks@ingenuityinc.net](mailto:john.franks@ingenuityinc.net) (July 2016)



**PX / Commissary**  
**Col Gerald C. Maxwell, USAFR**



**Main Exchange**

Visit your Redstone Exchange this summer for all your outdoor fun needs. It's time to stock up on Gatorade in June for the summer. Watch for summer sales! We are seeking feedback from our customers and would love to hear from you. Our survey is online and easy to use. Please take a few moments after your next shopping trip to fill out our customer satisfaction survey. The link is on your receipt or go to <https://surveymonkey.com/s/MyExchSurvey>

Visit the firearms counter on Friday 17 June as we help celebrate Dad (19 June) with chances to win gift cards and prizes. July is Grilling month! Stop by Outdoor Living and treat yourself to a new grill this year!

Start thinking about heading back to college with the College essentials sale in July and specials in August. The Exchange will have its 121<sup>st</sup> birthday in July. Have a safe 4<sup>th</sup> of July from your Redstone Exchange!

**Shoppette**

Create a One-of-a-kind gift with a bottle of Gentleman Jack engraved with your personal message. The engraver will be at your Express shop on Goss Road 23 June from 1200-1600. The Pre-4<sup>th</sup> of July Tent Sale is on 30 June - 02 July. The tent opens each day from 0900-1700. Come early for best selection of all your summer favorites. Special hours will be in effect for the July 4<sup>th</sup> holiday.

**Commissary**

Check out the meat manager's special – 80% lean ground beef \$2.28 per lb. vs \$3.15 locally. They also have 93% and 97% lean. Stop by the frozen turkey isle (near to the ice cream). Whole Butterball Premium, smoked, and new - stuffed - are available.

By the deli a new section of Hanks Gourmet drinks are available – Black Cherry, Orange Cream, Root Beer, Birch Beer, Vanilla Cream and diet Root Beer.

Also a wider variety of German foods in the refrigerator case. Pickles, Düsseldorf style horseradish mustard, Bockwurst, Knockwurst, wieners, Jagdwurst, Gelbwurst, Teawurst, Blutwurst, Ringwurst, and Touristenwurst (basically all of the sausage groups).

If you are into MREs, they have everything from Ratatouille, Southwest beef and black beans to vegetable crumbles. All good until the end of 2019 in case you want to keep it that long. Also, look for upcoming 4<sup>th</sup> of July grilling and outdoor specials!

**Need Addresses**

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

**Concerns**

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

Persons to contact are:

Army Representative:  
**COL James D. Treadway**  
256-859-1484  
[jtreadway51@mchsi.com](mailto:jtreadway51@mchsi.com)

Navy/USMC Representative:  
**CW4 Louis J. Kubik**  
256-859-3054  
[lkubik@mediacombb.net](mailto:lkubik@mediacombb.net)

Air Force Representative:  
**Col Gerald C. Maxwell**  
256-606-5282  
[gerald.c.maxwell@nasa.gov](mailto:gerald.c.maxwell@nasa.gov)

Personal Affairs Officer

**Temporarily Vacant**





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

**CONDITIONED AIR  
SOLUTIONS**  
heating • cooling

AL #040131

recognized by the  
*Employer Support for Guard and Reserves*  
as a Patriotic Employer



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

**ConditionedAirSolutions.com**

## YOUR MONEY & YOUR PLANS ... IN PERFECT HARMONY!



Tune in **Saturdays at 10:00AM** on WBHP to hear Cloud Financial address popular financial concerns and provide helpful solutions to put you on the path to achieving your retirement goals!

With 18 years of experience in the financial industry, Cloud Financial provides their clients and prospects the information they need regarding Social Security, retirement income planning, wealth management, and much more!



For more information, please contact Cloud Financial by phone at  
**256-715-0094** or visit their website at **WWW.CLOUDFINANCIAL.COM.**

Advisory services are offered by Cloud Investments, LLC, a Registered Investment Advisor in the State of Alabama. Insurance products and services are offered through Cloud Financial, Inc. Cloud Investments, LLC and Cloud Financial, Inc. are affiliated companies



**Fox Army Health Center**  
**Col Gerald C. Maxwell, USAFR**



**FOX ARMY HEALTH CENTER IS OFFERING A SCHOOL READINESS DAY FOR THE FALL**

Fox Army Health Center will host School Readiness Day on June 4, 2016 from 9 am-3PM for sport physicals, school age immunizations, and Alabama Blue Cards. This event is available only to beneficiaries enrolled at Fox Army Health Center. Parents must provide all shot records or Alabama Blue Card at time of request. If a physical is needed, please call for an appointment, 256-955-8888, option #2, and must bring sports physical paperwork with you at time of appointment.

