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June 2017



Huntsville Chapter  
Military Officers Association of America

# The Sentinel

Huntsvillemoaa.org



## PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members –

Summer is almost here. Heat, humidity and thank you time for the inventor of air (Willis Carrier in 1906) conditioning! Independence Day is 4 July – more BBQ, fireworks, vacations, and outdoor activities. Recall that you live in one of the most prosperous countries on earth, where you can freely travel where and when you want. Another time to appreciate the freedoms you have – earned by those who defend this country.

The Tut Fann BBQ is 10 June. Come out to their facility to show your support and listen to their many stories. Also, our Summer Social Event (at the Summit) coming up 17 June (Saturday 6-9 pm) – Mexican theme and prizes! Also, a possible 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. So far over half that have signed up. We plan on being in the totality path of the eclipse – an event you will certainly remember! Contact any Board member for additional information (their emails and phone numbers are inside).

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!

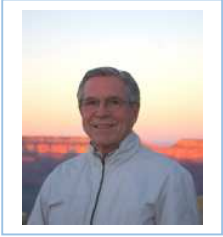
While out visiting the advertisers in our newsletter, let them know you saw their ad in the MOAA newsletter. They and WE will appreciate it! Also, when you visit other establishments – ask THEM to advertise in our newsletter (contact any of the people listed in your newsletter by phone or email) – reaching over 400 people with the ability to improve their business.

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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/>

- **Overhauling Military Compensation**, (your action is needed) from an article by Col. Dan Merry, USAF (Ret) Vice President, National MOAA Government Relations

“That train doesn’t look right...”

Back in 1988, I was watching two trains roll side-by-side into Flagstaff, Ariz. There’s nothing unusual about that – but then I noticed something just wasn’t right. The box cars were swaying a little too much, and the sounds were a little off. Just as I said, “That train doesn’t look right,” a massive derailment began. Cars buckled their clasps, and wheels bounced instead of rolled. I learned later that an errant track switch had steered both trains onto the same track about a half mile ahead of me. From my vantage point, I had front-row seats to the wreck. Thank goodness no one was killed, but similarly, today a clash of ideas is emerging concerning the future of our military. It’s manifested in a growing interest in overhauling Regular Military Compensation.

On one track, there’s been some thoughtful analysis by the Military Compensation and Retirement Modernization Commission, whose final report was released January 2015. In that report, the commission noted modernization might benefit individual compensation programs, but “The overall structure of the current compensation system is fundamentally sound and does not require sweeping overhaul.” The commission also recommended keeping the basic pay table in its current form and continuing the basic allowances for housing and subsistence (BAH and BAS). These comments come from a credible body of leaders with over 140 combined years of military service experience who surveyed over 1.5 million servicemembers and retirees.

On a parallel track is the Bipartisan Policy Center, a think tank in Washington, D.C., with a similarly credible body of leaders with extensive military experience. Their report, **Building a F.A.S.T. Force: A Flexible Personnel System for a Modern Military**, was released in March 2017. In it, they recommend several attention-

*Continued on page 9*

### 2017-2018 GOVERNING BOARD

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

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Chapter Historian: Vacant

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

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

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

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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@heartlandins.com](mailto:monte.washburn@heartlandins.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**

Your main Exchange is ready for all your summer outdoor activities! Grills, lawn chemicals, pruning, lawn mowers – you name it! Plus, many items on sale!

Your Exchange has computers – and on sale! Upcoming is \$70 off HP notebooks, desktops, all in ones (that are \$499 or more) and the MacBook Air save \$150 – now only \$839. Add Microsoft Office 365 to your purchase – on sale for only \$49.99 (5 users).

Your Exchange always has a variety of televisions on sale many in the store and many more available on line at: <http://shopmyexchange.com>

Check out the clothing clearance in men's, women's and children. Most are 25% off with the occasional additional percentage off (and even more if you use your STAR card). Don't forget, if you don't have a STAR card, apply for one and ALL your first day purchases are an additional 10% off!

Download the Exchange Extra app for your smart phone – ads, specials, coupons, and the super daily special! As always shop early for best selection.

**Shopette**

In June, the Redstone Express hosted its first major sale of the quarter. New products were brought in to generate customer excitement. Features of this special sale:

- Buzz Ballz cocktail drinks (Available in 7 different flavors) (15% alcohol by volume) \$2.99 each
- Fruit N Vine wines (Peach and Pear)
- NewCastle Brown Ale – on sale mini kegs \$8.99 for 5 liters
- Backwoods Pecan Pie
- Blue Moon 24 pack \$19.99 save \$7.
- Purus Wheat Vodka \$17.90 save \$2 – Forbes magazine says the best vodka they tasked!

*Continued on page 6*

**Need Addresses**

**MG Ken Quinlan, USA**

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:

**CDR Christine Downing,  
 whose husband passed away recently**

Persons to contact are:

Army Representative:  
**COL James D. Treadway**  
 256-859-1484  
[jttreadway51@mchsi.com](mailto:jttreadway51@mchsi.com)

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

Air Force Representative:  
**Col Edward L. Uher**  
 256-882-6824,  
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Personal Affairs Officer  
**COL William Stevenson**  
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**Fox Army Health Center**  
**MAJ Bruce T. Robinson, USA-Ret**



### **Fox's renovated Lab Offers Full Menu of Test**

For speedy results with no copays, TRICARE beneficiaries need to look no further than Fox Army Health Center when they're in need of labs.

Open from 7:30 a.m. to 4 p.m. Monday through Friday, Fox Army Health Center's laboratory is ready to serve more patients with more lab offerings than ever before, per laboratory chief Michael Yarbrough.

"We only have about 14,000 empaneled patients here at the health center, but along with the pharmacy, we offer our services to all TRICARE beneficiaries," Yarbrough said. "We're trying to get that word out to all the retirees and TRICARE eligible beneficiaries in the community. There is no cost associated if they come to us, because when a patient is seen at the Army medical treatment facility there is no copay."

Currently the lab sees upwards of 40,000 patients annually Yarbrough said, but more than 60,000 people in the community are eligible to come to Fox for their lab needs. Tests offered include those typically associated with annual physicals, cholesterol, lipid and thyroid panels, hepatitis screening, complete blood counts, urinalysis and pregnancy tests. All patients need to do is bring their paper prescription for the labs, signed by their provider, along with a valid form of identification and Fox staff will take care of the rest.

"We've increased our menu rather significantly in the past six months," Yarbrough said of the tests available. "Realistically, we have the capability to take care any test needed."

The lab is coming up on its one year anniversary since renovations began, which replaced "everything from the ceiling down," to include a new floor plan, new analyzers and new equipment. While staffing numbers have not changed, efficiency in the lab has. Prior to the renovations, staff would send an average of 8,000 tests out a month to be analyzed at other treatment facilities; today that number is down to 2,000.

"For the patient that means faster turnaround times," Yarbrough said. "Now you can get those results the same day, versus two to three weeks to receive it back from another facility. The technology increase provided us with those faster turnaround times by establishing more capabilities in-house. Since our renovation we've seen a 35 percent increase in patient load and almost a 25 percent decrease in cost – we're doing more for less. That's based on technology we chose to run the specimens."

For questions about the lab, call 955-8888 ext. 1039.



## **Surviving Spouse's Luncheon**

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

The May luncheon was cancelled due to members being ill or having prior commitments.

We hope that everyone can attend this month's luncheon. We gather together again on June 15<sup>th</sup> at the Red Lobster on University Drive in Huntsville.

Everyone will be called a reminder. Please plan to join us for another relaxed and entertaining luncheon.

*PX – continued from page 3*

### **Commissary**

Archway cookies is donating to the troops. Check out <http://www.facebook.com/archwaycookies>. Plus, your commissary has a coupon on the package saving you \$1 on two packages.