This event is for children who are:

- Ages 4-18 years needing physicals, immunizations, and/or Alabama Blue Cards.
- Ages 4-6 years need a Physical within the last 12 months receive immunizations.
- Ages 11-18 years do not need a physical prior to receiving immunizations.

As a reminder, school sports physical form must be completed every 12 months for participation in school sports.

**FOX ARMY HEALTH CENTER ISSUES AN APOLOGY TO BENEFICIARIES**

Fox Army Health Center would like to extend their sincerest apologies to beneficiaries who encountered a delay in services at Fox Army Health Center on Thursday, May 19, 2016 due to major network system outages. Although, the problem was resolved by noon, it was in still a huge inconvenience for their patron. Every measure is being taken to ensure this does not occur in the future.

The Commander of Fox Army Health Center, COL David Carpenter and his entire staff would like to thank all of their beneficiaries for their military service and patronage to our health center.



**Mrs. Carrie Hightower**  
256-882-3992

## **Widow's Activities**



**Mrs. Liz Townsend**  
256-721-9762

### **WOW Support Group**

Our luncheon in May was attended by 8 members. Thank you for your support.

The WOW Support Group will meet for lunch on Thursday, June 16th, at the Bonefish Grill, 4800 Whitesburg Drive, Huntsville. Phone: (256) 883-0643.

We will meet at 11 AM. Everyone will be called.

### **MOAA Widow's Luncheon**

The MOAA widow's luncheon will be held on Friday, June 10<sup>th</sup>. Liz did not provide any input. Please call her for details.

Liz Townsend will be your hostess. We will meet at 11:00 AM.

Please call Liz at 256-721-9762 for reservations.

### *President's Message – continued from page 1*

The summer party will not have a guest speaker, but we have some good speakers lined-up for future lunch meetings—to include Huntsville School Superintendent Casey Wardynski, Representative Mo Brooks, Madison Mayor Troy Turlock and Huntsville Mayor Tommy Battle.

In addition to the summer party, the Chapter is also co-sponsoring the annual “BBQ for the Vets” at the Tut Fann Veteran's Home. The event will be held on Saturday, 4 June, from 11:00 AM to 1:00 PM. Come on out and meet some of the heroes in residence, and stay for a great BBQ lunch.

Please remember that we are not meeting for breakfast in June. Also note that we are changing when we meet from the last Saturday of the month to the second Saturday of the month. Our next meeting is on 9 July at the Golden Corral. We are averaging over 20 members in attendance. You get a lot of value for the price, and they have a lot of menu items. Come out and join us for some good food and camaraderie.

Charles

## **Attendance at Membership Meetings**

Members have the option of attending our monthly membership meetings with or without having a meal. In either case, you must RSVP to Chris Downing and let her know, so the appropriate number of place settings and meals can be prepared.

If you RSVP to have a meal, and fail to show up for the meeting, you will still be expected to pay for the meal. The Chapter has to provide a headcount to the Summit Club, and is responsible to pay for the number of meals ordered. Thanks for your understanding of this important matter.



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

**The Christian's Submission to the Government Authority**  
**(Romans 13:1-7)**

(Continued from last month's SENTINEL)

(3) God uses governments to carry out His good purposes on earth (13:3). Without question, some governments sometimes persecute those who do well. Paul had firsthand experience with that. But mainly, it's the lawbreaker, not the law-abiding citizen, who has something to fear from the government. Even the wicked godless governments act as a deterrent to crime.

(4) "For he is God's minister to do you for good." (Romans 13:4, NKJV) Paul took advantage of his government's role in promoting what is good when he exercised his rights as a Roman citizen to obtain justice. Paul says if you obey the government and have no fear. But when you disobey the government you should be afraid of the wrath of the civil authority because they have the power to execute punishment for those who disobey. The word "Sword" here in verse 4 is a symbol of death. Governments have the right in the proper circumstances to impose capital punishment as well as to wage war.

(5) This verse (v. 5) speaks of "for conscience' sake." It means believers must obey government, not only because it is their civic duty, but because it is their spiritual duty before God.



**WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA**

**LTC John Scott, USA**  
**CAPT Brian Thrilin, USN**

HCMOAA is reporting time spent on volunteer activities to Redstone Arsenal. Please keep track of your volunteer hours throughout the month and report them to Ray Weinberg at 256-885-0089 or ray.kw@juno.com.

**Scholarships**

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

Please consider making a donation to our program. Contact Gerald Maxwell for details.



**Treasurer's Report**

**CAPT Richard West, USN**

For the Month of April 2016

Beginning Balance	\$9725.37
Credits	1422.00
Debits	1878.78

---

Ending Balance	\$9268.59
----------------	-----------





*You are invited to the*

# *Huntsville Veterans Town Hall Meeting*

**Huntsville VA Clinic**

**Monday, June 13, 2016 1:00 pm**

500 Markaview Dr. NW  
Huntsville, Alabama 35805

---

*Birmingham VA Medical Center, VBA, and  
NCA Representatives will present information  
and answer questions on current VA initiatives.*

---

***All Veterans and community partners  
are invited.***

**VA**



U.S. Department  
of Veterans Affairs


**BIRMINGHAM VA MEDICAL CENTER**  
700 SOUTH 19th STREET BIRMINGHAM AL 35233



*Legislative – continued from page 2*

“The bottom line for the Air Force, installations are too big, too old and too expensive to operate,” said Assistant Secretary of the Air Force for Installations Environment and Energy Miranda A.A. Ballentine. “Twenty-four years of continuous combat and a fiscal environment constrained by the Budget Control Act have truly taken a toll on the service.”

The Air Force also urged another BRAC to address the 30-percent excess infrastructure capacity. Since the first Gulf War the service has reduced the number of combat-coded squadrons by nearly 60 percent. Meanwhile, stateside bases were only reduced by 15-percent during this period.

MOAA believes lifting sequestration directed by the Budget Control Act is the only way to fix current budget shortfalls. Further erosion of installation facilities not only hurts readiness, but ultimately degrades military and family morale and readiness. 

## **Concealed Carry Permits now Free for Retired Military**

Retired military veterans can now obtain an Alabama concealed carry permit free of charge, thanks to a bill signed into law by Governor Robert Bentley (R-Ala.).

According to a press release sent out by the National Rifle Association’s Institute for Legislative Action, HB59, sponsored by state Representative David Standridge (R-Hayden), “will allow qualified, law-abiding, retired military veterans to apply for and receive an Alabama concealed weapon license (CWL) without a fee.”

The new law comes at a time when pistol permits in Alabama are being obtained in record numbers.

Jefferson County, for instance, is on track to issue almost 63% more pistol permits to women this year than last year.

But the NRA believes permits in Alabama, which can cost anywhere between \$45 and \$125, depending on the county, are too expensive across the board.

“(L)aw-abiding Alabamians should not be charged different amounts for the same permit,” said Catherine Mortensen, NRA spokesperson, in a press release. “The NRA believes that concealed carry permit fees should be limited to the actual cost of processing the permit and complying with all statutory obligations. Anything above that is a discriminatory tax on law-abiding gun owners and a revenue generator for the county.”

In other gun-related moves, the legislature has repeatedly worked to pass a bill allowing handgun owners to carry loaded handguns in their cars without a permit. And earlier this year Alabama Attorney General Luther Strange announced that concealed carry permit holders did not have to undergo additional background checks when purchasing more guns.



*Your Huntsville Real Estate Connection*



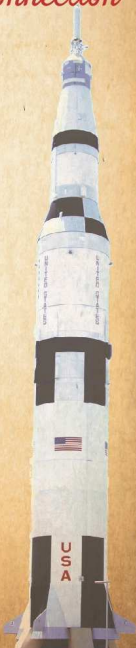
**A Lifetime of Experience for  
Every Stage of Your Life.**