A new mustard! Maille – sets the standard for Dijon mustard for 265 years. The number one brand of imported mustard in the US. Dijon Originale and Old Style (whole grain Dijon). Also, try Inglegoffer mustard in cream style and stone ground.

Triscuit has new crackers! Brown rice, thin crisps, Mediterranean Style, garden herb, cracked pepper & olive oil, ginger and lemon grass. Good Thins also new crackers! Rice Cake (simply salt), Beet (Balsamic vinegar & sea salt), Corn (sea salt), Potato (white cheddar), Rice (veggie blend), Chickpea (garlic & herb), and Potato (original).

For those of you watching your blood pressure – you want more potassium. New products at your commissary have it. Salad Power (just veggies) and Salad Power (veggies + mango) both \$2.39 have low sodium (just over 100mg) and huge potassium (about 1,000mg) per bottle (330ml). Also for those watching their blood pressure – beet juice small and large bottles 100% GMO free.

The Commissary also continues its plant sale! Ferns, figs, and blueberry plants! 🌿





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

**A Sentinel Standing on Guard of Our Hearts**

'Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus (Philippians 4:6-7, KJV).

There are three things we must remember when we pray. First, we must remember the love of God; He seeks and wants only the best for us. Second, we must remember the wisdom of God; He alone knows what is best for us. Third, we must remember the power of God; He only can bring to pass that which is best for us. He who prays with a perfect belief and trust in the love the wisdom and the power of God will find God's grace.

The result of believing prayer is that the peace of God will stand like a sentinel on guard upon our hearts. The word the Apostle Paul used (*phrourein*) is the military word for "standing on guard." That peace of God, says the Apostle, "passes understanding." This means that the peace of God is so precious that a human's mind, with all its skill and all its knowledge and all its understanding can never contrive it or find it or produce it. It is entirely beyond humans' ability to obtain it by him or her work. This peace can never be of human's contriving; it is only of God's giving. The way to peace is to take ourselves and all who we hold dear and to place them and ourselves trustingly in the hand of God.



**WELCOME NEW MEMBERS TO  
HUNTSVILLE CHAPTER MOAA**

**None this month**

**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.



**Upcoming Officer Vacancy**

The Legislative Chair position will be open by the end of the year. This is a key position. If you are interested in finding out more, contact any board member.

**Treasurer's Report**

**CAPT Richard West, USN**

For the Month of April 2017

Beginning Balance	\$8278.60
Credits	1024.00
Debits	912.79

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### 22 Won't Do - Veteran Suicide Awareness Event 2017

Event is scheduled for 22 July at 9:30 AM at the Veterans' Memorial Park in Huntsville. There will be food vendors and music.

Participants will do pushups to bring awareness to this horrible statistic:

**22 Veterans a DAY commit suicide**

Registration link:

<http://events.r20.constantcontact.com/register/event?oeidk=a07ee5ibxq1371a9beb&llr=46uhokgab&showPage=true>

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720-093



getting actions, such as replacing the military pay table — the core of Regular Military Compensation — instituting annual involuntary separation boards to remove low performers, increasing TRICARE enrollment fees for military retirees (albeit grandfathering those currently serving), and calling on the next Quadrennial Review of Military Compensation to evaluate and adjust military compensation to “deliver optimal strategic outcomes.”

As we recently reported in MOAA’s 5 May Legislative Update, members of the center’s task force shared their testimony with the Senate Armed Services Committee. To be fair to the task force, former Sen. Jim Talent (R-Mo.), its co-chair, did note the need to be careful not to “do harm to the system in areas where it is working well.” There is ample evidence Congress would be guarded and cautious with any moves toward reform, just as they were in the years before overhauling the military retirement system.

These are two trains running side-by-side, with well-intended engineers in control. Somewhere down the line there is a switch. Is it in the right position? Do the wheels sound right? Stay tuned; MOAA is watching and listening. Stand watch with us: [Please send a note to your legislators](#) urging them to reflect on the potential derailment of a system that is currently working. If you receive the weekly Military Updates, please see Tom Philpott’s [11 May Military Update](#) for more on the topic of compensation and the upcoming Quadrennial Review of Military Compensation.