**256-508-0211**

Mike@MoveToHuntsville.com

**www.MoveToHuntsville.com**



## **Membership Statistics**

Total Members: 426  
Auxiliary Members: 66  
Life Members: 215

New this month: 2  
Deaths this month: 1  
Renewals: 0

## **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**

## **MOAA Connect**

**Is being retired this month – another  
victim of MOAA National's cost  
cutting campaign**

**It's too bad, as we have Chapter  
members who used it frequently and  
stimulated some good discussion  
threads**

**Hopefully MOAA National will come up  
with another way for Council and  
Chapter members to collaborate and  
share ideas**



alroosters.com

2710 Carl T. Jones Dr. 256.270.7197

475 Providence Main St. 256.489.0886

Mon-Fri 9-7 Sat 9-4

### **Menu of Services**

Roosters Club Cut...Precision cut, shampoo, hot towel and style...	\$26.00
Hot Towel Shave...Our special seven step process.....	\$22.00
Gentlemen's Choice...Club cut AND hot towel shave.....	\$45.00
Hero Cut...Club cut for active duty servicemen, police and firemen.....	\$22.00
Head Shave...Same special seven step process as the face.....	\$22.00
Beard Trim.....	\$12.00
Beard Trim with Clean Shaved outline.....	\$18.00
Littlemen...Age 10 and under.....	\$18.00



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



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

<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			

**Attention Members**

**Chapter Constitution and By-laws under Revision**

The Chapter Constitution and By-laws are undergoing a major revision. Changes will impact the Life Member Trust and the Auxiliary. The changes are necessary for the Chapter to maintain its status as a tax deductible organization.

Proposed changes will be posted on the Chapter website and in the July issue of *The Sentinel*, and members will be asked to review and comment.

We hope to have the amended Constitution and By-laws approved and signed in the July-August timeframe

**30 Birthdays in June  
Happy Birthday!**



**TAPS**

**Lt Col William Jeffries, USAF**

Our deepest sympathy to the families of our departed friends

**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:

CPT Rene Lemieux, USA  
Lt Col James Murphy, USAF  
LTC Dale Stevens, USA  
LTC Johnnie Bone, USA  
CPT Vernon Sutter, USA  
MAJ John Wilson, USA  
CW3 Lewis Spencer, USA  
LTC Robert Wendt, USA  
CDR Robert Rolf, USN  
CW4 Aniceto Bagley, USA  
MAJ Sherrill Chaffin, USA  
COL Jimmy Wiggs, USA  
CW4 William Wright, US-  
Col Charles Hummer, USAF  
Lt Col Paul Wagner, USAF

Mrs Helen Kolankiewicz  
LTC Stephen Rice, USA  
MAJ Michael Tallman, USA  
CAPT William Howard, USN  
COL Michael Roddy, USA  
LTC Barry Blackmon, USA  
Capt Kenneth Shepard, USAF  
COL Tom Albertson, USA  
CWO Richard Demming, USA  
LTC James Ivy, USA  
Col Bernard Morgan, USAF  
LTC William Brigadier, USA  
LTC Tracy Young, USA  
Mrs Florence Garmin  
CPT Steven Raymond, USA

**Plan for Proper Care this Asthma and Allergy Season**

Now is peak season for asthma and allergy sufferers. Educate yourself and your loved ones about proper care and treatment for these diseases.

More than 50 million Americans suffer from different kinds of allergies – pollen, skin, latex and more. And unfortunately, the rate of allergies is climbing. The most common allergy symptoms can simply make you uncomfortable, like a runny nose, sneezing or an itchy rash. However, more serious reactions, like swelling in your mouth or throat, can be life-threatening. The same substances that trigger your allergy symptoms, such as pollen, dust mites and pet dander, may also trigger or worsen asthma signs and symptoms. In some people, skin or food allergies can cause asthma symptoms.

The Asthma and Allergy Foundation of America reports that asthma affects 24 million Americans and 6.3 million of those are children under the age of 18. Asthma is a chronic disease that causes your airways to become inflamed, making it hard to breathe. The best way to manage asthma is to avoid triggers, take medications to [prevent symptoms](#) and prepare to treat asthma episodes if they occur. You should also create an [Asthma Action Plan](#). This plan gives information and instructions on how you manage your asthma and what to do if you have an asthma episode. This is especially important for school-aged children.

Both asthma and allergies are manageable conditions, so it is very important that we all learn about how to best manage and treat it. TRICARE covers services and supplies required to diagnose and treat asthma as well as proven services and supplies needed to diagnose and treat allergies. For more information, visit the [Covered Services](#) page on the TRICARE website.