On the Legislative Action Center on the national MOAA website, (at <http://capwiz.com/moaa/issues/alert/?alertid=77280626>) you will see an action alert prepared on this topic.

- **The Concurrent Receipt Issue Continues**

In March, MOAA published [an article](#) in *Military Officer* magazine that detailed the background, current status, and way ahead on concurrent receipt legislation in the 115<sup>th</sup> Congress. Several bills ([S. 66](#), [H.R. 333](#), and [H.R. 303](#)) already have been introduced this year, and you can send a MOAA-suggested message on each of them through our [Take Action](#) page.

MOAA's priority is to eliminate the offset for those who were prevented from serving 20 years solely because they became disabled in service. We are interested in hearing your stories if you are someone who left active service under these circumstances. Your story as a Chapter 61 retiree will have an important impact as we continue to advocate to Congress for the elimination of the offset. Please share your experience with MOAA by emailing [legis@moaa.org](mailto:legis@moaa.org).

- **Continuing COLA Watch**

The April CPI is 238.432, 1.4 percent above the FY 2016 COLA baseline, and the CPI for May 2017 is scheduled to be released on June 14, 2017.

*President's Message – continued from page 1*

We will soon need a new Legislative Representative (political, regulatory, etc. items that affect the military). You can contribute by volunteering! Jerry Haynes has been doing an excellent job and provide the training. He will be assuming the role of Personal Affairs.

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 and pay early enough), with the meeting at 11:30. It lasts just over an hour with always interesting speakers. On 29 May we have a presentation about electrical grid protection. A very interesting discussion where Alabama is taking the lead. No members meeting in June due to the summer social (17 June)– we start last Wednesday meetings again in July. You can find out more at: <http://powergriddefense.org/> Also check out our MOAA website for more information and updates: <http://huntsvillemoaa.org>.

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 9 June 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.

BRING ADD IN AND GET 20% OFF ONE ITEM !!

**FOR FASHIONS FINISHING TOUCH...**

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## Membership Statistics

Total Members: 356  
Surviving Spouses: 67

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

## The Marvin J. Harris Communications Award

The Chapter has won the annual  
Communications Award at the 5-star level  
for 2016. This is the 5th consecutive year  
the Chapter has been so honored.

CAPT Rick West, our 1<sup>st</sup> VP, Treasurer  
and Webmaster, won the award for best  
website. If you have not checked it out  
recently, go to [huntsvillemoaa.org](http://huntsvillemoaa.org)

MAJ Bruce Robinson, our Past President  
and Newsletter Editor, won the award for  
the best newsletter.

Congratulations to these two outstanding  
Chapter members and communicators!

## 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**

**You are the Chapter's best recruiters**

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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	

### The Annual Floyd E. "Tut" Fann Veterans Home BBQ

Saturday, June 10<sup>th</sup> – 11AM



**Volunteers needed to help feed the vets a great BBQ meal**  
**Afterwards, a free lunch for you**  
**The Chapter has supported this great effort for many years**  
**Come on out and be a part of it!**



**30 Birthdays in June  
Happy Birthday!**



**TAPS**

Our deepest sympathy to the families of our departed friends

**None this month**

**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	Mrs Helen Kolankiewicz
Lt Col James Murphy, USAF	LTC Stephen Rice, USA
LTC Dale Stevens, USA	MAJ Michael Tallman, USA
LTC Johnnie Bone, USA	CAPT William Howard, USN
CPT Vernon Sutter, USA	COL Michael Roddy, USA
MAJ John Wilson, USA	LTC Barry Blackmon, USA
CW3 Lewis Spencer, USA	Capt Kenneth Shepard, USAF
Mrs Lois Wendt	COL Tom Albertson, USA
CDR Robert Rolf, USN	CWO Richard Demming, USA
CW4 Aniceto Bagley, USA	LTC James Ivy, USA
MAJ Sherrill Chaffin, USA	Col Bernard Morgan, USAF
Mrs Nora Taylor	LTC William Brigadier, USA
CW4 William Wright, USA	LTC Gary Young, USA
Mrs Florence Garmin	COL John Olshefski, USA
Lt Col Paul Wagner, USAF	CDR Marty Ohm, USN

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](mailto:brobinso@mitre.org) so it can be included in future newsletters. Thank you.