## Chapter Happenings



### Volunteer Luncheon

Award winners Ray Weinberg, Rick West and Lou Kubick with Redstone Arsenal senior leaders GEN Dennis Via, LTG David Mann and COL William Marks



### April Membership Meeting and Gold Bar Ceremony

Guest speaker and Chapter member LTG Patrick O'Reilly (USA-Ret) with cadets from Alabama A&M and UAH and receiving a certificate from Chapter President Charles Clements



### **Redstone Arsenal Community Women's Club Merit Awards Ceremony**

Guest Speaker GEN Dennis Via – GEN Via, his wife Linda, Chapter Past President Bruce Robinson and Women's Club President Tonya Daniels congratulate the winners



### **May Membership Meeting**

Left – Newsletter editor Bruce Robinson receives the MOAA National 5 Star Communications Award from Chapter President Charles Clements

Right – Guest speaker Briana Collins of the Social Security Administration receives a certificate from President Clements

## **Member Spotlight – LCDR Don Vaden, USN**

**As Relayed by CDR Christine Downing**

Don was born and raised in Texas. In 1959 he found himself in the position of being a high school drop out with limited options. Since he had several relatives that had been in the Navy, including an uncle whom he lost in World War II, he opted for that branch of service. Enlisting as a Boatswain's Mate striker, he chanced upon an opportunity in the very new field of guided missiles. After being accepted into that field of electronics, his first ship assignment was the USS Springfield. His rise to the rank of E6 was very rapid, however, it took a little longer to make E7 (Chief Petty Officer in the Navy). He credits that promotion to some very intensive study with a friend while stationed at the Naval Station Great Lakes in Illinois.

Don also had the honor of being selected as Sailor of the Year for the Long Beach, California area. He had applied for the Warrant Officer program and was surprised when his acceptance into that program happened at almost the same time as his promotion to Chief Petty Officer! Although he didn't get to spend much time as a Chief, he was duly initiated into the rank. Don took part in the re-commissioning of the USS Warden in Maine, and then was stationed aboard the USS Parsons (a guided missile destroyer) which was homeported in Yokosuka, Japan.

About this time Don applied for and was accepted to become a Limited Duty Officer and was promoted to the rank of Lieutenant (Junior Grade). One of his sons developed severe asthma and the doctors in Japan suggested that a location with drier and cleaner air would significantly improve his condition. It was fortunate for the family that a billet opened up as the Officer in Charge of a program related to mines and missiles at the Hawthorne Army Depot in Nevada. Due to a series of events, Don remained the OIC for a seven-year stint (almost unheard of in the Navy)! Don, his wife and three sons loved the area and wanted to stay there, so when retirement came along Don left the Navy and went to work for the contractor on the base. Don's wife Rita also worked on the base after the boys reached school age.

Twenty years later, Don decided to retire full time. His youngest son had been awarded a baseball scholarship to UAB in Huntsville, and fell in love with a young woman from Scottsboro. Although Don and Rita had intended to stay in Nevada, they picked up their stakes and moved to Scottsboro to be closer to their granddaughter. Now battling a treatable form of cancer, Don says that he has received excellent care in the Huntsville area. While they still miss the community of Hawthorne, they believe they are in the right place now for their family's needs.

# **HCMOAA SUMMER PARTY** **“Support your Team – Pro or College”**



**WHERE:** The Summit Club  
**WHEN:** Saturday, 25 June 2016 from 6:00 - 9:30 PM  
**PRICE:** \$17.00 per person (gratuity included)



Reservations are required no later than Monday, 20 June 2016



**Dress: Casual, but team apparel highly encouraged!**  
**(Prizes for best male & female fans)**



## **MENU**

Chicken cordon bleu w/ supreme sauce  
 Marinated flank steak w/ mushroom sherry sauce  
 Mashed potatoes w/ brown gravy  
 Green beans almandine  
 Fried okra  
 Apple cobbler  
 Rolls with butter  
 Coffee, Iced tea



**Entertainment TBD**



Cash Bar



Please reserve \_\_\_\_ space(s) for me (us)

Enclosed is a check for \$ \_\_\_\_\_ (\$17.00 per person) payable to HCMOAA

Mail to: CDR Christine Downing, 116 Spring Tanner Rd, Hazel Green, AL 35750

The people in my party will be:

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |



## **What You Should Know about Your Blood Pressure**

Each May, the National Heart, Lung, and Blood Institute (NHLBI) encourages everyone to actively learn about preventing and controlling high blood pressure.