**TRICARE Changes to Nexium Coverage**

Starting on June 28, 2017, TRICARE will no longer include the drug Nexium in the preferred, or formulary, drug list, and it will no longer be available in military hospitals and clinics. In order to prepare for the change, patients are currently being asked to switch to one of the following three preferred alternatives that have been shown to demonstrate effective results.

- Omeprazole
- Pantoprazole
- Rabeprazole

Your doctor may determine that the preferred alternatives are not right for you and that Nexium is medically necessary. In those cases, TRICARE will continue to cover the cost of Nexium, minus the \$20 copay for a 90-day supply of home delivery and \$24 copay for a 30-day supply via a retail outlet. Your doctor must submit a prior authorization and a reason why it is medically necessary via the Express Scripts doctor line in order for you to fill your prescription. For patients who continue to use Nexium with a prior authorization but WITHOUT a doctor's medical necessity determination, the non-formulary copay cost will be \$49 for a 90-day supply via home pharmacy delivery or \$50 for a 30-day supply via a retail outlet.

## **Mosquito Surveillance at Redstone**

Before they bite, Fox Army Health Center staff want to know what they may be carrying. Starting Jun 1,17, Preventive Medicine staff will be deploying mosquito surveillance traps on the installation to test mosquitoes for three viruses transmitted by the insects – Zika, chikungunya and dengue. The traps will clearly be marked as property of Fox Army Health Center.

“When we started setting up these traps last year people were concerned and mistaking them for something that resembles a bomb,” said Chief of Preventive Medicine Maj. Simeon Smith. “Our purpose is to educate the public that these things are just mosquito traps for our own disease surveillance. Please do not touch or disturb them.”

The traps will be placed at heavily populated locations on the installation, primarily the housing area, from June 1 through Sept. 15. The female mosquitoes collected in the traps – as they are the ones that bite – will be sent to the Army Mosquito Surveillance Program at the Army Public Health Center at Aberdeen Proving Ground in Maryland, where they will be identified and tested to see if they carry one of the three viruses.

“We here at Fox Preventive Medicine are in the public health business,” Smith said. “Public health is protecting and improving the health of families and communities through promotion of a healthy lifestyle; research into disease; injury prevention and protection; and control of infectious disease. Overall, public health is concerned with protecting the health of the entire population. We play a huge role in readiness. With concern over the Zika virus, and our Soldiers traveling from one locality to the next locality, it was in the interest of our Soldiers and troops to start collecting this evidence for preventive measures. It’s a public health issue in the United States.”

The Aedes mosquitoes that transmit the viruses bite during the day and can fly up to two miles. They are estimated to have a range that includes Alabama, per the Centers for Disease Control and Prevention. The U.S. territories of Puerto Rico, the U.S. Virgin Islands and Guam are at a higher risk for the viruses.

If the mosquitoes are found to be carrying one of the viruses on the installation, Fox Commander Col. Michael Oshiki will notify Team Redstone, as well as the Tennessee Valley community, as “if it is here the possibility of it being in the community is also high,” Smith said.

Provisional data from the CDC indicate that as of May 17, 2017, no locally transmitted cases of Zika have been found in the United States this year, with an estimated 224 cases in 2016, 218 of which occurred in Florida and six in Texas. Provisional data from 2016 indicates there were no locally transmitted cases of chikungunya. Dengue “rarely occurs in the continental United States,” per the CDC.

“Mosquitoes can breed in very tiny amounts of standing water, as small as a bottle cap,” said Cherie Miller, safety/environmental health officer for Fox. “To control breeding areas, frequently empty bird baths, kiddie pools and toys, outdoor flower pots, etc., to eliminate standing water. Keep grass and vegetation cut back to eliminate pooling water. When outdoors, use repellents effective against mosquitoes and use them exactly as the label directs.”

## **Need Medical Advice Late at Night? Call the Nurse Advice Line**

It's midnight, your spouse is deployed and your toddler's fever is rising. The last thing you want to do is load your other sleeping children into the car for a long night in the ER. Should you wait it out until morning? Give another dose of fever reducing medication? If only you could talk with a medical professional for advice. Thanks to the free Military Health System [Nurse Advice Line](#) (NAL), that medical professional is just a phone call away.

Registered nurses (including pediatric nurses) answer roughly 1,750 calls each day on the NAL. These professionals help stateside TRICARE beneficiaries decide what course of action they should take. To date, the NAL has helped 1.5 million callers.

When you call the NAL (1-800-TRICARE, option 1), the nurse will:

- Check your DEERS eligibility
- Ask questions about your medical situation
- Assess if you need to see a health care provider and determine what level of care is best

In many cases, the nurse will tell you how to care for your issue on your own. Common reasons for calling the NAL include fever, rashes, colds, abdominal pain, and the flu. Please remember that for the nurse to assess a beneficiary's medical condition, the beneficiary will need to be present either on the phone or with the parent or caregiver.

If needed, the nurse will help you find the closest [emergency room](#) or urgent care center. He or she can also help you schedule a next-day appointment at a military hospital or clinic, if available. If you are enrolled to a military hospital or clinic, the NAL will even send a note to your primary care team to let them know how you are doing. The NAL isn't a substitute for emergency treatment and not meant for emergency advice. If you have a medical emergency, call 911 or go the nearest emergency room.

When you or your loved ones are sick or in need of health care advice, remember the NAL is available, 24 hours a day. The NAL is available to all TRICARE beneficiaries in the U.S., except those enrolled in US Family Health Plan. Beneficiaries who live overseas can call the NAL for health care advice while traveling in the U.S., but must coordinate care with their [Overseas Regional Call Center](#).