When you have high blood pressure, the force of blood pushing against the walls of your arteries is too high. When you're active, it is normal for your blood pressure to increase. Once the activity stops, your blood pressure should return to your normal range. When it doesn't, you may have high blood pressure.

Unfortunately, the diagnosis of high blood pressure is based on blood pressure readings. If you don't get regular medical care or check your blood pressure regularly, high blood pressure can go undetected for years. It is often not discovered until some organs start to show the effects of long standing high blood pressure. According to NHLBI, some common high blood pressure complications are:

- Kidney disease
- Eye damage
- Heart attack
- Heart failure
- Stroke

A blood pressure check is quick and easy. It can be done in your health care provider's office or clinic. TRICARE covers blood pressure screening as part of its clinical preventive benefit. Children are screened every year between the ages of three and six, and every two years after. Adults may get a blood pressure screening every two years, but usually your health care provider checks it each time you visit.

If you are diagnosed with high blood pressure, your health care provider will work with you to come up with a way to treat your condition. You may have to make lifestyle changes, like weight loss and exercise. You may benefit from prescription medications. Whatever you do, be sure to follow your provider's plan for your care. This may be the best way to lower your blood pressure and maintain normal blood pressure readings.

For more information about your benefit, please visit the [TRICARE](#) website.



### **BBQ with the Vets**

Tut Fann Veterans Home  
Saturday, 4 June  
1100-1300

Come on out and visit  
a resident hero

Stay for a super BBQ lunch!

## **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.

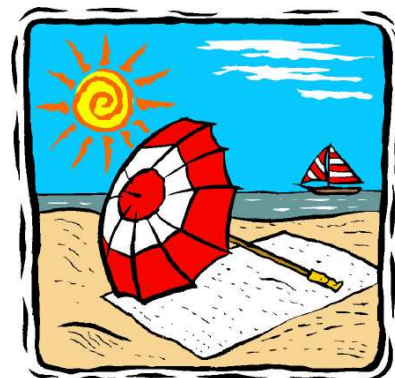
## **New TRICARE Coverage of Treatment for Major Depressive Disorder**

TRICARE recently announced coverage of Transcranial Magnetic Stimulation (TMS) as a treatment for major depressive disorder. TMS is used when other depression treatments have not been effective. Research shows that only half of the patients treated for depressive disorder with medication and talk therapy achieve any success. Consequently, there is a need to try an alternative treatment like TMS. During a treatment, an electromagnetic coil is placed against the patient's scalp. The coil delivers a magnetic pulse through the skull, inducing a low level electric current. The patient receives multiple pulses over several seconds, with each treatment session lasting about 40 minutes.

TMS is non-invasive and treatments are typically done in an outpatient setting without anesthesia. The electromagnetic pulse stimulates nerve cells in the region of the brain that controls mood and depression. Because treatment is typically repetitive, you may hear the treatment called repetitive TMS or rTMS. This new benefit is effective May 24, 2016 and is not a part of a pilot or demonstration program but a part of the basic TRICARE benefit. For more information, visit the [TRICARE](#) website.

## **Important Dates in June**

4 June – “BBQ with the Vets” - Tut Fann Veterans Home  
4 June – Vets with Vettes car show – Cabela's  
5 June – Robert Kennedy assassinated (1968)  
6 June – D-Day (1944)  
9 June – Board Meeting – Summit Club  
13 June – Vets Town Hall Meeting – Huntsville VA Clinic  
14 June – Flag Day  
14 June – Army established (1775)  
17 June – Watergate (1972)  
18 June – Redstone Downtown – Big Spring Park  
18 June – Battle of Waterloo (1815)  
19 June – Father's Day  
20 June – First day of Summer  
25 June – Summer Party - Summit Club  
25 June – Battle of Little Bighorn (1876)  
25 June – Korean War began (1950)  
27 June-1 July – Armed Forces Celebration Week



### **Note: Change to Monthly Breakfast Schedule**

- No breakfast in June or December, as the chapter has parties those months
- Beginning in July, the breakfast will be held on the second Saturday of the month