## **Save the Date**

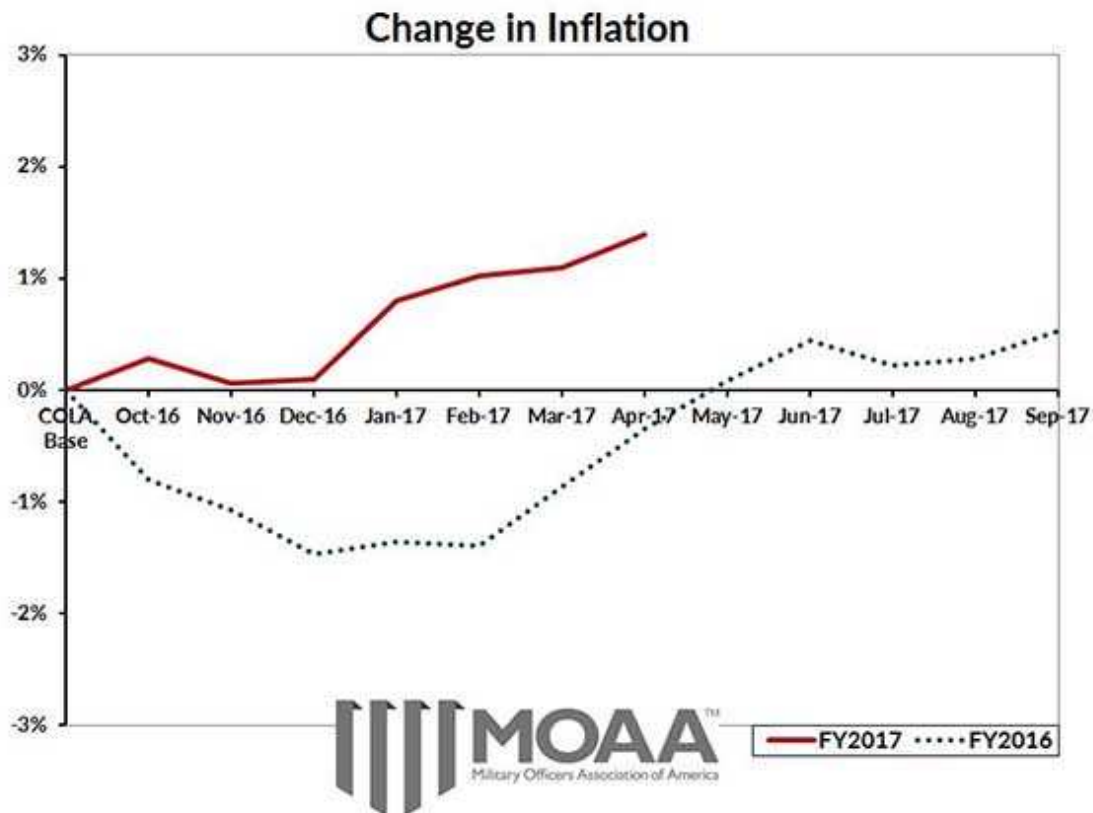
**21 August 2017 (A Monday)**




There will be a total eclipse of the sun at about 2PM that day. The track of the eclipse is just north of Nashville. The Chapter plans to have a 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 any board member. The more that attend, the cheaper the cost of the bus. Hope to see you in Nashville!

**Note: Military retiree COLA is calculated based on the CPI for Urban Wage Earners and Clerical Workers (CPI-W), not the overall CPI. Monthly changes in the index may differ from national figures reported elsewhere.**



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 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. And, you can learn more at [the BLS FAQ web page](#). 

### **Life Membership**

Are you tired of wondering when your membership needs to be renewed? Don't want to send in a renewal form and check every year? Consider a life membership in the Chapter. The one-time membership fee is based on your age. For more info contact COL John Farlamb, 256-539-0161, [fairlambjrf@comcast.net](mailto:fairlambjrf@comcast.net).





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](mailto:brobinso@mitre.org) / 256-426-0525 or Rick West at [rickw675@att.net](mailto:rickw675@att.net) / 256-776-6901 or visit [huntsvillemoaa.org](http://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.



## **Retiree Appreciation Days – 2017**

The Redstone Arsenal Military Retiree Council (MRC), in support of the Retiree Service Office, recently kicked off the planning phase for the 2017 Soldier for Life-Retiree Appreciation Days (SFL-RAD) Event scheduled for 21-23 September 2017. This year marks the 46<sup>th</sup> Anniversary of the SFL-RAD here at Redstone Arsenal. This year there are also several major changes to the sequence of events from prior years that could impact retirees.

Activities kick-off on Thursday, 21 September, with a golf tournament at the Links at Redstone. Registration begins at 0630, with a shotgun start at 0800. There will be a continental breakfast, many prizes, a silent auction, and lunch will be served. The tournament is sponsored by the Huntsville Chapter of the Military Officers Association of America. Legal, Finance and ID card services are available during normal business hours. Finance and ID card services are in the One Stop (Bldg. 3494), and the Legal Office is in Bldg. 3439, their normal places of business.

The second day of the event, Friday, 22 September, is when most of the changes take place. The SFL-RAD begins with an Honor Walk from 0730-1200 at the Community Activities Field. Turning Point Consultants sponsors the activity. Walking the labyrinth allows one to reflect, heal and celebrate. Also, that morning will be the Health Fair from 0800-1200 at the Community Activities Center (Bldg. 3711). There will be health screenings, exhibits and relevant information. A continental breakfast will be available. Just outside near the Community Activities Field drive-thru flu shots will be offered. Concurrently with the Health Fair, vendors will conduct retiree-related exhibits at the Community Activities Center. These are the same exhibits that were held last year on Saturday at the Sparkman Center. Legal, Finance and ID card actions will take place across the street at the One Stop (Bldg. 3494) and the Legal Office (Bldg. 3439), their normal places of business.

Also on Friday, 22 September, the Commissary will provide refreshments for retirees and their families from 1100 – 1300. That evening there will be a retire dinner at the Summit Club from 1800–2000.

Saturday, 23 September, starts with a free breakfast at the Bob Jones Auditorium from 0630 – 0800. The speaker program runs from 0800–1130, with an assortment of talks on relevant topics. The keynote speaker will be CAPT Paul Frost (USN-Ret), a benefits expert from the Military Officers Association of America. The MRC will conduct a raffle from 1130-1200. There is no lunch this year. Also, at 1230 at the Main Exchange there will be cake and punch, and gift cards will be given away. Please note, there will not be any ID card, Finance or Legal services offered on Saturday, 23 September. As mentioned above, these services are available on 21 and 22 September at the locations specified during normal business hours.

The SFL-RAD Bulletin will soon be mailed out to the more than 40,000 retirees in Northern Alabama. The bulletin will contain additional information on the above activities, as well as a wealth of useful information for retirees and their families.

The MRC is always seeking new members to assist in carrying out its objectives. There is no membership fee and the membership application form can be downloaded from the MRC website at [www.garrison.redstone.army.mil](http://www.garrison.redstone.army.mil), under the Support & Services Tab and then Retirees & Veterans. Membership is open to all branches of services and spouses are welcome.

## **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.

## Attendance at Meetings

Attendance at recent meetings has been way down. We had less than 20 members attend the “Gold Bar” ceremony in April. RSVPs for the May meeting are also less than 20. We got the minimum required attendance for the Summer Social, or that would have had to be cancelled. The Governing board is seriously considering eliminating the Summer Social, moving the “Gold Bar” ceremonies to Alabama A&M University, and reducing the number of membership meetings throughout the year.

We want to hear from you. What should be changed to get members (that means you) to attend the monthly meetings? Please respond to our Chapter President with your thoughts & ideas.

## Important Dates in June

- 1 June – Marilyn Monroe born (1926)
- 3 June – Jefferson Davis born (1908)
- 4 June – Chinese troops fired on unarmed protesters in Tiananmen Square (1989)
- 5 June – Robert Kennedy shot (1968)
- 6 June – D-Day (1944)
- 6 June – Nathan Hale born (1755)
- 9 June – The British lease Hong Kong (1898)
- 8 June – Monthly Board Meeting – 1100 Java Café**
- 10 June – “Tut” Fann BBQ**
- 11 June – Soviet military occupation of East Germany ends (1994)
- 11 June – Vince Lombardi born (1913)
- 14 June – Flag Day/Army Birthday
- 14 June - Univac 1, the first commercial computer, unveiled (1951)
- 16 June - Valentina Tereshkova - first woman in space (1963)
- 17 June – Summer Social – Summit Club**
- 17 June – Watergate burglary (1972)
- 18 June – Father’s Day
- 18 June – Battle of Waterloo (1815)
- 18 June – Sally Ride – first US woman in space (1983)
- 19 June - Julius and Ethel Rosenberg executed (1953)
- 19 June – Lou Gehrig born (1903)
- 19-25 June – Paris Air Show
- 21 June – First day of Summer
- 22 June – Germany invades Russia with 3.2 million troops (1941)
- 23 June – Last Confederate soldier surrenders (1865)
- 24 June – Berlin blockade (1948)
- 25 June – Custer’s last stand (1876)
- 25 June – Korean War begins (1950)
- 28 June – Korean War Veteran’s Lunch – Summit Club
- 28 June - Archduke Francis Ferdinand assassinated (1914)
- 28 June - Treaty of Versailles (1919)

